



CHANEL COLLEGE

news

9 March 2017
Term 1 Week 7
VOLUME 50

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

From the Principal

upcoming events

Term 1

Week 8

Sun 12 March

- Buddies Day

Wed 15 March

- Student Representative Council Meeting
- P & F Meeting 5.30 pm

Fri 17 March

- St Patrick's Day
- National Day Against Bullying
- National Ride2School Day

Week 9

YR 7-12 EXAM WEEK

Week 10

Mon 27 March

- Year 12 QCS Practice
- Year 7 & 9 NAPLAN Practice

Tue 28 March

- Year 12 QCS Practice
- Year 7 & 9 NAPLAN Practice

Wed 29 March

- Inter-House Cross Country

Fri 31 March

- Easter Liturgy Periods 1 & 2

TERM 1 CONCLUDES

As assessment tasks pile up and exams loom ever more closely on the horizon, it is inevitable that, just as we adults do, young people experience increasing levels of stress which can affect their overall mental health and wellbeing. Much attention has been given to this issue in the media, in print publications, by governments and health care providers and agencies.

Inevitably, it is parents – the first educators of young people, and teachers – those who share the responsibility with parents for formal education, who are at the forefront of enabling young people to develop resilience so that they can negotiate their way through both the challenges and rewards that life will, without doubt, put in their paths.

There are some very practical strategies that we can all use to promote the mental health and wellbeing of young people. These include:

- Putting strategies in place to minimise the effects of stress – these include regular exercise, a healthy and balanced diet, a good night's sleep, and, as difficult as it may be, having complete breaks from television, social media and phones.
- Helping your sons and daughters to develop their skills in communication – let them tell you what is happening in their lives and what is important to them.
- Maintaining good friendships and helping others – we know that having good friendships improves the self-esteem of young people and increases their sense of wellbeing. We know, too, that becoming involved in communities, and doing things for others gives us a sense of purpose, achievement, and belonging.

Parents and Friends Meeting

I extend an invitation to all parents and carers to the next P and F meeting which will be held **Wednesday 15 March at 5.30pm** in the College Board Room.



Sincerely

Susan
Dr Susan Bunkum PhD

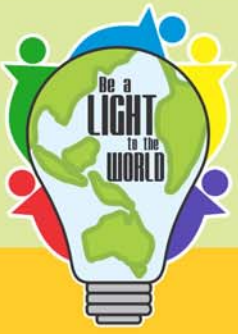
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Good News

Kath Hore - Mission & RE Support Officer

Project Compassion

Project Compassion has had a great start and thank you for your support thus far raising \$312.75. Last year, members of the Chanel College community raised **\$2 600.40** for Project Compassion – *a fantastic effort!* In **2017**, we are aiming to raise **\$3000.00**. **Let's work together to reach this total!** Project Compassion, this week brings you the story of Dinia. Dinia, widowed and shy, struggled on her own to make ends meet until her community encouraged her to participate in the Socio Pastoral Action Centre Foundation Inc. which is supported by Caritas Australia. SPACFI's Integrated Community Development Program helped her develop diverse ways to gain a sustainable livelihood, continue to send her children to school and contribute to her community. Now she inspires her neighbours through her commitment to the common good.

Donations to Project Compassion can help our most vulnerable neighbours in the Philippines to build a stronger future for their families and their communities.

Year 9 Retreat

Last week, Year 9 students had the opportunity to attend a 2½ day retreat at Riverside Retreat near Bundaberg and were met with many challenges. They learnt skills for bush survival, were challenged physically with both team and individual obstacle courses and as a team they problem solved to construct a raft from tyre tubes, build shelters and stretchers and cook damper. In addition they also learnt the finer details of community living, sleeping in Indonesian longhouses/tents and sharing amenities. The feedback from students and staff has been very positive and some of the students comments of what they could gain from the experience were, *"Watch out for others and make sure everyone is given the same opportunity," "I can wash up at home because I discovered washing up is fun ..."* *"More confidence in myself as I did my best,"* *"I learned to cooperate with people better, this will help me to be nicer to my siblings,"*

SOS Mass and Youth Gathering

The first Chanel/SOS Mass for this year was held last **Sunday 5 March** at SOS Church. Thank you to all those students who volunteered to be musicians, singers, readers, greeters etc – they did a fantastic job.

Please note that our Term 2 Mass is on the 8 June.

A big thank you to all students who supported our Year 12 Leaders and attended a very well organised and successful Youth Group gathering after the Mass.

Buddies Day

Buddies Day, organised by St Vincent de Paul and support by Chanel College, will be having their second outing for 2017 on **12 March**. This year there are several outings planned and if your child would like to be a volunteer with this program and they are in Years 10-12 please encourage them to see Mrs Hore for more details.

Lenten Program

The Chanel Lenten Group meet each Wednesday, beginning **1 March**, at 3:35 pm in the Chapel to reflect on and pray this program. All are welcome to attend.

Thursday Mass

Thursday 9 March – Mrs Miles' Year 12 CMT

All Masses are celebrated in the College Chapel at 10.40 am each Thursday.

ALL WELCOME – Families, Friends, Members of our Parish, Fellow students!!

Please Pray for ...

- civilians in Middle Eastern countries as the political unrest continues to cause pain and suffering
- People in our community who are unwell or recovering from illness
- Justice in our world, that we will make a conscious effort and generously support Project Compassion.
- Families in the Philippines working towards a sustainable livelihood

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
- A successful and enjoyable Year 9 Retreat.
- Our students who so willingly step up to serve others.

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



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

Young Scholars PROGRAM

Jake Kane

Last year I was accepted into the UQ young scholars program and after a quick flight and uber ride I arrived at King's College. Little did I know that I was about to have the best week of my life. We were separated into groups, given dorms and embarked on our journeys to become young scholars. Throughout the week we took part in many activities which suited our interests. These included subject areas such as maths, science, and law. Some of my activities included powering a model neighbourhood and creating my own robot. We also had a variety of keynote speakers and participated in social justice activities. It wasn't all work, however and we also got to enjoy a variety of fun activities such as a trivia night, dancing and even quidditch! This is a once in a lifetime experience which I would recommend to anyone who is thinking about going to university and I would go again if I could.

Shaun Iddon

Last year, I was fortunate enough to be one of the 225 students chosen for the Young Scholars Program run by the University of Queensland. This program gave me the opportunity to spend a week at the St. Lucia Campus and to engage in University activities such as lectures and workshops. We also had the opportunity to engage in extracurricular activities such as sports and social clubs. This experience allowed me to meet like-minded people from all over Queensland. I would recommend this program to any Year 11 students who are looking to study at University after they finish Grade 12.

Mikele Vaiente

After completing exam week in Term 4 last year, Shaun, Jake and I each found our separate ways to the University of Queensland St Lucia campus in Brisbane for the 2016 UQ Young Scholars Program (YSP). Upon arrival, we were sorted into several groups and were directed to our accommodation at Kings College, before meeting the other 222 Year 11 students who came from across Queensland and New South Wales. We stayed there for a week, attending a variety of sessions and workshops. These included the topics of science, law, psychology, business, engineering and activities involving navigation with vision impairment goggles and powering model cities. Additionally, we were privileged to listen to a number of keynote speakers, including university lecturers and entrepreneurs, and we also took part in large team-work oriented sessions such as a Model United Nations Summit. Sports and casual social opportunities were dotted throughout the week and we ended with a formal dinner and dance/disco on the final night. YSP was a very rewarding and worthwhile experience for both academic and social reasons and I definitely recommend all current Year 11s who intend on going to university, or are otherwise interested, to apply this year.

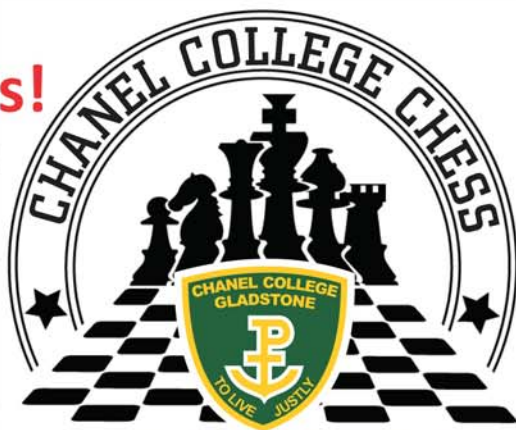


Chanel QUEENS and KINGS continue to rule Gladstone Chess!

On 23 February, members of the Chanel Chess Club participated in the first Gardiner Interschool Chess Tournament for 2017 at CQU's Gladstone campus. Chanel's team managed to take the top two individual prizes for the day with Thasindu Chandrasekara (year 9) being awarded the top senior school player and Aish Chandrasekara (year 12) second on the day, as well as the top team for the tournament.

Our Chanel students played with incredible sportsmanship and had both a fun and educational day. The next tournament is in Term 2 and all students are invited to come along regardless of the chess prowess.

Check you later!
Mrs Botica



RYPEN



FREE Rotary youth camp to be held at Tanyalla on first weekend of Easter break!

Rotary International District 9570 is offering Chanel students the opportunity to attend The Rotary Youth Program of Enrichment (RYPEN) to be held at Tanyalla at Boyne Island from Friday 31 March to Sunday 2 April. Attendance at the camp is fully funded by Rotary. Students who attend the camp are awarded a certificate which is highly regarded in industry. Rotary has made available 10 - 15 places for Chanel students at this camp. RYPEN forms can be collected from the Student Office and should be returned as quickly as possible to claim your place.

RYPEN is a Youth Leadership conference for young people who are between 15 and 17 and are year 10, 11 and 12 students. The conference is a weekend long camp designed at developing young people's potential through a mixture of lecture style sessions and adventure-based learning.

RYPEN has as its principal aim, to communicate to young people taking part in the program a series of ideas, problems and social experiences which will assist them in forming their own values and moral standards and allow them to broaden their horizons culturally, socially and academically.





DREAM BIG PROJECT
A MOVEMENT TO PROMOTE ENGINEERING



Dream Big Event



The Dream Big Event is an amazing opportunity for girls in high school to get a taste of what the field of engineering is like, not only for everyone but also for specifically, women. The day was packed full of activities that we both got to enjoy along with a large group of year 11 girls from other high schools in the area. We were able to participate in electrical engineering work, making a circuit board that powers an LED light. Structural engineering, trying to build the strongest spaghetti tower and a catapult. We also received a few talks from inspiring women who have had the courage to step away from societal norms and become engineers themselves. They reinforced to us that engineering is no longer a man's world and if we want something we are powerful enough to achieve it. Just because we are women in no way lessens our ability to succeed in the engineering world. Overall, it was a great experience, it helped us immensely while trying to choose career pathways in life, we recommend this experience to anyone who has the opportunity to attend, whether interested in engineering or not.

Destiny Harmer and Ainsley Childs

Library News



Dear Parents, Students and Staff,

Hello, my name is Mrs Fiona Binney and I would like to take this opportunity to introduce myself to you as your new Librarian.

I have worked as a schools officer in Gladstone schools for over fifteen years and for the last eight years, my position was the Learning Resource Centre Manager at St Stephens Lutheran College. In this role, I was responsible for the daily operations of the library environment including administrative duties, collection development and management, resourcing and acquisitions, providing assistance with assignments and promoting literature and reading.

Over the last six years, I was a member of the Curtis Coast Literary Carnivale Committee, working together with local librarians and volunteers to bring an exciting lineup of renown Australian children's authors and illustrators to Gladstone for students to interact and engage with.

It is my very great pleasure to have been offered the position of Library Manager at Chanel College and I look forward to meeting you all and learning how I can be of assistance in providing for your information and literary needs.

Please feel free to pop into the library to see either Mrs McAlister or myself and let us know how we can help you.

Fiona Binney
Library Manager

sporting news

Kylie Kickbusch
Sports Program Leader

Interhouse Cross Country

Wednesday 29 March is the Interhouse Cross Country – the second of College's Interhouse carnivals. For all the carnival information, please go to the Chanel College website or the Sports Tab on the Student Google site.

Twilight Netball

On Thursday the 2 March, a team of U12 Chanel College girls played in the Twilight netball competition at the Gladstone Netball Courts. The girls won all of their games and only had one goal scored against them prior to the final game in the whole carnival thanks to some wonderful defence by Bridie Lenz, Madyson Edgerton and Abby Churchward. 5 girls have been selected to go to another trial on Thursday the 9th of March and the girls must be selected again to be able to represent Chanel at PCS Netball. The girls that have been selected to go to these trials are Isabella Zerner, Jordan Porter, Ainsleigh Homes, Lilly Overend and Chantelle Sharp. We wish the best for these girls at the next trials and thank the whole team and our coaches Miss McDonough and Miss Kickbusch.



Port Curtis Team Selection

Congratulations to the below students who have been selected to represent Port Curtis in their respective sports at the upcoming Capricornia trials:

Ainsley Graham	19 girls hockey	Jordan Porter	12 Girls Soccer
Tian Kingsbury	19 girls hockey	Jordan Porter	12 Girls Netball
Bree Bunyan	19 girls hockey	Lily Overend	12 Girls Netball
Zarah Nash	19 girls hockey	Ainsley Holmes	12 Girls Netball
Nicholas Briggs	19 Years Squash		



Port Curtis Cross Country and Capricornia Track and Field Dates

Please note the date has changed for the **Port Curtis Cross Country trials** – these will now be held on **Monday 15 May** at the Gladstone Golf Course.

The venue for the **Capricornia Track and Field trials** has changed and will now be held in **Emerald at Marist College** on the same dates – **Monday 21 and Tuesday 22 August**.

career news

Leanne Crane
Careers Pathways Officer

WHITE CARD CONSTRUCTION COURSE

This week we conducted the White Card Construction Course online through Narbil for the Years 10, 11 and 12 students. The course was held in the Chanel College Library and it was extremely popular with around 46 students attending the course. The Course helped them understand the Basic information on Workplace Health and Safety Regulations and the codes of practice and covered many other topics to attain the White Card.



Ben aiming for a Career in Horticulture

Ben Nugent Year 12 Student is working hard to complete his Certificate II in Horticultural, at CQ Uni Campus. Ben is shown here propagating cuttings. Keep up the great work Ben.



Notices

URGENT UPDATE **New Zealand Trip 2017**

Please be advised that there was a typing error on the letter sent out 25 February regarding the dates for payments:

Payment 2: \$250-00 should have been Tuesday 28 February not Tuesday 28 March.

Payment 3: \$500-00 is due Friday 24 March.

If you have any queries or need to organise a payment option please contact Vicki at front office or Leigh or Judith In Finance office.

School Fees

School Fees are due **Monday 13 March 2017**. If you are having any difficulties in paying please contact the finance office.

Please Note: Only use the College account for paying school fees.

Phone: 4973 4711

Email:

finance@chanelcollege.qld.edu.au



STUDENT ACCESS CENTRE

Do you need help with Assignments? Homework? Careers?
Available are: Resources & Support Material, Friendly Faces

HOMEWORK & ASSIGNMENT HELP

Struggling to understand or getting behind with your school work? Let our friendly staff help you.

Monday, Tuesday, Thursday & Friday at 8.00 am.

Also First Break everyday except Thursdays.

Inclusive Curriculum Coordinator: Mrs Robyn Jurd on 4973 4739

CAREERS ADVICE

Confused about Career Paths or have Work Experience enquiries? Make an appointment to see our friendly advisor.

Careers Officer: Mrs Crane on 4973 4738