



# CHANEL COLLEGE

# news

7 August 2014  
TERM 3 WEEK 4  
ISSUE 47

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

## From the Principal

### Invitation to Participate - Chanel College Master Planning Charrette

I wish to invite you as a member of our community to participate in the review of the Master Plan for the future development of Chanel College.

As a result of the State Government initiative to incorporate Year 7 into Secondary Schooling it is necessary for the College Community to come together to consider the future needs of the College and plan how they will be delivered.

The College has engaged a group of leading planners and designers to undertake an innovative and consultative process called a Charrette.

Over three days, from **Tuesday 26 August to Thursday 28 August** these designers will establish themselves in the school to conceive and design in place the future physical development of the school.

To achieve the very best outcomes, the Design Team wishes to consult the College Community to ascertain the needs, expectations and aspirations of Parents, Students and Staff.

The Charrette Process is open and transparent and the designers will work intensively over three days in part of the College Library for all to see the plans develop and be critiqued.

A number of formal opportunities have been programmed for consultation with the College Community.

Firstly, and most importantly on **Tuesday 26 August at 5:00 pm** a meeting will be held in the McAuley 102 & 103. At this meeting, the Charrette Process will be explained in detail and a consultation to ascertain the community's expectations of the physical infrastructure needs of the College. **This session is most important** and everyone who is interested in influencing the future direction of the College **should attend this session**.

On **Wednesday 27 August between 3.30 pm – 5.00 pm** the designers will hold an **Open Studio in the Library** to explain and critique the evolving design concepts for the College.

All are welcome to participate in these sessions.

Finally, on **Thursday 28 August from 4:30 pm to 6.00 pm** in the **Marian Centre**, a final presentation will be made to the College Community of the design proposals for the future planning of the College.

I strongly encourage you as a member of our College Community to participate in this exciting, innovative and consultative process to ensure the very best outcomes for our current and future students.

God bless

*S.M. Volp*

Sharon Volp



### The Pajama Game

Ticket sales are going great, so I urge you to get in now to reserve your seat so not to miss this fantastic production.

### Planning for 2015

Planning for 2015 is well underway. We would appreciate it if information regarding any student who is not intending to return to Chanel in 2015 could be provided in writing to Ms Dyer at the College office by **Friday 19 September**, the last day of Term 3.

We do appreciate that as the year progresses, family circumstances may change, for example moving to another town. It would be appreciated if you could advise Ms Dyer in writing as soon as you have information available.

### Staffing Update

Thank you to Mrs Cameron for all her work as Acting Stella Maris Coordinator this term. Mrs Marsh returns from her long service leave on Monday and I would like to thank Mrs Chaumont for taking her classes.

### Year 11 Leadership Applications

Year 11 students are reminded that the written applications for leadership positions in 2015 must be submitted to the Print Room by 9.00 am on **Monday 18 August**.

### Year 9 and 10 Subject Selection for Years 10 and 11 2015.

An information evening for current Year 9 students will be held on **Wednesday 20 August** commencing at **6.00 pm** to discuss subject selection choices for Year 10 in 2014. This will lead into the subject displays which will be available for viewing from 6.45 pm.

Current Year 10 students may also view the subject displays from 6.45 pm. The Year 11 2015 Information Session will commence at 7.30 pm.

Phone: 07 4973 4700

Fax: 07 4973 4799

E-mail: [the.secretary@chanelcollege.qld.edu.au](mailto:the.secretary@chanelcollege.qld.edu.au)

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

**Student Absentee Hotline: 4973 4791**



# Good News

Kath Hore Mission & RE Support Officer

## Year 8 NET Days

On **19 and 20 August**, Year 8 students will experience another Retreat Day and will be spending the day with the 11 members of the National Evangelisation Team. The day will be at the Parish Hall and students are to bring their own lunch and snack for afternoon tea. Letters were distributed on Monday - please ensure they are returned by **Wednesday 13 August**. A big thank you to the host families who have generously volunteered to accommodate the team members and we trust your time with these young people will be rewarding.

## Service to the Community – Vinnies Youth

We welcome Louise Elliott (Ellie) who has recently been appointed as the new Youth Worker with St Vincent de Paul. On Monday, Ellie met with 14 students from Chanel, to launch the Nightriders Program. Through this incentive students in groups of 2/3 will visit New Auckland Aged Care and spend time with the residents reading, writing letters, teaching technology, singing, playing cards etc. The visits take place in student's own time and it is wonderful to see our young people's enthusiasm in reaching out to help others in the wider community and thank you to parents and carers who support and encourage their children to serve others.

## 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.

## 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 Janey Scarth-Johnson and Justice Heard for the delicious supper they provided at the end of the Mass, the Youth Group participants really enjoyed and were grateful of all the food! Many thanks to all students who supported our Year 12 Students, and attended a very successful Youth Group gathering following the Mass.

## 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

**14 August** – Mrs Kenny's Year 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 Syria and the political unrest in Egypt.
- People in our community who are unwell or recovering from illness.
- Families and friends of the passengers on MH17.

### 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 care and time given by staff and parents for the Parent/Teacher interviews.
- Students who step out of their comfort zone in order to enhance their spiritual and personal growth and to serve others.

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



Message from the Assistant Principal Pastoral Care - Alison Wales

# ATTENTION PARENTS!

To help your children stay safe online, Chanel College is hosting a Cybersmart Outreach — Internet Safety Awareness Presentation. Designed for parents, teachers and students, this presentation is provided by the Australian Communications and Media Authority (the ACMA) as part of a national program of cybersmart initiatives.

**Do not miss this presentation!**

cyber(smart:)



**PRESENTATION for PARENTS**

**Covering a range of issues including:**

- the ways children use the internet and emerging technologies
- potential risks for children online, such as cyberbullying, identity theft, inappropriate contact and exposure to inappropriate content
- tips to help children stay safe online.

**Thursday 28 August 2014**

**6.30 pm - 8.00 pm**

**Marian Centre, Chanel College**

KEEP YOUR **KIDS**  
**SAFE** Online

To register your attendance, please contact the College Office 4973 4700 by **Tuesday 26 August**.



**STUDENT ABSENTEE  
HOTLINE 4973 4791**

# sporting news

Kylie Kickbusch Sports Coordinator

## Port Curtis Athletics Trials

Chanel College hosted the 2 days (Thursday 31/8 and Friday 1/9) of track and field trials for selection in the 2014 Port Curtis team. It was a fantastic 2 days of competition with Port Curtis records smashed, healthy rivalry between the schools and some very close finishes in the sprint races. Chanel had around 60 students represent the College across the 2 days with some outstanding results had. The 4 x 100m relays are always the highlight of the carnival and are rightfully the last event on the Friday afternoon. Mr



Davis has been training our relay teams hard and this practice certainly showed on the day. Chanel won the U13 Boys and Girls, U14 Boys and Girls, U15 Boys and OPEN Boys relays. The difference in these races was Chanel's slick and efficient baton changes. Thank you to Mr Davis for all his training and to the runners in these teams for attending the training sessions. Congratulations to the U14 Boys relay team (**Joseph Vale, Sam and Joe Romagnolo and Braiden Harrison**) who smashed the relay record by 4 seconds and won their race by 30m. These boys had near perfect baton changes and ran the best race of the day. Once again this year, we fell just short of taking out the Overall Champion School (by a small margin) to Gladstone SHS. **Trey Keyworth** was awarded the Age Champion for the U15 Boys, congratulations Trey on a busy but very successful 2 days of athletics. Around 25 Chanel students won selection into the Port Curtis Track and Field team and will now travel to Mackay on the 21 August for the Capricornia trials. Good luck to all our College students and congratulations on a great effort at the Port Curtis Carnival.

## Vicki Wilson Cup Netball

Last Monday 28 July, the Chanel College QISSN team participated in the Southern Corridor Capricornia Region Carnival of the Vicki Wilson Cup. This was held in Biloela and was to decide the team that would take on the winners of the Northern Corridor trials to represent the Capricornia Region in Brisbane for the State finals of this competition. In our pool were Rockhampton Grammar and Emmaus College who finished 1<sup>st</sup> and 2<sup>nd</sup> respectively at the QISSN carnival last holidays. The team won 2 out of their 4 games to finish 3<sup>rd</sup> overall. A great day was had by all and the girls once again played some excellent and exciting netball and represented themselves and the College to the highest standards.

### Team Players:

**Girls;** Antonia Uini Paulo, Demi Lisle, Bella Heard, Erica Turner-Brown, Lauren Thompson, Kelsey Smith.

**Boys;** Ben Dansie, Justin McAndrew, Jacques Fermier, Harrison Madge, Jacob McDermott, Harry Sisley, Brock Ramsay, Ryan Wright, Kane Langdon.

## Botanic to Bridge Registrations

A quick reminder that registrations for the Botanic to Bridge close on **14 August**. Remember to nominate Chanel College on your nominations, and hope to see you fit and ready to run on **Sunday 17 August**.

Follow the link to registrar now:

<http://www.botanictobridge.com.au/register>



2014 Chanel College QISSN TEAM

# Counselling Services

P: 4973 4706 (Monday – Thursday)

Philomena Burke

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

## Are you worrying or problem solving?

I am currently reading a book called "The Worry Trap" as many of the students I see in counselling waste a lot of their time worrying.

The author of "The Worry Trap", Chad Lejeune, PhD, maintains that when we worry we often feel as if we are doing something to solve our problems but in fact research would indicate that worrying leads to:

**Intellectual confusion** - when we are worried it is difficult to think clearly.

**Emotional depletion** - excessive worrying can be tiring and psychologically draining.

**Behaviour paralysis** – The anxiety and procrastination evoked by our worrying thoughts leaves very little time to do something to solve the issue.

How do we know whether we are worrying or problem solving? Lejeune says that unlike worrying, problem solving is a two stage process with the following outcomes:

Problem solving involves a **planning phase** where we devise a list of **possible actions** and the risks involved in each of these. We then methodically **generate and evaluate** possible **solutions** before **implementing** the best one available to us.

Problem solving allows us to do what needs to be done. The behaviours and solutions we choose help us act in a way that is in line with our values and is also going to be helpful in reducing worry as we feel more in control of our thoughts, our relationships and our work. Problem solving is action based, worry is non-productive and a time waster.

Process	Outcome
Planning	List of actions and reasonable precautions
Problem Solving	Generation and evaluation of possible solutions
Worrying	Increased anxiety procrastination and avoidance (Lejeune, 2007, P 49)



# Y11 BIOLOGY CAMP

## *Eurimbula National Park*

Chanel has been taking its Year 11 Biology students on camp to Eurimbula National Park since 2003, and during that time we have observed many changes to the park, both natural and man made. The students get to experience some real science, learn about mangroves and the role they play, as well as considering some of the factors affecting beach communities and regenerating forest ecosystems. The day on the LARC is a highlight that includes, not only some very relevant and useful scientific and historical information, but also an awful lot of fun.



# science update

UQ Science Ambassador Program

Erlina Mohamed Syazwan  
Science Ambassador

## Upcoming Events

### National Science Week 2014

**16 August - 24 August**

This year's theme is revolving around food!

This theme (Food for our future: Science feeding the world) was inspired by the International Year for Family Farming.

### UQ Open Days

**Gatton - 17 August**

This is a great opportunity for aspiring students to explore the colourful choices of available courses offered by University of Queensland.

### QMEA

**21st August- year 8s**  
Energy for the future

### Bio diversity Field day

**26th August – Year 9s**  
Bio diversity Field day



## UQ Reports: Sorghum sugar signals sweet success

A joint project between Queensland and Chinese researchers to derive sugars from sorghum could result in extraordinary social, economic and environmental benefits for future generations.

University of Queensland lead researcher Dr Luguang Wu said the project had the potential to revitalise the sugar industry, improve energy security, reduce greenhouse emissions and improve health outcomes by reducing tooth decay and assisting in diabetes management. The collaborative research project between UQ's School of Agriculture and Food Sciences and the prestigious Chinese Academy of Sciences (CAS) has been awarded one of only two grants available from the Queensland-Chinese Academy of Sciences (Q-CAS) Collaborative Science fund. Read more at:

<http://www.uq.edu.au/news/article/2014/06/sorghum-sugarsignals-sweet-success>



## Stay Sharp (#) with Music!

The Scientific American Mind Magazine has published a number of articles, sharing interesting outcomes from studies regarding music and it influences our physical and mental performance.

Summarised versions of the written articles are as printed below:



### Music Helps Kids Read —by Jenni Laidman

Nina Kraus of Northwestern University has discovered that: the brains of good beat keepers respond to speech more consistently than the brain of people whose toes do not tap (on the beat) in time.

Reading ability generally relies on making connections between the sounds of letter and symbols on a page. Music provides another avenue into learning. "Through music, you learn to pay attention to important sounds," Kraus says. The inconsistent sound processing shown by poor beat keepers makes that difficult. "If you have an auditory system that automatically is able to efficiently pull out sounds that are meaningful, it's going to be important not just for music but for speech (too)."

### Presto Pain Relief —by Michaela Slinger

A study at Our Lady of the Lake Regional Medical Centre in Baton Rouge, Louisiana (USA), determined that ambient music therapy had a positive effect on postoperative patients' recovery by improving pain management and decreases the negative effect of environmental noise.

The study shows patients who had undergone surgery for cancer all received standard nursing care and had similar levels of anxiety, pain and irritation prior treatment. Three days later after surgery, patients who listened to ambient music said they were able to better manage their pain and were less annoyed by hospital noise, whereas patients without music experienced no change.

## Brain Teasers

### Pattern Recognition

Identify the number or letter that does not belong in each following series:

#### Series 1:

X  
L  
T  
7  
4

#### Series 2:

M  
S  
W  
N  
X

#### Series 3:

4  
Z  
A  
E  
F

#### Series 4:

2  
O  
C  
Q  
8

#### Series 5:

novel  
poem  
painting  
flower  
sculpture

#### Series 6:

radish  
tomato  
pear  
apple  
orange

#### Series 7:

shredder  
knife  
razor  
chainsaw  
grater

#### Series 8:

heron  
swan  
penguin  
duck  
goose

# UNIFORM SHOP

## PLEASE NOTE

### New Hours for the Uniform Shop

Monday: 8.15 am - 11.15 am

Wednesday: 8.15 am - 11.15 am

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



# 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

## Upcoming Events

### Week 5

#### Tue 12 August

- Senior Public Speaking Competition
- ICAS Mathematics Competition

#### Wed 13 August

- Interschool Chess
- Interschool Soccer

#### Thur 14 August

- MASS TODAY

### Week 6

#### Tue 19 August

- Junior Public Speaking Competition

#### Wed 20 August

- Year 9 Subject Selection Evening 6.00 pm
- Subject EXPO 6.45 pm - 7.30 pm
- Year 10 Subject Selection Evening 7.30 pm
- Interschool Soccer

#### Thur 21 August

- MASS TODAY

#### Fri 22 August

- McKillop Feast Day

### Week 7

#### Tue 26 August

- Student Representative Meeting
- Interschool Basketball

#### Wed 27 August

- P & F Meeting 5.30 pm
- Interschool Soccer

#### Thur 28 August

- MASS TODAY
- Cybersmart Presentations
- Mater Careers Cafe Yr 9 Group 2

### Week 8

#### Tue 2 September

- Interschool Basketball

#### Wed 3 September

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

#### Thur 4 September

- MASS TODAY

#### Fri 5 September

- Stella Maris Feast Day