



CHANEL COLLEGE

news

22 May 2014

TERM 2 WEEK 5

ISSUE 47

From the Principal

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

Yesterday we celebrated Chanel Day – a fantastic day enjoyed by all. The day began with a beautiful Mass celebrated by Fr Kevin and Fr Alik. Thank you to Mrs Green, Mrs Johnson and Mrs Hore for all of the preparation behind the scenes and to all of the staff and students who participated in the Mass. Special thank you to Mrs Sheather, Mrs Chapman and the choir members and the band members for the beautiful music during the Mass – it was very special! Thank you to Mr King and Mrs Cameron for their technical support.

The Chanel Day program is a busy one and takes countless hours to put together. Thank you to Mrs Kenny, Mrs Wales, Mrs Ryan-Salter, Mrs Marsh, Mrs Sheather, Mr Galea, and the team of Year 12 students who put in a huge amount of work to ensure that all the students enjoyed the activities program of the day. It was great to have the Year 6 and 7 students from our Catholic Primary schools join us. I trust that you all had a great time! Thank you to our Homeroom Parents who provided such a delicious morning tea for our special guests. Big thank you to Mrs Smith and Kelsey Smith for organising the Chanel Day Cake. Thank you as well to Clinton Bakery for kindly donating the House cakes. I would like to congratulate everyone for the spirit in which you participated in honouring our past, celebrating the present and looking towards the future with hope!

Chanel Day is also a day where we acknowledge the contribution of staff members who have worked at the College for a significant length of time and contributed in a committed way to our ethos and our mission. Congratulations to Mrs Katrianne Butterworth and Mr David Wild for 10 years of service, Mrs Wendy Marsh for 20 years of service, and Mr Damian Westman for 25 years of service.

I also had the privilege of announcing the 2014 Chanel Person of the Year – Mrs Cathy Mikkelsen. Cathy has had a long association with Chanel, as a parent and a staff member. She joined the Chanel Staff in 1988 as our College Counsellor. Cathy has always been passionate about Pastoral Care and has provided a positive outlook for all who engage with her. She has always gone the extra mile, willing to work outside of hours to deal with emergent needs - whether it be visiting families in their homes, or in hospitals, supporting community members in times of crisis and in their darkest times. Cathy has also been proactive with the pastoral care of our students, meeting with every new student when they commence at Chanel. She has worked closely with the College Leadership Team and the Pastoral Coordinators to present anti-bullying and harassment programs to the students. Students, staff and parents receive a sense of hope, encouragement and self-belief after talking with her.

Underpinning all of her actions is her strong Catholic faith and her conviction to living out the College motto. She has been an active member of the St Peter Chanel Community at Tannum Sands, serving as a Eucharist Minister.

Cathy is a role model of faith, compassion, dedication and generosity. This was demonstrated by her return to Chanel in 2009, after resigning at the conclusion of 2006. At the time I could not find a replacement College Counsellor and in the spirit of Mary MacKillop, she saw a need and did something about it and offered her services to our Community.

Cathy is a very humble person who holds the best interests of students, parents and staff very close to her heart. I find her to be one of the wisest people I know and one of the most inspirational. We were blessed to have had Cathy as our College Counsellor. She has touched the lives of so many people in some many ways. Thank you, Cathy and congratulations!

God bless

S. M. Volp
Sharon Volp

Staffing Updates

It is with sadness that I announce the resignations of Mr Matthew Jensen and Mrs Jaye Mellor. Both staff will finish up at the end of next week. We thank them for their contributions to Chanel and wish them all the best for their future endeavours.

Parent Teacher Interviews

We have had a great number of parents and students participate in Parent-Teacher interviews over the last couple of weeks. A special thank you to the Homeroom Parents for providing some tasty treats for afternoon tea. We really appreciate it!

School Review and Improvement

A reminder that the surveys are due to be completed by **Monday 2 June**. We encourage all members of the community to complete these surveys, as this will provide us with feedback on "how we are going" and "how we can improve".

If you are having any difficulties and cannot access the survey, please contact the College Office.

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



Good News

Kath Hore Mission & RE Support Officer

Chanel Mass @ SOS

Last Sunday evening, Chanel College with Fr Iliki led the parish community in Mass. Thank you very much to all who attended and especially to our students who volunteered as Readers, Singers and Helpers. It was wonderful for us to celebrate with the parish as a faithful community.

Stamps for the Sisters of Mary MacKillop in Peru

Please remember to save your used stamps and send them in to the College. The Sisters in Peru need our support to enable them to continue their work with disadvantaged and marginalised children. **Thank you to all who have donated so far.**

Second Hand Uniforms

The second hand uniform 'shop' is open each Wednesday during 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 29 May - Mrs Marsh's 12A CMT

Mass is celebrated in the College Chapel at 10.40 am each Thursday

Message from the Assistant Principal Pastoral Care - Alison Wales

A Crucial Night for Parents David Kobler

Marian Centre
Chanel College

Wednesday 28th May 6:30 - 8.00 pm

His session will explore a range of themes relevant to relationships and sexuality education for parents including:

- The major challenges your child is about to face.
- Media and Marketing and its impact on your child.
- Alcohol and sexual decision-making.
- The rapid growth of pornography and how it is effecting young men.
- Helping girls find the courage to develop healthy relationships.
- Rites of passage and your son's journey to manhood
- How to parent your child through a sexually

RSVP: Monday 26 May 2014

Vicki Stewart 4973 4700

Victoria_Stewart@rok.catholic.edu.au

Chanel College Office



Please Pray for ...

- Mrs Butterworth and others in our community who are unwell or recovering from illness.
- Innocent victims in the Ukraine and other countries experiencing political unrest.
- The safety and the return of the school girls kidnapped in Nigeria.

Praise and Thanks for...

- People who work with our youth to ensure they are given the opportunity to reflect on and live out their faith.
- People who work in the health industry providing the pastoral care of our young people

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

Counselling Services

Philomena Burke

P: 4973 4706 (Monday – Thursday)

E: Philomena_Burke@rok.catholic.edu.au

LIFE'S CHALLENGES

Recently I have been speaking to the Year 11 Life Skills classes about mental health and wellbeing.

I begin by assuring the students that there will be challenges and frustrations in their lives so being able to control their emotions and behaviour is crucial. Professor David Elkind (author of "All Grown Up and No Place to Go") divides challenges into three different levels and this is what Year 11 students have been discussing.

Challenges: Level 1

Challenges at this level can be classified as those ordinary, everyday hassles we all face. Students suggested forgetting their Organisers, queuing at Tuck Shop, missing the bus, etc. Interestingly, most students admitted it wasn't worth getting too stressed about these things as they did not have a long lasting impact on their lives. They felt they were closer to "inconveniences" than real problems and therefore, we should deal with them without expending too much emotional energy on them. Sometimes, we are able to look at these challenges in a new way, eg. being delayed in traffic can give us time to breathe, listen to music and talk to our children.

Challenges: Level 2 Foreseeable and Unavoidable

Year 11 students were very familiar with this type of challenge too and knew that assignments, exams, part time work rosters all fell into this category. They know they are coming and they can't avoid them.

Students were also very aware that the only way to avoid getting too stressed (some stress is needed to motivate them to start the work!) they need to plan ahead, set goals and break them into manageable steps. When we feel in control of things we are much less likely to over-react or become anxious and down.

Challenges: Level 3 Unforeseeable and Unavoidable

This level consists of major life events generally involving loss or change of some sort. Year 11 students knew that they could not even imagine having to face serious illness, death, the separation or divorce of parents. These things happen to someone else but the unfortunate reality is that they happen to us. Students also listed moving school, having a new baby or step parent in their lives. In these cases there may be a loss of identity or self-esteem.

These challenges can cause us to become overwhelmed, depressed or excessively anxious and these responses are all normal for a period of time. What can we put in place to help us to keep going when the worst thing imaginable happens to us?

Professor Seligman has spent years looking at what helps people, in particular adolescents cope and even thrive when life becomes unbearably hard and below are a list of skills that I would our students to be able to embrace. Seligman (Flourish, 2011) suggests that there are five protective factors that help us cope in spite of loss and change. He uses the mnemonic PERMA to help us remember.

P- Positive Emotions: It's important to see that even when we are challenged some parts of our lives are still good. Even at a funeral we often say "It was a great funeral, it really celebrated his life." Remembering to take time out for oneself to do something you enjoy will create a positive feeling and helps us to "refuel" and keep going.

E- Engagement: This is an individual choice but most students said that they were completely engaged when playing a sport, listening to music, reading or engaged in a hobby. They described this as them feeling so involved that time passed and they had not thought of anything but what they were doing right at that moment.

R- Relationships: Being in healthy, respectful relationship is a crucial factor for mental wellbeing. Spending time with friends, having fun, and feeling like we belong is what gives most lives a sense of hope. Relationships and a sense of belonging is the single biggest contributor to adolescent mental health- relationships with family members, friends, coaches, churches and the wider community are essential if teens are to thrive.

M- Meaning: At Chanel students have numerous opportunities to do something for others. We have Winter, Easter and Christmas Appeals, we have an Environment Committee and endless opportunities through Home Rooms to participate in activities that put others first. While giving time or money to others helps another person, science has found that "doing a kindness produces the single most reliable momentary increase in well-being..." (Seligman, P20)

A- Accomplishment: This is not so much about achieving excellent marks or winning in a sport but about setting a goal for oneself and attaining a skill after putting some effort in; learning to whistle, to skip, to play an instrument, to speak another language or to become a chess master all come under the umbrella of accomplishment.

If we, as parents, can remind our sons and daughters about remaining positive and grateful, developing meaningful friendships and thinking of what we can do for others we will have more resilient children in our families and school.



CATHOLIC SCHOOLS MUSIC CAMP 2014

- Information sent to schools this week – check with your Music Teacher!
- Open for all secondary students who sing or play band/orchestral instruments.
- Opportunity for student conductors, master classes, and work with nationally recognised teachers/clinicians.
- Come and work with fellow music students and teachers from across Central Queensland Catholic Schools.

Forms can be collected from Mrs Chapman or Mrs Sheather
The Cathedral College, Rockhampton
24 - 26 June 2014



An opportunity exists for all students in Year 11 and 12 who currently study Mathematics B, Physics, Mathematics C, Engineering Technology or Chemistry

The Engineering Link Group
 Forging Links between Schools and Industry

Central Queensland Engineering Link Project Rockhampton 1 - 3 July

How do you become involved?

Online registrations:
<http://www.telg.com.au/2014Projects.html>

Applications close:
Friday 20 June 2014

Scholarships

Students who wish to attend but cannot afford the fees, - do not despair! Scholarships are available to assist. Please contact TELG (admin@telg.com.au) for details.

Added Incentive!

Students who attend a Project in 2014 have the opportunity to travel to China with us in Nov/Dec 2014 for a 14 day adventure of a lifetime (and you'll learn a lot as well!)

You'll need to be quick – limited places available.

22 Fantail Crescent
 Mango Hill Brisbane, Qld 4509
 ABN: 87089560690
 Phone: (07) 3102 7394

Fax: (07) 3103 0719

E-mail: admin@telg.com.au

<http://www.telg.com.au>



YEAR 8 RETREAT KROOMBIT TOPS

A huge thankyou to Phil and Ron from Workforce International who helped us out when we had bus troubles. Everyone went on to have a fabulous time as you can see by the photos.



sporting news

Kylie Kickbusch
Sports Coordinator

Town Volleyball Finals

Last Thursday night saw the end of the first season of the Town Volleyball Competition. Chanel College, under the guidance of Mr Davis, entered 3 teams into this competition: Open Boys, Open Girls and Junior mixed team. All teams showed great skill, sportsmanship and teamwork throughout the competition. The Open Boys team made it through to the Bronze Medal playoff against Toolooa State High boys. From the referee's first whistle the boys were fighting hard with strong passes coming out of the team's backline consisting of Ryan Wright, Jacob McDermott and Brock Ramsay. The team's 2 ace setters Harry Sisley and Jacques Fermier played their hearts out setting up the ball for the big hits coming from Justin McAndrew and Ben Dansie. After a narrow loss in the first set of the game the boys started to pull it together pulling off some spectacular plays in the second set. However, unfortunately, luck was not in their favour and they ended up losing the second set securing them fourth place. (by Jack Sisley – Open Boys Coach)

Now after the end of Season 1, the Open Boys and Open Girls teams are training hard for the major event in Chanel College's volleyball's calendar; the Toowoomba Schools Cup Volleyball competition in Term 3. Congratulations to all players involved and a big thank you to the Volleyball Coaches: Mr Davis, former teacher at Chanel Mr Carseldine and Jack Sisley.

Season 2 of the Town Comp is kicking off soon – if you are interested in playing, see Mr Davis at school to get all the information.

The PE teachers also entered a team into the Town Volleyball competition. We made it into the grand final, and after going down in the first set, came back to take the next 2 sets to win the final 2 sets to 1. Congratulations to Mr Davis, Miss Kickbusch, Miss Beveridge and Miss Keys on their Volleyball Grand Final win. It has been a fun season and great to see so many Chanel students, teachers and parents at State High coming to watch the games and show their support. Bring on the next season!

Capricornia Touch Open Boys State Champions

Justin Cridland, Jack Breadsell and Joshua Hughes represented the Capricornia Open Boys at the State Touch Championship at Hervey Bay last week. These boys and the Capricornia team played some outstanding Touch Football against teams and regions from around Queensland. It was a tough and hard fought competition across the 3 days of play. The finals were held on the last day of competition and the Capricornia team came up against South Coast in the final. Capricornia had not won a State Champs in 11 years so history was against the boys from the start. Going into half time the Cap side was down 1-3. This only made the team more determined and by the final whistle had made a tremendous come-back to win 6-5. Congratulations to Justin, Jack and Josh on a fantastic effort and becoming State

Open Boys Touch Champions. Justin Cridland was also selected in the QLD State Touch team to play in the National Champs later this year – congratulations Justin and good luck from the entire Chanel College community.



CONFRATERNITY TRIAL GAME v MARIST EMERALD

Sunday saw our second hit out for the season building toward Confraternity in the upcoming school holidays at the Gold Coast. We travelled up to Browne Park in Rockhampton to play Marist Emerald. The boys displayed great effort. However, our execution for the day was certainly below the high standards we set for ourselves. That being said, it was only a trial and we did make numerous changes positionally throughout the game to see what combinations were working. After leading throughout much of the game, we were beaten in the end by two points, 14 – 12. A number of the boys played well on the day, but a few above par games by Zac Good, Adam Romagnolo, Toby Guinea, Hugh Bradley Woods (until injured) and Jordan Holzberger were good to see. Overall, the lads should be commended for their effort, behaviour and spirit in which the game was played. However, as a group, we need to continue to work on our execution of structures. Thanks to Dan Daly and Anton Guinea for their help and the other parents who were able to come up and support. Certainly not back to the drawing board for us, just more hard work at training and the upcoming trials.

Chris Andersen (Confraternity Coach)



The Guinea Group
of Companies
TECHNICAL LABOUR

QMEA *It's All About ME* Day

Last Thursday a large group of Year 10 girls went to the QMEA day which focused on educating young girls about options within the minerals and energy sector. With girls from Gladstone SHS, Toolooa SHS, Tannum Sands SHS and Chanel College all attending, the day was a fun, social and informative learning experience. The girls received talks from successful women within the mineral and energy sector, as well as participated in numerous fun activities that broadened their perspectives about the industry.

The aim of the day was to give the girls successful role models to whom they could look up to and also to give an example of how women could succeed in a traditionally male dominated industry. Activities on the day included dropping eggs from balconies – without them breaking, drug-testing, talks on different industry pathways, a very popular photo booth and some interesting aluminium objects – including chocolate.

The day was an overall great experience which everyone learnt from. One of the activities was also learning how to prepare for a job interview – something we would all use in the future. All the girls also learnt which courses, traineeships and apprenticeships to complete to make our way into the minerals and energy industry, whether it was becoming an engineer or a writer for the company.

Written by Siobhan Samuelson and Kate Sisley





Upcoming Events

Week 6

Mon 26 May

- House Assemblies
- Sorry Day

Wed 28 May

- David Kobler Presentation to Year 10 Students
- David Kobler Parent Presentation 6.30 pm - 8.00 pm

Thur 29 May

- MASS TODAY
- Red Shield Appeal

Week 7

Mon 2 June

- Whole School Assembly

Tue 3 June

- Capricornia Cross Country

Wed 4 June

- Chanel Board Meeting 5.30 pm

Thur 5 June

- MASS Today

Fri 6 June

- Marcellin Feast Day

Week 8

Mon 9 June

- Public Holiday Queens Birthday

Wed 11 June

- Chanel Spelling Chalinj

Thur 12 June

- MASS TODAY

Week 9

Mon 16 June

- EXAM WEEK

Tue 17 June

- EXAM WEEK

Wed 18 June

- EXAM WEEK
- P&F Meeting 5.30 pm

Thur 19 June

- EXAM WEEK

Fri 20 June

- EXAM WEEK



2014 Workshops - 14-18 July
Gladstone Entertainment Centre

NEXT MEETING: 3 June 2014
MacDonalds Meeting Room
(Kin Kora) 7pm – ALL
WELCOME!

Registration forms have now been distributed to all schools and music teachers so please get your applications in as soon as possible to take advantage of the early bird price which ends 30 May.

If you require a registration form or further information please contact myself or Kerri Fulloon on 0407 726 617.

Shaunagh Bignell
0404 041066
Secretary
gismamusicworkshop@gmail.com

STUDENT ACCESS CENTRE

**Do you need help with
Assignments? Homework? Careers?**

Available for you are:

Computers & Printers, Resources & Support Material, Friendly Faces.

HOMEWORK ASSIGNMENT HELP

Monday, Tuesday, Thursday & Friday at 8.00 am. Also First Break every day except Thursdays.

Contact Chanel College's Inclusive Curriculum Coordinator:

Mrs Robyn Jurd on **4973 4739**

or Careers Officer: Mrs Mellor on **4973 4738**