

CHANEL COLLEGE

news



25 August 2016
Term 3 Week 7
VOLUME 49

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

From the Acting Assistant Director Schools: (Southern Region)

To the Chanel College Community

As you are very aware, the Principal of Chanel College, Ms Sharon Volp, will be taking up a position as Principal of Mt St Michael's College in Brisbane in 2017. Sharon has given outstanding service and leadership to the Chanel community over the past nine years. The Diocese is currently advertising for a replacement for Sharon and, it is hoped, that this process will be complete early next term.

A Selection Panel has been chosen by the Director, Ms Leesa Jeffcoat, to see through the process of selection. An important part of that process is to consult with the Chanel community – parents, staff and Board members – in regard to the qualities you would like to see in the new Principal. In order to share your wisdom with the Director, I will visit Chanel on Wednesday 7 September to meet with those who would like to contribute to the discernment process.

I will be available to meet with Chanel College staff at 3.30 pm on the 7 September and then at 4.15pm to meet with any interested parents. I will join with the College Board at 5.30 that afternoon for their monthly meeting.

A very simple sheet is included with the newsletter that would be the focus for our consideration at those meetings. If you are unable to attend but would like to contribute your wisdom to the process, feel free to complete the form and return it to me before the 7 September at the following email address daniel_mcmahon@rok.catholic.edu.au

It is anticipated that interviews will take place for the position of Principal at Chanel during the September vacation period.

Yours sincerely

Dan McMahon
Acting Assistant Director Schools: (Southern Region)
PO Box 524
ROCKHAMPTON
49313607

Year 12 QCS Test

A letter outlining the planning arrangements for the QCS test was distributed to students on 12 August. We wish the Year 12s all the best for their QCS test next week. Our thoughts and prayers are with you Year 12!

Year 12 QTAC Information Evening

All Year 12 students and their parents/carers are invited to attend the QTAC Information Evening which will be held on **Wednesday 31 August commencing at 6.30 pm** in the Marian Centre.

God bless
S. m. Volp
Sharon Volp





Good News

Kath Hore - Mission & RE Support Officer

SOS Mass and Youth Group

Our Chanel/SOS Mass was held last Sunday at SOS Church. Thank you to all those students who volunteered to be singers, readers, greeters etc – they did a fantastic job. Many thanks to Mrs Lyn Cassar for organising the delicious supper at the end of the Mass. Many thanks to all students who supported our Year 12 Students, and attended a very successful Youth Group gathering following the Mass.

National Evangelisation Team (NET)

The National Evangelisation Team will be presenting the next Year 7 Retreat Day on **Monday 29 August in the Marian Centre..** Parent/Carer Letters were distributed to the Year 7 students last week, with information on what to wear and what to bring on the day. A sausage sizzle lunch will be provided and tuckshop will not be available. Please take the time to read the letter so you and your child/ren are prepared for the day.

28 AUGUST – 102nd World Day of Migrants and Refugees Sunday

This day is the culmination of Migrant and Refugee Week, which began on Monday 22 August. "The theme of this year's event is '*Migrants and Refugees Challenge Us. The Response of the Gospel Is Mercy.*' Migration is growing worldwide. Refugees and people are fleeing from their homes, challenging individuals and communities, and their traditional ways of life. The victims of violence and poverty, leaving their homelands, are exploited by human traffickers during their journey towards the dream of a better future. If they survive the abuses and hardships of the journey, they then have to face suspicions and fears and they frequently encounter a lack of clear and practical policies, regulating their acceptance as migrants and providing for short or long term programmes of integration respectful of the rights and duties of all. Today, more than in the past, the Gospel of mercy troubles our consciences, prevents us from taking the suffering of others for granted, and points our way of responding which, grounded in the theological virtues of faith, hope and charity, find practical expression in works of spiritual and corporal mercy." Adapted from "Message Of His Holiness Pope Francis For The World Day Of Migrants And Refugees 2016"

[https://w2.vatican.va/content/francesco/en/messages/migration/documents.](https://w2.vatican.va/content/francesco/en/messages/migration/documents)

Accessed 22 August 2016

Over the years, the Catholic Church has been in the forefront in providing practical assistance and guiding principles in ministering to people on the move. The motivation for this direct and positive involvement stems from the words of Jesus, "I was a stranger and you welcomed me" (Matthew 25:35). The Catholic community has been closely and constantly guided to walk with and provide whatever help might be necessary to ensure that people who seek to make Australia their home could make a peaceful and fruitful transition. Together we can make a difference.

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 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

Mrs Johnson's Year 11 SOR Class – Thursday 1 September

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

Please Pray for ...

A peaceful and just solution to the fighting and the political unrest in Ukraine, Iraq, Syria

Refugees fleeing turmoil in their own countries and searching for somewhere to call 'home'

People in our community who are unwell or recovering from illness

Year 12 students as they undertake their QCS tests on 30 & 31 August

Praise and Thanks for...

All people, especially past students of Chanel, who are working in our world to ensure that justice and peace prevail

The opportunities our students have to enhance their lives spiritually, academically, physically and culturally

Local charities as they reach out to the ever increasing number of people seeking assistance

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

Counselling Services

Milena Barbagallo

E: ccg_counsellor@rok.catholic.edu.au

Breaking Down the Big Stigma

This week, Chanel College leaders visited Roseberry Community Services to tear down panels from 'The Big Stigma'. Each panel contained personal stories, information and statistics about mental health and our youth.

"Every year, 4 in every 16 young Aussies experience a mental health issue. But 3 of those 4 won't get the help they need. There are many reasons why, but stigma plays a major role." (Headspace)

By breaking down the stigma, we support and encourage young people to talk about mental health and seek help when needed.

For further information about the campaign go to www.thebigstigma.com.au or #thebigstigma on Instagram.



Five tips to looking after your mental health and wellbeing:

- **Good sleep habits** eg. 8-10hrs sleep/night
- **Well-balanced diet**
- **Regular physical activity** eg. sports, walking, yoga
- **Relaxation** eg. meditation, mindfulness, muscle relaxation, deep breathing
- **Positive self-talk** eg. replacing negative thoughts with more positive, realistic ones

For more tips, see Miss Barbagallo or visit headspace.org.au to access resources including the 'Tips for a healthy headspace' fact sheet.

If you or your child is concerned about his/her mental health, please contact the College Counsellor on **49734700** or email at the address above.



www.thebigstigma.com.au



Year 8 Visual Art

Year 8's have been enjoying creating their very own still life artwork in Visual Art with Miss Davis this year. What a talented group of students!



Year 11 Biology



On Wednesday 27 July, my fellow classmates of Biology and I all travelled down to Eurimbula National Park to collect data about different ecosystems over 3 days for our Biology Assignment. During the trip many experiences and laughs were shared. Each day we conducted transects, quadrants, PH, salinity, soil and elevation tests in each of the different ecosystem; beach, mangrove and forest environments. But the camp wasn't all about Biology, our time at Eurimbula also taught us valuable life skills. For many of us it was our first time camping and cooking for ourselves. On Thursday we celebrated Sciara and Harry birthdays and as a special treat we all went crawling through the mangroves! Friday was a highlight for many of us with a day on the 1770 LARC. We travelled from Eurimbula to Bustard Bay learning about the history and biodiversity of the area. It was an amazing day, and most of us even got to drive the LARC! Overall the trip was great and the cohort of grade 11 biology students already want to go back!

written by Carly Daly, Year 11 Biology

sporting news

Kylie Kickbusch
Sports Program Leader

Capricornia Track and Field Trials

The Capricornia Track and Field were held last Monday and Tuesday at Emmaus College. Students, as part of the Port Curtis team, were running, throwing and jumping their best to earn a spot on the Capricornia team to attend State Titles in Brisbane next term. **Sophie Duff** performed fantastically on Monday – clocking the State qualifying time in the heats of the 100m and breaking the Capricornia record for the 13 girls Triple Jump.

Interschool Basketball

The Year 7/8 Boys played their first game of the competition on Wednesday against Tannum SSHS. The boys were eager and ready to play, but had a very slow start in the first quarter trailing 16 nil. They pulled their socks up in the second half staging a massive comeback in the 3rd quarter to be up by 2 points going into the last quarter. Thasindu was on fire from the field nailing important 3 pointers and taking the ball from defence into attack. This third quarter sparked the fire in the belly and the boys were more determined than ever and this showed with their teamwork, encouragement and drive to the basket. A super effort from the team saw them take out the win 32-26 – congratulations boys and thanks to the parents who came along and supported the team. Game 2 is next week at Toolooa SHS against Toolooa – lets go 2 from 2.



Interschool Soccer

GIRLS Years 7/8: This week the girls' team travelled to Tannum SSHS to play their first game of the interschool soccer competition. They were eager to play and couldn't wait to get on the field. Whilst only playing with 8 players and using 1 of the Tannum team as a goal keeper, the girls never gave up and kept trying their hardest throughout the game. For many on the team, this was the first time they had played soccer and gave it their all and never let their heads drop. Unfortunately the team went down 4 nil but they represented themselves and the College to the highest standards. Congratulations on your efforts girls, your enthusiasm and teamwork were outstanding.

BOYS Year 7/8 and 9/10: A bus trip to Biloela was needed for the games this week for the Boys teams. They were definitely excited for the trip and the games, as were their coaches, Miss Keys and Mr Rose. The Year 7/8 Boys went down in a close and exciting game 1-4. The Year 9/10 Boys had a thrilling fast paced game drawing 1 all, scoring the equaliser with 4 minutes left in the game. Finals for these 2 teams will be next week. Congratulations and good luck to both teams.



Sports Awards

A reminder that nomination forms for the 2016 Sports Awards presentation are due tomorrow **Friday 26 August**. Forms can be found on the Student Google site under the sports tab. The Presentation will be held on **Monday 10 October – Week 2 Term 4**.

Duchesne College

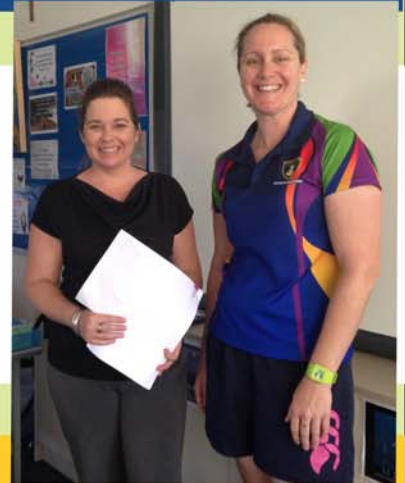
On Tuesday, nine girls from year 12 were interviewed by Mrs Goodwin who is the Deputy Head of Duchesne College which is the only exclusively Women's Catholic Tertiary college in Australia. The girls all did extremely well with their interviews. Mrs Goodwin also had a presentation after the interviews to explain the transition into University and explained how it provides a safe, nurturing and caring environment for young women undertaking their university studies in Brisbane, an environment in which they are encouraged to explore their faith, achieve their full academic potential and live a full life as a member of the wider community.



**DUCHESNE
COLLEGE**

Raine & Horne®

On Friday Chanel College Grade 12 Life Skills class enjoyed a presentation from Raine & Horne Gladstone to discuss the ins and outs of getting into the rental market. Pictured is Zoe Underhill from Raine & Horne and Kylie Kickbusch Year 12 Life Skills teacher.



Year 10 ACTS Camp

Recently, we had the opportunity to join with a group of students from Shalom College at ACTS camp at the PCYC in Cooe Bay. At ACTS, we were able to socialise with students from most of the high schools in the Rockhampton Diocese, giving us the opportunity to meet new friends. During the three day camp, we participated in a range of activities that took us out of our comfort zones and helped us meet more people. There were activities and rituals that enabled us to spiritually connect with God, so that we may get a better understanding of the gifts we have to offer to other people. We were put into small groups with students from different schools and did activities that helped build our teamwork and confidence skills.

This camp was an amazing experience and every one that went from Chanel all had a great time, and it has helped us find new skills in ourselves, and develop skills that we already have, and even ones that we didn't realize we had in the first place. We would definitely recommend this camp to the current Year 9 students who are interested in developing teamwork and confidence skills and who want to have a good time.

Dusty Pascoe Year 10



Year 11 Biology



upcoming events

Week 7

Fri 26 August
• CAFÉ CHANEL

Week 8

Tue 30 August
• Year 12 QCS TEST
Wed 31 August
• Year 12 QCS TEST
• Year 12 QTAC Information Evening 6.30 pm

Week 9 5 - 9 September

Year 7 - 12 EXAM WEEK

Week 10

Mon 12 September
• Middle Year Student Leaders Applications for 2017 due to Print Room by 9.00 am
• Student Representative Council Meeting First Break
Thur 15 September
• McAuley Feast Day
Fri 16 September
• Marist Solidarity Coin Trail Challenge

Term 3 Concludes

Term 4

Week 1

Mon 3 October
• QUEENS BIRTHDAY PUBLIC HOLIDAY
Tues 4 October

TERM 4 COMMENCES

• Whole School Liturgy.
Announcement of 2017 Student Leaders
Wed 5 October
• Year 9 Subject Selection for Year 10 in 2017 Evening (TBC)
• Chanel Board Meeting 5.30 pm

Week 2

Mon 10 October
• SPORTS AWARDS ASSEMBLY
Tue 11 October
• Student Representative Council Meeting First Break
Fri 14 October
• Year 10 Social 6.00 pm

Week 3

Mon 17 October
• **STUDENT FREE DAY**
• 2017 Student Leader Retreat
Tues 18 October
• 2017 Student Leader Retreat
Middle Years Student Leaders Announced
Wed 19 October
• P & F Meeting 5.30 pm
Thur 20 October
• Years 7 - 12 Awards Night

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 every day except Thursdays.

Contact

Inclusive Curriculum Coordinator: Mrs Robyn Jurd 4973 4739

Career Officer: Mrs Crane on 4973 4738

Chanel College

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

Student Absentee Hotline: 4973 4791

Principal Qualities: Chanel College

P&F Worksheet

What personal qualities do you feel are essential?

What professional qualities do you consider are essential?

