



CHANEL COLLEGE

news

6 MARCH 2014
TERM 1 WEEK 6
ISSUE 47

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

From the Principal

Ash Wednesday

Yesterday we celebrated Ash Wednesday, which marks the beginning of Lent. Lent leads up to the season of Easter, the most important time in the Church's calendar where we commemorate the death and resurrection of Jesus.

Pope Francis in his homily at the Ash Wednesday Mass in Rome said that Lent is meant to wake up Christians and help them see that God can give them the strength to change their lives and their surroundings. During Lent we are called to use the three elements the Gospel recommends for spiritual growth: prayer, fasting and almsgiving. He encouraged us to have more regular and intense prayer during Lent and called us to think of the needs of others, "interceding before God for the situations of poverty and suffering" in the world. He described how fasting should "exercise the heart" to recognize what is absolutely essential and to teach one how to share with others. "It is a sign of becoming aware of and taking responsibility for injustice and oppression, especially of the poor and the least, and is a sign of the trust that we place in God and His providence". He also described almsgiving as a practice that should be common among all Christians, but especially during Lent. Christians give concrete help and attention to those in need – asking nothing in return because they recognize how much God has given them even though they were not deserving.

How can we make a difference this Lent? Your support of the Lenten Rice Day yesterday was the first step. Thank you to Mr Davis' and Ms Going's Pastoral Care Classes for cooking and selling the rice and to those members of our community who supported this activity. The Lenten Rice Day allows us to walk in the shoes of people who are not as fortunate as we are. All proceeds raised will be donated to Project Compassion. By being generous with our support of Project Compassion this year you can help change the lives of others and make a huge difference.

God bless

S.M. Nop

Sharon Volp

Star of the Sea Mass

I would warmly like to invite all members of the community to our first Star of the Sea Mass this Sunday night, 9 March at 6.00 pm.

Staffing Update

Mrs Wendy Hjorth, Office Manager, will finishing with us on Friday, due to her husband being transferred to Townsville. We thank her for her many contributions to Chanel and wish her all the best for the future.

Year 8 2015 Enrolments

Thank you to all our current families who have returned enrolment applications for 2015.

Mrs Alison Whitehead, Enrolments Officer, will be in contact during the next week to organize an enrolment interview appointment time. Most of the interviews will be conducted on Saturday 15 March.



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

Ash Wednesday - the beginning of Lent

Lent is a time of spiritual makeover for Christians, in preparation for Easter. It gives each of us the opportunity to reflect on our relationship with God and with others. The Church encourages us to look at our attitudes, values and actions and commit to do better as we try to renew ourselves as Christian people. Well done to all Pastoral Coordinators and their Houses for the prayerful and respectful Ash Wednesday Liturgies they participated in during PC time today.

Lenten Program

The Chanel Lenten Group meets each **Wednesday, at 3:35 pm** in the College Chapel to reflect on and pray the Diocesan Lenten Program *"Love one another as I have loved you"*. All are welcome to attend.

Project Compassion

Lent is a time for us to choose to do with less and a chance to find true meaning as we give of ourselves so others may *"have life and life to the full"*. Through Project Compassion we are invited to join in the work of Caritas Australia to help bring about a better future and to stand in solidarity with the poorest of the poor in our world. Each day students and staff are given the opportunity to donate what they can to this Appeal. Please encourage your children to give generously again this year so they can make a difference in the lives of so many people who have so little. Find more information about Project Compassion at <http://www.caritas.org.au/projectcompassion>.

SOS Mass and Youth Group

The first Chanel SOS Mass for 2014 will be held this **Sunday 9 March** commencing at 6.00 pm. You are invited to come and share in worship with your children. There will be a Youth Group Gathering in the Parish Hall following the Mass, led by our Year 12 students. This group is an informal gathering to allow students to share time, ideas, pray together and have fun together. Students from all Year levels are welcome and they can bring friends or even round up some neighbours if they like. *Just be there!*

Year 11 ACTS Camp

Yesterday, 7 of our Year 11 students along with Ms Derepas, their teacher, travelled with Shalom students to Yeppoon to participate in the ACTS (A Change to Serve) Camp. Students from other Catholic Secondary Schools in the Rockhampton Diocese will be attending, with sessions being run by leaders of the Diocesan Youth Ministry. We wish them all the best for the three days of the camp hoping they have a great time, learn a lot about service and return with many ideas to turn into actions that will enrich their own lives and help their fellow students.

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 in the past.**

Second Hand Uniforms

The second hand uniform 'shop' is open each Wednesday in the RE Resource Room during 1st 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

NO MASS next week (Mrs Marsh's Year 12A CMT Class - changed to Thursday 8 May - ALL WELCOME)

Please Pray for ...

- The people of the Ukraine and their government as they struggle for stability and peace.
- Mrs Butterworth and others in our community who are unwell or recovering from illness.
- Justice in our world, that we will make a conscious effort to generously support Project Compassion as it begins this week.
- Our 7 Year 11 students who, with their teacher, are at the ACTS Camp to learn more about their faith and share it with other young people.

Praise and Thanks for...

- Civilians and defence personnel working to rebuild lives and to bring about peace, unity and justice in many parts of the world.
- The opportunity our Year 9 students have had this past week to relax and refresh as well as share and enjoy time on Retreat with their peers.
- The teachers who willingly take time out from their own family life to accompany our students on these Retreats, ACTS Camps and other excursions and make them such enjoyable and rewarding experiences.

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

INSIGHTS

by Michael Grose – No. 1 parenting educator



parentingideas.com.au

parentingideas.co.uk

parentingideas.co.nz

Managing kids who won't take no for an answer

Kids can be very strategic at getting you to agree to what they want. But two can play at that game!

Ever had a child who keeps asking for a favour or a treat over and over until they get the response they want?

These kids generally use one of two strategies. They may either nag or hound you until they get an affirmative response or they seek out another adult who will give them the answer they want.

Pester power wears you down!

From a kid's point of view, the first method, which is based on persistence, is generally very effective with tired parents and sole parents who are more vulnerable to this type of behaviour.

"All right have the ice cream. Anything for some peace and quiet," is a response that most people who have spent time around children are familiar with. The same applies to adolescents: "Okay, you can go to the party. Just stop nagging me about it!"

Playing one parent off against the other

The second method is a little more devious but very effective and usually occurs in dual parent families. You know the situation. A child's request for a treat, favour or outing is turned down for good reason ("No Jessica you can't have an ice cream now. Wait until after dinner"). The child then goes to the other parent (without sharing the conversation they've just had with you!) in the hope that he or she may well give them the positive answer they are looking for.

These situations can drive parents crazy and are indicative of two people operating on different parenting planes.

If it happens every now and again then it is no big deal. However, if one parent is always granting a child his or her wishes without consultation or thought about what the other parent thinks, then it's probably time to step back and reflect on how you can both work better together.

One "no" is enough

Be firm with a child or young person who goes to another parent in search of a 'yes' after they have received a knock back.

"Where did you get that ice cream from? I already said no."

"Daddy said I could have it."

"I am sorry but you should not go to Daddy after I said 'No'."

If in doubt, defer

The other technique that you can use when one parent tends



to give in more often is to agree to defer to each other whenever a child or young person asks something tricky.

"Okay Jessica, I'll just check with Dad and get back to you."

This strategy can be wearing and even artificial but it's helpful in bringing the other parent into the picture and it also demonstrates that you are double act.

It's the smartest way to **manage teens** as they have a propensity to corner you into making quick decisions. The principle here is to control the timing of your responses and not be railroaded into snap decisions.

Take it in turns saying "no"

Most dual parents play good cop/bad cop, with one being the disciplinarian or hard-line manager and the other more the play director. That tends to be the way of families. This is wearing on the bad cop so it helps if you can swap roles (or even backbones) occasionally so that the 'bad cop' parent gets a break. Sole parents play both roles, which is draining.

Managing children who won't take no for an answer demands teamwork, a willingness to hold your ground and, most importantly, good communication skills. The aim is to reach a point that when you say "No, not this time" (or however you say it), your kids actually believe what you say.

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.

Michael Grose Presentations
PO Box 167 Balnarring Vic 3926
p + 61 3 5983 1798
f (03) 5983 1722
e office@parentingideas.com.au

parentingideas.com.au
 parentingideas.co.uk
 parentingideas.co.nz
 facebook.com/michaelgroseparenting
 twitter.com/michaelgrose



Join Michael's community of parents on Facebook. Go to www.facebook.com/michaelgroseparenting and click on the Like button.

Notices

Peter Pan

On Tuesday 25 March all Year 8 and 9 students will be attending a matinee performance of "Peter Pan" at the Gladstone Entertainment Convention Centre. This 2014 Combined Schools Musical Production features a number of Chanel College students including Ben Felix as Captain Hook, Delaney Burke as Wendy, Peter Jarzebak as Mr Darling, Monique Poli as Nanna and Rhiannon Evans as Liza, the Darling family's maid. Also in the cast are Bianca Aird, Lauren Chittick, Connor Kenny, Jade Webb, Lexie Viner, Sophie Ovenden, Madeline Dooley and Lucy Perrett as Pirates, Mermaids, Lost Boys and Indian Braves.

This is a show packed full of fun and excitement; fabulous music, dancing, singing and acting.

Permission letters will be sent home soon.

Music Ensembles

Mrs Jo-Anne Sheather has commenced sessions with all music groups including the Concert Band, the Choir, Drumline and the Woodwind Ensemble and reports that wonderful sounds are being produced by all! If you would like to join up, it's not too late. Just email me on michele_chapman@rok.catholic.edu.au to find out more!

Michele Chapman
Co-curricular Coordinator



INTERSCHOOL CHESS

The first round of Interschool Chess was held at the Central Queensland University on Wednesday 19 February. Chanel was ably represented by four teams. All students competed enthusiastically and were fine representatives of the College.

Team Purple (Aaron Fahey, Aishwarya Chandrasekara, Kyle Stevens and Zac Good) were the most successful on the day, with not only a first place in the teams competition, but with Aaron Fahey, Aishwarya Chandrasekara and Kyle Stevens also coming 1st, 2nd and 3rd in the individual competition.

Second place in the Teams Competition went to Laura Kane, Cameron DeAgostini, Brock Ramsay and Toby Guinea under the banner of Team Chrome.

Our two other Teams were. Team Futuna; Hugh Bradley Woods, Trey Keyworth and Anjana Ehret and Team Green; Richard Cook, Maia Van Duin, Jake Mellor and Jose Solitario.

Congratulations to all students on their display of good sportsmanship, intellectual rigour and cooperative behaviour.

Paula Staunton
Humanities Coordinator



GRIP LEADERSHIP

On the Friday of Week 4, a group of House Delegates travelled up to Rockhampton to participate in the GRIP Student Leadership Conference. Lots of interesting things were discussed, parts of leadership

such as how to successfully fundraise, how to organise activities and other roles. Students from many different schools, such as Toolooa and Trinity College, as well as a multitude of schools from other towns and cities all over the region, participated in the event which ran all day at the Rockhampton Leagues Club.

The day was divided into 5 portions – one block of lectures followed immediately by morning tea, an elective session, lunch and then one last session. Elective subjects included fundraising, lessons learned from Nelson Mandela and Cathy Freeman and how to maximise involvement in activities. As well as these main periods, there was also a so called

'Loud Noises' session; a chance to further relax and, perhaps more subtly, learn leadership lessons and communication.

All in all, it was a successful event, (which came to a climax with Mrs Ryan-Salter dancing), and taught many valuable leadership lessons which will be implemented at the school in future.

by Ben Felix Yr 12



STUDENT ABSENTEE HOTLINE 4973 4791

sporting news

Kylie Kickbusch
Sports Coordinator

Week 6 sees the start of the Interhouse Volleyball Competition for Year 10 – 12 students. Each house has nominated numerous teams and they will play each other Tuesday, Wednesday and Friday for 2 weeks to see who comes out as the Volleyball House Champion. There is fierce rivalry with team mates from the Town competition and Year 11 and 12 PE classes going up against each other as they represent their houses. Week 8 and 9 the same competition will run for the Year 8 and 9 students. This competition should be a fantastic display of the volleyball skills the students possess and house spirit. Good luck to all students playing.

The Interschool Volleyball Competition started on Wednesday 5 March. Chanel has entered 2 teams; Open Boys and Open Girls. The girls will be playing at Tannum SHS and the boys at Gladstone SHS after school on Wednesday for 2 weeks. This will be a great opportunity for these 2 teams to showcase their skills against the schools in the region. Thank you to Mr Davis for organising the Chanel teams and good luck to the players involved.

Last Monday the Interschool Cricket team played their final match of the competition. The competition ran over 2 Mondays and the team managed 2 wins from 3 games, and finished 2nd in their pool. Unfortunately they did not make the final, but they represented the College with excellent sportsmanship and pride. Thank you to Mr Ken Homann for coaching the team with all your cricket knowledge.

This week, students who were selected for Port Curtis Football (Soccer), Basketball, Hockey will be competing in the Capricornia Trials. Good luck to all these students. Below are the latest Chanel College students to gain selection in Port Curtis teams. Congratulations to you all and best of luck in your upcoming Capricornia trials:

Yasmin Ramsay	15 Girls Netball
Taylor Langdon	15 Girls Netball
Hannah Hooper	15 Girls Netball
Jaylyn Tanditiaola	15 Boys Rugby League
Benn Richardson	15 Boys Rugby League
Joshua Hughes	Open Boys Rugby League
Riley Daly	Open Boys Rugby League
Jordan Holzberger	Open Boys Rugby League

These students have been selected for Capricornia teams and will be competing at the State Trials later in the Term:

Jack Breadsell	Open Boys Touch
Justin Cridland	Open Boys Touch
Carly Hill	15 Girls Touch



Career news

Jaye Mellor
Careers Officer

Work Experience 2014

Work Experience 2014 is going to be very busy. Placements will be a cost of \$60 per placement. The money needs to be attached to the form and taken to the Office for receipting and then the form is passed onto myself. Forms will then be copied and handed to SAIN.

These forms are in a wall stand outside my office.

Holiday Work Experience Dates are:- (Green Form)

7 April to 11 April
14 April to 18 April
30 June to 4 July
7 July to 11 July
22 Sept to 26 Sept
29 Sept to 3 Oct
1 Dec to 5 Dec
8 Dec to 12 Dec

BRISBANE CAREERS & EMPLOYMENT EXPO

It's the best opportunity for Students and School-leavers to choose future career pathways and improve their employment prospects.

23-24 May 2014 Brisbane Convention Exhibition Centre. Free Entry

www.ncee.com.au or Ph: 1300 667 121

Gladstone Ports Corporation have placements for the above dates as well. They have a separate form (Yellow) that needs to be completed and returned for the money to the Office.

Gladstone Medical Focus Program – Gladstone Hospital This is full at the moment.

Year 10 Work Experience

Dates for this are **11 August to 15 August**. This date is changed from previous years. Forms will be sent out later in the year for this placement. A letter will be attached with information. If your child is interested in Veterinary Work Experience please go ahead and contact the Vets to gain placements for your child. These spots fill up fast. Do not contact Gladstone Ports Corporation as they are only doing work experience placements on the holidays. Being a friend doesn't help as placements are collated in the work experience area and under the control of a coordinator. QAL, Boyne Smelters and Rio Tinto Yarwun do not take work experience for this placement. Students are able to go outside Gladstone so if you have relatives and close friends in an area where your child has an interest please talk with them to see if your child is able to stay with them while they attend. A list of career pathways offered in Gladstone is outside my office as well.

If you would like to speak to me regarding any work experience please either contact the office or email me.

School Based Traineeships and Apprenticeships

If your child is interested in one of these can you please let me know. Students are able to undertake these from Year 10 onwards. Some students have turned their after school job into a school based traineeship.

If you are working in the food industry there are traineeships attached to them. Retail Traineeships are a good option.

Gladstone Careers Expo 2014

Tuesday 24 June at Gladstone PCYC. Year 10 & 12 Students will attend.

Defence Force Visit

The Defence Forcing will be visiting Chanel College on **Friday 14 March at 12.00 noon**. They will talk to students from Year 10 upwards. Students interested will need to put their name down with Mrs Mellor prior to the talks as names need to be given to teachers for class absences. If students are interested in Army, Navy or Air Force or even interested in ADFA they need to attend. You gain vital knowledge from these talks that prepare you for enlistment and university pathways.

notices

NOTE: CHANGES TO UNIFORM SHOP HOURS

Please Note: The College Uniform Shop hours have changed. These hours are current until further notice.

Mondays 8.15 am - 11.15 am

Thursdays 1.00 pm - 4.00 pm

This unforeseen change is due to illness, we appreciate your understanding.

SCHOOL FEES

School Fees are **DUE Mon 3 March**. If you have not received your statement please contact the College Office. If you are experiencing difficulty paying your account, please contact the Finance Office to make arrangements.

Wendy Hjorth
Finance Office Manager
Ph: 4973 4714

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 everyday except Thursdays.

Contact Chanel College's Inclusive Curriculum Coordinator:

Mrs Robyn Jurd on 4973 4739 or Career Officer: Mrs Mellor on 4973 4738

SHROVE TUESDAY



Upcoming Events

Week 7

Mon 10 March

- Whole School Assembly
- Interschool AFL

Tue 11 March

- Immunisations Yr 8
- Immunisations Yr 10 Boys Only
- Year 9 Mater/Chanel Alliance Morning

Wed 12 March

- Student Rep Council Meeting (First Break)
- Interschool Volleyball

Thur 13 March

- MASS TODAY
- Capricornia Trials - Squash, Rugby Union, Netball, AFL

Fri 14 March

- State Honours Ensemble Program (Seniors)
- Defence Force Visit Yr 10-12

Sat 15 March

- Year 8 for 2015 Interview Day
- State Honours Ensemble Program (Seniors)

Sun 16 March

- State Honours Ensemble Program (Seniors)

Week 8

Mon 17 March

- Year 7 for 2015 Enrolment Applications Open
- House Assemblies
- Interschool AFL

Wed 19 March

- Interschool Volleyball
- P & F Meeting 5.30 pm

Thur 20 March

- MASS TODAY

Fri 21 March

- MacKillop House Morning Tea
- Capricornia Trials - Surfing