



# CHANEL COLLEGE

# news

28 August 2014  
TERM 3 WEEK 7  
ISSUE 47

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

## From the Principal

In my role as Principal I spend a lot of my time planning. In recent months I have been working with the College Leadership Team and College Staff planning for the Year 7 arrival in 2015, planning for staff requirements and the 2015 calendar planning, just to name a few.

I have just come from Mass, led by Mrs Miles' Year 9 Religious Education class where the theme was preparation – preparing for the way of the Lord and preparing to make a difference.

There is even an old saying that if you fail to plan, you will plan to fail!

There is a lovely passage in Jeremiah, which I believe has a much more positive approach to plans...

***"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."***  
***Jeremiah 29:11***

This is my prayer for all of our community, especially our Year 12s as they prepare for the QCS Test next week.



God bless

*S. M. Volp*  
Sharon Volp

## Master Planning Charrette Process

In keeping with the theme of planning, the last two days have been very exciting as we have been working through the Master Plan Charrette Process. It has been fabulous to see the engagement of students, staff and parents as the planning has started to come together. A special thank you to those parents who have come along to both consultation afternoons – we really appreciate it!



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**Student Absentee Hotline: 4973 4791**



# Good News

Kath Hore Mission & RE Support Officer

## Service to the Community - Buddies Day

Buddies Day last Sunday was a great success. Fourteen "Little buddies" were guided by eleven "Big buddies" as they participated in Mini Olympics. After throwing javelins, discuses, hammer throw and running a relay with egg and spoon, it was time for a quieter activity of feeding the ducks and turtles. Many thanks to our big buddies for giving their time and energy to help younger members of our community to have fun in a safe environment and thank you to their parents, for supporting and encouraging your children to be involved.



## Hospitality - Net Team

A big thank you to Mr Tony Warren, Bradley Woods Family, Mrs Hannah Goodwin and Ms Paige McDonald for opening their hearts and homes to the eleven young people of the NETeam while they were in Gladstone. Your generosity and support to the College is greatly appreciated and all the team members certainly felt very welcomed and well cared for.

## Service to the Community - NightRiders

Ellie Elliott, St Vincent de Paul's Youth Worker, has been working with Chanel to launch the NightRiders Program. The program involves volunteers spending time with residents in aged care and will begin at New Auckland Place. This Friday the volunteers will have a meet and greet session over morning tea with the residents and staff at Auckland Place and it is hoped that next term, students will begin their regular visits in their own time. Thank you to all volunteers and to you, the parents, for encouraging your children to partake in this new outreach.

## Service to the Community - St Vincent de Paul

Do you have a few moments to assist in the St Vincent de Paul shop? **Help is desperately needed** to sort donated goods/clothing, stock the shelves and serve customers each weekday from 9.00 am to 4.00 pm and on Saturday from 9.00 am to midday. Saturday morning is a great opportunity for students aged 16+ to gain some retail experience. If you can spare an hour or two during the week please phone **Charmaine 4972 2662** as any assistance would be greatly appreciated.

## Stamps for Mary MacKillop International (Sisters of St Joseph) 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. Money raised supports the work of various missions both nationally and internationally.

***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

4 September - Ms Ord's 10C Intro SOR Class

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

***ALL WELCOME - Families, friends, fellow students!!!***

## Please Pray for ...

- A peaceful and just solution to the fighting in Ukraine, Iraq, Syria and the political unrest in Gaza.
- People in our community who are unwell or recovering from illness.
- Year 12 students as they undertake their QCS tests on 2 & 3 September.

## 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.
- 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

Philomena Burke

P: 4973 4706 (Monday – Thursday)

E: Philomena\_Burke@rok.catholic.edu.au

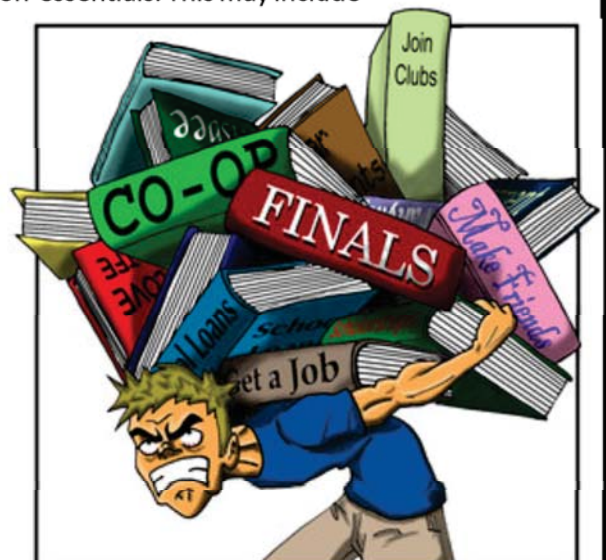
## Parents Supporting Senior Students in the Final Weeks of High School

At the beginning of the year I spoke to all Year 12 students about ways of coping with their final year of school at Chanel College. I compared this year to a marathon where they each have to pace themselves for the arduous task of completing the whole race. They need to aim for a personal best so they can feel proud of their achievements. Your sons and daughters have now reached the final 10 kilometres of the challenge. It likely appears all uphill but the end is in sight so we don't want them quitting. You can't run the race **for** them but you can be there **with** them on the sidelines encouraging and supporting them.

In speaking to some Year 12 students last week they seem aware that they need to knuckle down and do the work required. They will be tired and even stressed but as each piece of assessment is handed in, they will feel some relief and a bit more in control of things as they countdown the number of tasks left to complete.

As parents there are a number of practical things we can do to support our Year 12's.

1. Have a supply of healthy snacks in the fridge at eye level. Cut some fruit and veggies into bite size pieces. Have a supply of nuts, cheese and yoghurts available. These are all brain friendly foods and adolescents will choose these over sugary substitutes if they are in plain sight and at eye level!
2. Continue to offer words of encouragement and acknowledge that life is tough at the moment but there will be a long summer break. Be sure that your praise focuses on the efforts your children are making rather than on the results. Admire the fact that they are trying, focused and doing their best. Do not focus on OP or the job they want.
3. Remind your children that you love and accept them regardless of their Year 12 outcome. This may seem obvious to parents but I do have students talk to me and they are convinced that their parents love them more when they get better marks.
4. Offering to read and help edit a final copy of an assignment may be appropriate to help them manage their time for the next couple of weeks. Offering to write the assignment will only disempower them.
5. If your child seems unusually tired or down, a chat with your pharmacist or GP might be in order even if it is just to discuss a vitamin supplement for the remainder of the school year.
6. Discuss priorities with your child and the need to cut back on non-essentials. This may include part time work; some sports and even socialising. They may not be leading a balanced life style at the moment but of course they still need some breaks. The Year 12 students I have spoken to are familiar with the acronym C.U.L.L. As a parent you might help them decide what is CRITICAL this week; what is URGENT; what is to be tackled LATER and what comes under LEAVE IT.
7. Spoil your child for the next couple of weeks - you may be able to drive them to school, get other siblings to take over their chores and perhaps help them save time by ferrying them to essential commitments.
8. ***If you are concerned that your child is so worried or anxious that they cannot focus on their work, please contact me or their Pastoral Coordinator so we can work with you to support this student.***



# sporting news

Kylie Kickbusch  
Sports Coordinator

## Sports Awards

Just another reminder that the nomination forms for the Sports Awards are due on **Friday 29 August**. If students need a copy of the form to fill out, they will need to see myself in the staffroom to collect a form. Any student can nominate for 1, 2 or all of the award categories. They will just need to supply their sporting achievements via the nomination forms.

## Town Netball

The Town Netball Competition for the 3 Chanel teams finished a fortnight ago. Unfortunately this season, we did not have teams that made the finals. To all the girls who were involved in this competition as part of the Chanel Netball Teams, I would like to say congratulations on the way you played each week, the excellent sportsmanship and team work you showed and ultimately the tremendous way you represented the College and yourselves each week. Thank you also to our team coaches: Miss Beveridge (Chanel 1), Miss Kickbusch (Chanel 2) and Miss Ord (Chanel 3) for all your hard work, enthusiastic training sessions and umpiring throughout the season. I hope to see you all again in the green and gold for the 2015 netball season!!

## Capricornia Track and Field Trials

Last Thursday, 20 Chanel students and myself travelled to Mackay North State High School to attend the Capricornia Track and Field Trials. It was a very early start to the day, but fortunately we managed to catch a couple of hours of sleep on the bus. The weather turned on its best for the day and the athletes could compete in ideal conditions. All track and field events were held on the day, with students aiming to finish 1<sup>st</sup> or make the QLD qualifying times or distances to progress to the State Trials in Brisbane. Congratulations to the below Chanel students who successfully made the Capricornia Team and will attend the State Athletics trials in Brisbane in October:

Braiden Harrison (100m), Tallis Stanhope (800m, 1500m), Sciara McKenzie (800m, 1500m), Trey Keyworth (800m)



## INTERSCHOOL AFL - Year 9/10 Boys

On Monday afternoon, Chanel had 12 young men that came together to play the great game of Aussie Rules. Only the most courageous, skilful and fittest can attempt this sport and we had the right personnel for the task. Competing against Tannum and State High on the full field with 12 a side, the boys had their work cut out for them. Chanel had a blend of experienced players and some rookies who were keen to challenge themselves.

The first game was against Tannum and their team was full of players who regularly played on the weekend for BITS. It was a tough game, but we managed to score a goal through a classy kick by Lachlan Silver. The opposition was initially confused with our two sets of twins who seemed to be everywhere, Sam and Joe Romagnolo and Sam and Tom Emerick. Tannum scraped through, winning 6 goals, 2 behinds 38 points to Chanel 1 goal, 2 behinds 8 points.

Our second game was against State High and this was a much closer affair. Ben O'Reilly was everywhere on the field and showed some fine kicking and marking skills. Connor Russell showed his experience and strength with many possessions and some outstanding long range shots for goal. Fraser Bishop demonstrated his determination for the ball and some fine overhead marks. Lochie Carlson used his height to good advantage. Lachlan Duff, Patrick Cullen and Caylin Morrison were always ready to be involved and they supported their team mates well with a quick handpass or shepherd. However, the Chanel team went down in a close one, 4 goals 2 behinds 26 points to 4 goals, 4 behinds, 28 points.

Well done to all boys. They all enjoyed themselves and played the game in a great spirit.

## Open Boys

On the previous Monday, we had four Chanel students who played in the Open's Interschool afternoon. Unfortunately, Chanel did not have enough for a full team. However, Toby Guinea, Ben Emerick, Jacobbe McBride and Nick Postgate were still very keen for a game. They joined forces with the State High team that were also short and played against Tooolooa and Tannum. Again, the boys enjoyed themselves and came away thinking that Aussie Rules is a great game.

## TOWN VOLLEYBALL COMPETITION

Congratulations to our three Chanel teams that have just completed the second season of the Gladstone Volleyball Association games on a Thursday night.

The **Open Boys** had a great season and improved constantly throughout the year. On Thursday night, they played off for the Gold Medal in the A Grade Competition. This was against their arch rivals, the Tooolooa Boys. In a very tight game, the boys lost narrowly in two sets, going down 23 - 25, 21 - 25. The experience of the games in Toowoomba for the Schools Cup was evident in their game. A player that did not travel to Toowoomba but played strongly in the Town Comp was Nick Scott. Well done to all the team and a BIG THANK YOU to JACK SISLEY who coached the team.

The **Open Girls** did not make the finals, but had a rewarding season. This team also improved markedly over the year and had to battle with injuries and just having enough players to fill spots on a weekly basis. Another player for this team who did not do the Toowoomba journey but was a valuable asset for the Town Comp was Samantha Reynolds. The girls certainly enjoyed themselves and a BIG THANK YOU goes to JOSH CARSELDINE who coached the team since the start of the year.

The **Junior Team** played off for the Bronze Medal in the C Grade Competition. Chanel had a number of new players in the team and what they lacked in experience, they made up in enthusiasm. Newcomers to the team were Shaun Iddon, Logan Johnson and Will Hilder. They joined the experienced crew from the first season of James Hilder, Jacob Hagedorn, Eden Johnson and Patrick Fermier. The side proved they were an up and coming outfit, particularly when they had a strong win against the Chanel Open Girls team recently.

Well done to all teams for 2014. Volleyball for Chanel will kick off with the Interschool Competition in Term 1 next year and if there are enough keen players, in the Town Competition once more.

## Schools Cup Volleyball Toowoomba - Open Boys

On 7 August Chanel College boys and girls made the way on a long bus trip down to Toowoomba and played in a 3 day long Volleyball Tournament. Despite Jacques' poor speaker quality on the bus, we made it safely and in good spirits to the sub 0 temperatures of Toowoomba.

As the first day dawned, the boys came out all guns blazing winning all 3 games in straight sets. Jacques 'Jark Da Boss' Fermier and Harry 'On Target' Sisley were setting point balls right into the waiting swing of Justin 'J-mac' McAndrew who proceeded to dominate the opposing team.

After a hearty meal at Sizzlers the night before, the boys awoke to the chilly air of the Toowoomba morning. The powerful serves of Kane 'The King' Langdon and Harrison 'Magic' Madge, was enough to shatter the home advantage of the Toowoomba team. Even taking into account the strong spikes of Ryan 'Wrong' Wright, Jacob 'Blue' McDermott and Brock Ramsay, The Preachers, were unable to win the following games against John Paul College and Sheldon.

After 2 solid days of volleyball, the sore and sorry boys were unable to overpower the relentless onslaught of the opposing teams. However, they were kept in high spirits and well hydrated by the injured Ben 'Hydration Officer' Dansie.

After a solid tournament, the lads said farewell to Toowoomba, finishing 12 out of 22 teams with their heads held high and some new speakers.

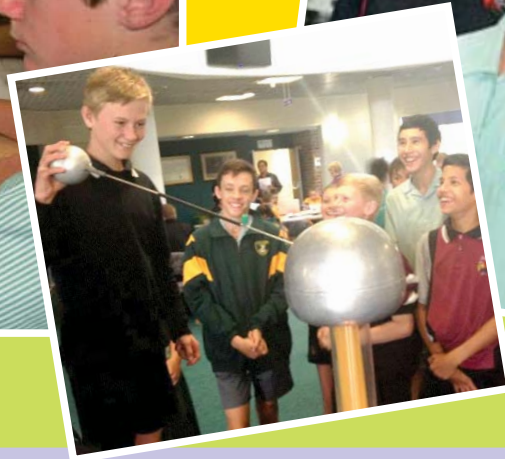
by Justin McAndrew and Jacques Fermier

## Junior Volleyball Team



# QMEA

Year 8 students from QMEA schools were engaged in a full day of activity where they were able to listen to and interact with experts on the topic of Energy and present what is the ideal energy choice in the future given a specific scenario. They all enjoyed the experience and found it exciting and informative.



## MacKillop Feast Day



# Year 11 Hospitality

Sue Going  
Hospitality

The Year 11 Hospitality students designed and prepared a Mocktail party which was attended by parents and staff. The students chose the theme of Casino Royale with the room decorated in balloons, suits of cards and chocolate coins.

Under the guidance of Dan Bennett, they presented mocktails such as chocolate martinis, passionfruit crush, raspberry zinger and non-alcoholic Pina Coladas. To accompany this, students served appetizers including mini quiches, beef sliders and savoury pikelets.

With only five students, the night was very successful, well organised and a credit to their learning.



# Interschool Soccer



## Upcoming Events

### Week 8

#### Tue 2 September

- Interschool Basketball
- Year 12 QCS Test

#### Wed 3 September

- Chanel Board Meeting 5.30 pm
- Yr 12 QTAC Information Evening 6.30 pm
- Year 12 QCS Test

#### Thur 4 September

- MASS TODAY

#### Fri 5 September

- Stella Maris Feast Day

### Week 9

## EXAM WEEK

### Week 10

#### Wed 17 September

- P & F Meeting

#### Thur 18 September

- MASS TODAY
- McAuley Feast Day

#### Fri 19 September

- TERM 3 CONCLUDES

## TERM 4 COMMENCES Tue 7 October



## 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: Merrin Cale on 4973 4738