



# CHANEL COLLEGE

# news

5 May 2016  
Term 2 Week 4  
VOLUME 49

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

## From the Principal

### Mother's Day

This Sunday is Mother's Day. A day when we honour those women in our lives who have mothered, parented and cared for us. For some of us this may be our birth mother, for others, it will be the women who raised us – perhaps an adopted mother, older sister, aunt, grandmother, stepmother or someone else.

The origin of Mother's Day goes back to the era of ancient Greek and Roman times. In the annual spring festival the Greeks dedicated it to the maternal goddesses. Ancient Romans, too, celebrated a spring festival, dedicated to Cybele, a mother goddess.

Early Christians celebrated a Mother's Day of sorts during the festival on the fourth Sunday of Lent in honour of the Virgin Mary, the Mother of Jesus. In England the holiday was expanded to include all mothers and was called Mothering Sunday in the Anglican Church. The custom of celebrating Mothering Sunday died out almost completely by the 19<sup>th</sup> Century. However, the day came to be celebrated again after World War II when American servicemen brought the custom home and commercial enterprises used it as an occasion for sales.

[http://australiancatholics.com.au/article.aspx?aeid=43893#.Vy\\_mC\\_s9NmPk.email](http://australiancatholics.com.au/article.aspx?aeid=43893#.Vy_mC_s9NmPk.email)

So this Sunday we express our thanks for those women who held us and fed us, who cared for us and kissed away our pain.

#### *Gentle, Loving God*

*We thank you for the gift of motherhood. We thank you for the many examples of faithful mothers in scripture like Sarah, Hannah and Elizabeth. We are mindful of all of these women and especially Mary, the mother of our Lord Jesus Christ, who had the courage in faith to say "yes" to your calling. May our mothers model for all the rest of us what it means to be your disciple. Bless them all always. Amen*

### Golden Jubilee Celebrations

A reminder that the program for our Golden Jubilee Celebrations is available on the College website. Please assist in "spreading the news" as we would like to reach out to as many past students, parents and staff as possible. Updates are also available through the Golden Jubilee facebook page.

### Chanel College Bicentennial School Magazine 1988

Our present choir at Chanel has been in existence since 1982. The choir was formed that year as a voluntary group of vocally naïve junior girls who had both a desire to sing and willingness to trade lunchtime freedom for rehearsal time. Six years hence, the girls still have the same desire, and fortunately the same unselfish and dedicated attitude to lunchtime rehearsal. Since 1982 the choir has performed at many community events (charity concerts, weddings, eisteddfods, special school assemblies and Masses) and assisted at the past six Anzac Dawn Services. This year the choir also contributed to the morning and afternoon services for the Inaugural Vietnam Veterans' Remembrance Day on 18 August. Eisteddfod experience is probably the highlight of the choral year. This year the choir and folk group achieved three first places and a second place at the Gladstone Eisteddfod. This was ideal preparation for the most competitive Rockhampton Eisteddfod. A minimum number of 25 girls competed at Rockhampton to take first place in the secondary school choir section against four Rockhampton schools.



God bless

*S. M. Volp*

Sharon Volp

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Student Absentee Hotline: 4973 4791



# Good News

Kath Hore - Mission & RE Support Officer

## 8 May – World Red Cross and Red Crescent Day

Each year on World Red Cross/Red Crescent Day, the organisation says thank you to the tens of thousands of Red Cross people and supporters who assist them in their work to support vulnerable people and communities.

The day was chosen to honour the birthday of Red Cross founder, Henri Dunant, an inspirational person whose humanitarian ideas still shape the work that Red Cross does each day.

Today Red Cross and Red Crescent Societies have the world's largest humanitarian network to provide relief. It is carrying out its activities and is present in more than 170 countries. So it is the world's largest force of unpaid assistants helping some 233 million recipients every year. The total number of members of National Societies of the Red Cross and Red Crescent comprises approximately 97 million members and volunteers.

## Second Hand Uniform Outlet

The Second Hand Uniform 'outlet' is open each Wednesday in the RE Resource Room during 1<sup>st</sup> Break. Sports uniform items - \$5 each, formal uniform shirts, shorts and skirts - \$10 each.

*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

**Ms Davis' Year 12 SOR Class – Thursday 12 May**

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

## Year 11 ACTS Camp

Last week twelve Year 11 students attended ACTS camp at PCYC Leadership Camp, Cooe Bay along with many other students from other Catholic Colleges. This camp was held over three days. There are two ACTS camps; one in Year 10 (A Chance to Share) and one in Year 11 (A Chance to Serve).

ACTS is a great opportunity to discover and develop leadership skills to put into action both at school and in the wider community. ACTS also provides you with the opportunity to make lifelong friendships. We would recommend this experience for all future students in Years 10 and 11. A great time was had by all.

Thank you to Mrs Miles for sharing this time with the Year 11s and also to the Parents & Friends Association who financially support the students each year.



## Please Pray for ...

- People in our community who are unwell or recovering from illness.
- Safety and enrichment for our students on various excursions/retreats.
- Victims of the recent natural disasters in Fiji, Japan and Ecuador and the people involved in the rebuilding of homes and infrastructures.

## Praise and Thanks for...

- All people, especially past students of Chanel, who are working in our world to ensure that justice and peace prevail.
- All staff who work to ensure that the Year 10 Retreat is a prayerful and enjoyable experience for our students.
- All mothers, for their patience, support, love and hard work – Happy Mothers' Day.

*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

## Sleep



**Term 2 Week 4**

Sleep is vital to rest the mind and body; it is vital for optimum physical and mental health. Sleep helps the body to rest and repair, encouraging healthy brain functioning and emotional wellbeing.

Studies indicate that adolescents are not getting the required 8-10 hours of sleep per night. Research suggests that the increasing use of technology, particularly prior to bed time, impacts on the quality of sleep. The blue light in phones, computers and tablets can disrupt the sleep hormone and natural circadian (sleep/wake) rhythm, hence making it hard to fall asleep. There are various Apple, Google and Android apps that apply a crimson light to devices once the sun sets, cancelling the usual blue light and promoting good sleep hygiene.

### **Good sleep hygiene can help promote GOOD SLEEP!**

"Sleep hygiene" is defined as habits that promote or discourage sleep. The Australian Centre for Education in Sleep (2008) recommends the following practices for good sleep hygiene:

- Avoid TV/computer games 1 hour before bed. Avoid TVs in bedrooms
- Monitor mobile phone use in bed (ideally avoid, otherwise limit time to 5 to 10 minutes)
- Avoid coke/caffeine, high sugar or high spicy food 3-4 hours before bed
- Ensure relaxing and regular bed time routine and relaxation (techniques such as breathing, guided relaxation and meditation)
- Avoid vigorous exercise 1 hour before bed as it raises body temperature
- Finish eating 2-3 hours before bed - digestion competes with sleeping - hot milk is OK
- Make sure the bedroom is comfortable (temperature, light, noise)
- Set bed times and wake times - try and keep these regular, even on weekends!
- Learn to relax - deal with worry and stress (check out the Mindfulness Monthly on the Student Site for some great tips and exercises)

## **Enhancing Catholic School Identity Project (ECSIP)**

This term Chanel College is participating in the Enhancing Catholic School Identity Project. This initiative is being undertaken by a number of Catholic Schools throughout the Rockhampton Diocese as well as other Australian Dioceses. Stage One of this project is to survey staff, students and parents about our Catholic Identity. We would encourage parents to participate if they can. Any parents who are interested in participating in this on-line survey, please contact the College Office by **Friday 6 May** and we will email details to you.



**Chanel College**  
Production of  
**Disney**

**E**

# HIGH SCHOOL MUSICAL

## ON STAGE!

**Friday 27 May & Saturday 28 May 2016**  
6.30 pm      2.00 pm Matinee & 6.30 pm

Adults \$20 🍷 Children up to 18 yrs \$10  
Family 2 Adults & 2 Children \$50 🍷 Seniors \$10

**Gladstone Entertainment Convention Centre**  
58 Goonoon Street, Gladstone  
Tickets can be booked at the Box Office or Online Ticketing service  
<http://gladec.com.au/booking-info/> under the What's On Tab

St Francis Catholic Primary School  
Annual Ladies Day

# SEAS

The Day

Saturday 21st May 2016  
1pm - 6pm

in the natural setting of St Francis School, Tannum Sands

*Limited Tickets Remaining*

Purchase from St Francis School Office  
\$65 per ticket - EFTPOS available  
Includes Drink on Arrival, Finger Food, Live Entertainment

Raffles, Multi Draws & Games      **BYO Event**

Bernie's Party Bus  
available from Gladstone for \$15 each way.  
If interested, email: [russcarm@bigpond.net.au](mailto:russcarm@bigpond.net.au)



# Futuna Feast Day



REMEMBER

CHANEL COLLEGE

App

Download  
our NEW  
feature  
packed  
Mobile APP!

Go to College website for  
Download instructions.

[www.chanelcollege.qld.edu.au](http://www.chanelcollege.qld.edu.au)



# Year 10 Visual Art

Year 10 Visual Art students have been enjoying learning about figurative drawing and posing for sculpture with Miss Davis. Last week students made the most of the sunny weather by drawing their shadows and tracing around their bodies to create 'crime scene' style outlines. The groups worked together to add colour – bringing their artwork alive. What a fun afternoon at the art house!



# sporting news

Kylie Kickbusch  
Sports Program Leader

## Port Curtis Cross Country Trials

On Tuesday 3 May the 13-19 Years trials for Port Curtis Cross Country were held at the Gladstone Golf Course. Forty-five Chanel students competed across the age groups running a 3 km, 4 km or 8 km depending on the age of the student. Chanel students were outstanding at the trails, with almost half the students finishing in the top 6 and therefore qualifying for the Port Curtis team to travel to Mackay for the Capricornia Trials. All students who participated also earned points for the college and helping Chanel win the overall % aggregate title – a long standing title the College has won for many years is based on the number of participants from each school. A full list of students who made the Port Curtis team will be published when they are released by PC sport. Congratulations to all students who participated a fantastic effort. **Tallis Stanhope (15 Boys), Lachlan Blake (14 Boys) and David Shaw (18 Boys)** were crowned **Age Champions** for their divisions finishing first in their race – outstanding effort boys and we wish you all the best at the Capricornia trials at the end of the month.

Thank you to Mr Davis who is the cross country convenor for the Port Curtis trials – which is a massive job to organise. The event ran smoothly and all parents, teachers and students appreciated the great organisation. Thanks also to Miss Keys for looking after our students and keeping them hydrated at the water stop. The Year 12 Recreation class came down as student helpers and they did a stellar job as marshals, finish line attendants, water stop helpers and paperwork organisers.

Friday 29 April was the 10-12 Year old Port Curtis Cross country trials. These were held in Ubobo and 6 students from Chanel attended the trails. The track course at Ubobo is definitely more 'cross country' than our Interhouse course, but offers the students a taste of what the track will be like when they go to the Capricornia trials. Congratulations to **Nick Crane** who came **2<sup>nd</sup> overall** in the 12 Years Boys race and was selected for the Port Curtis team. Awesome effort Nick and we wish you all the very best at the Capricornia trials.



## Volleyball News

Congratulations to Chelsea McCaskill, Thomas McCaskill, Mr Carseldine and men's coach Mr McCaskill on a successful volleyball weekend with the Gladstone Thunder Men's and Women's teams. Chelsea plays in the Women's team who finished 4<sup>th</sup> in Division 1 – and got a massive spike in to top the weekend off!! Thomas and Mr Carseldine play in the Men's team coached by Mr McCaskill – they finished 2<sup>nd</sup> in Division 2, their only loss of the weekend coming in the gold medal match. Fantastic effort by you all and we congratulate you all on the fantastic volleyball played. Good luck for the upcoming matches.



## Capricornia Representatives

Chanel students have had excellent results at recent Capricornia trials, with a number of students making Capricornia teams. We congratulate them and wish them all the very best at the State Titles later on in the year:

**Sophie Duff – 15 Girls Touch Football**

**Ronan McGuire – 15 Boys Touch Football**

**Nick Crane – 12 Boys Rugby League**



Sophie Duff

Ronan McGuire

Nick Crane

Please listen to your daily notices during Pastoral Care for further information on all Career correspondence.

## 2016 Work Experience

Work Experience forms are due back to Mrs Gardiner ASAP! All payments must be made to the front office, and forms will be passed to the Careers Officer after payment has been made. Please make sure you are completing ALL sections of the form – including your preferences. This is very important, even if you have sourced your own placement. Forms not completed correctly will be returned to you.

In order to secure your first preference I strongly encourage self placements. If you are contacting a host employer to try and secure your placement you must:

1. Introduce yourself
2. Have ALL work experience details ready
3. Be prepared for questions
4. Be professional – remember you are representing Chanel College even if you are on the phone

### Work Experience Forms - Due Dates

All Work Experience placements are \$60 and placements are being arranged through EQIP, with the exception of Year 10 Work Experience, where Chanel College is subsidising the cost, with the remaining \$40 being added to Term 3 fees.

Year 11 and 12 VET Work Experience Forms	-	<b>Friday 13 May (Week 5)</b>
Holiday Work Experience Forms (Including GPA Forms)	-	<b>Friday 13 May (Week 5)</b>
Medical Focus Forms due ASAP	-	Now
Year 10 Work Experience Forms	-	<b>Friday 27 May (Week 7)</b>

## No late applications will be accepted!

Any student wanting to participate in the Vocational Learning Pathway Program (every Monday Work Experience) MUST see Mrs Gardiner ASAP to discuss a placement for next term. This includes ALL students currently participating in this program. Applications for this program close on **Friday 27 May (Week 7)**

## 2016 Careers Expo

The annual Careers Expo is being held on Tuesday 10 May at CQU. Our Years 10 and 12 students will be attending during period 4 and 2nd break on Tuesday. All students will be travelling by Buslink to the Expo, and will be returning to the College in Period 6.

Year 10 students will be receiving their permission notes via parental email. Year 12 students will receive theirs shortly.

The EXPO is open until 4.00 pm, so any student wishing to attend, and not in Year 10 or 12 may attend after school hours.

**All forms must be returned on Monday 9 MAY!**

WHAT'S YOUR **DREAM JOB?**

2016 GLADSTONE

# CAREERS EXPO

This important community event provides the perfect platform for students wanting to learn more about specific career and education pathway opportunities. The Gladstone Careers Expo features a wide range of information and trades demonstration stalls. Students will have the opportunity to speak with trained staff in various fields to get a real understanding about potential further study options, industries and occupations.

The Gladstone Careers Expo includes event exhibitors from a variety of fields including Tourism, Hospitality, Construction, Manufacturing, Community Services, Colleges and Universities, Training and Employment Providers, Police Recruitment, Defence Forces, Retail amongst others.

**WHEN:** 10th May, 9:00 am – 4:30 pm  
**WHERE:** Held at CQ University  
Marina Campus - Leo Zussino Building

The Gladstone Careers Expo 2016 is open to year 10, 11, and 12 school students in the Gladstone region. Parents are welcome to attend.

[www.gladstonecareersepo.com](http://www.gladstonecareersepo.com)

### CAREER EXPO PARTNERS AND EXHIBITORS:



# Notices

## IMMUNISATION NEWS

### Year 7 & 8 Immunisation

**Tuesday  
17 May**



## upcoming events

### Week 5

**Tue 10 May**

- Yr 7 & 9 NAPLAN Tests
- Careers EXPO Yrs 10 & 12

**Wed 11 May**

- Yr 7 & 9 NAPLAN Tests

**Thur 12 May**

- Yr 7 & 9 NAPLAN Tests
- QMEA its all about ME

### Week 6

**Tue 17 May**

- Year 7 & 8 Immunisations

**Wed 18 May**

- P & F Meeting 5.30 pm

### Week 7

**Tue 24 May**

- Stella Maris Feast Day
- Red Shield Appeal

**Wed 25 May**

- Senior Years & Middle Years Assemblies

**Fri 27 May**

- High School Musical Performance at GECC
- Year 7 for 2017 Enrolment Applications Close

*Café* CHANEL

**Sat 28 May**

- High School Musical Performance at GECC

### Week 8

**Mon 30 May**

- Chanel's Got Talent Heat 1

**Tue 31 May**

- Chanel's Got Talent Heat 2

**Wed 1 June**

- CHANEL DAY

**Fri 3 June**

- Student Representative Meeting (First Break)
- "Back to Chanel" Wine & Cheese Evening 6.30 pm

**Sat 4 June**

- Golden Jubilee Celebrations

**Sun 5 Jun**

- Golden Jubilee Celebrations



## WE ARE BACK

*Café*  
CHANEL

Friday 27 May  
Open 9.30 am to 2.00 pm  
in A105



Bring your friends and share  
Morning Tea or Lunch  
Book by 24 May by emailing  
susan\_going@rok.catholic.edu.au

## UNIFORM SHOP

PLEASE NOTE

Opening Hours for the Uniform Shop

Monday: 8.15 - 11.15 am

Wednesday: 8.15 - 11.15 am

Orders can be left at the College  
Office outside these hours.

Michelle Overend

Uniform Shop Manager  
Ph: 4973 4705

## 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 Gardiner on 4973 4738