

Chanel news



15 June 2018
TERM 2, WEEK 9
VOLUME 51

Justice Respect Compassion

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

Upcoming Events

Term 2

Week 10

EXAM WEEK

Week 11

Mon 25 June

- Year 11 & 12 VET Student Work Placement

Tue 26 June

- Year 11 & 12 VET Student Work Placement

Wed 27 June

- Year 11 & 12 VET Student Work Placement

Thur 28 June & Fri 29 June

- Inter-House Athletics Carnival



**TERM 2
CONCLUDES
Friday 29 June**

**TERM 3
COMMENCES
Monday 16 JULY**

Chanel College

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Phone: 07 4973 4700

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W: www.chanelcollege.qld.edu.au

Student Absentee Hotline: 4973 4791

From the Principal - Dr Susan Bunkum PhD

The 'arrival' of Exam Block next week signifies that the end of Term 2 is imminent! And, while we may be thinking that there are still two more terms to go, the reality is that we are already more than halfway through this academic year.

Officially:

- 2018 has one hundred and ninety-nine school days.
- November 16 is the last scheduled day for Year 12's which means that at the beginning of Term 3 they will have only eighty days of school left for their entire lives!
- November 30 marks the official last day for students in Years 10 and 11 which means that they have a total of ninety days of school left for this year.
- Years 7, 8 and 9 students finish on Friday 7 December which gives them a total of ninety-five days of school left this year.

This reality serves as a reminder to all students that there is no better time than now for them to consolidate their efforts if they are to achieve the goals that they established at the beginning of the year.

I would encourage all students to prepare thoroughly for their exams. This newsletter contains tips for identifying and managing stress associated with exams. The Chanel College Student Organiser also has many study tips throughout.

I wish all students well with their exams and remind them that all they can do is 'their best'.

Sincerely

Susan Bunkum

CAFÉ
CHANEL

See inside for
more photos



Staff enjoying Café Chanel



Good News

Kath Hore - Mission & RE Support Officer

Year 11 Retreat Forms

Our Year 11 students will be attending their Leadership Retreat in the second week of next Term and the retreat begins the process of being Senior Leaders in 2019. Retreat forms and parent letter are now available on Parent Lounge. Please ensure forms are completed and returned by Friday 15 June. If you have any concerns please contact the College.

St Vincent de Paul Winter Appeal

As the cold weather has set in, our Chanel community, lead by McAuley House, is collecting warm clothing and blankets for St Vincent de Pauls' Winter Appeal. The collection is underway and will continue until Week 10 and so, as you are sorting out your winter woollies, and if you have any that are still in good condition but you no longer need, Vinnies would appreciate receiving them.

20 June – World Refugee Day and Refugee Week

In a world where violence forces thousands of families to flee for their lives each day, the time is now to show that the global public stands with refugees.

To do this, the UN Refugee Agency launched the #WithRefugees petition in June 2016 to send a message to governments that they must work together and do their fair share for refugees.

The Refugee Day and Week theme '#WithRefugees' has a number of important functions:

- It raises awareness of the issues affecting refugees. The theme aims to highlight aspects of the refugee experience and help the broader community to understand what it is like to be a refugee.
- It helps to make Refugee Week a national celebration.
- It promotes harmony and togetherness. The theme unites individuals, communities and organisations from many different backgrounds behind a common cause. The common theme is a reminder that, regardless of our differences, we all share a common humanity.

"This not about sharing a burden. It is about sharing a global responsibility, based on not only the broad idea of our common humanity but also on the very specific obligations of international law. The root problems are war and hatred, not people who flee; refugees are among the first victims of terrorism." — UN Secretary-General, António Guterres

More information and how to be involved visit -

<http://www.un.org/en/events/refugeeday/>

Second Hand Uniforms

The Second Hand Uniform 'Outlet' is open during first break, each Wednesday in term time. Please enquire at the front desk in Student Services. Formal uniforms sell for \$10.00 per item, sports uniform and house shirts are \$5.00 per item. There are several jackets available for \$25.00 each. There are several Medium to Large jackets and all prices are negotiable.

All donations are gratefully accepted and many thanks to those who have already sent in donations.

Thursday Mass

Thursday 21 June – NO MASS (Exam Week)

Thursday 28 June – NO MASS (Inter-house Track and Field Carnival)

Thursday Mass will resume in Term 3 with Mrs Marsh's Year 11/12 CMT Class on 19 July.

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

Please Pray for ...

- People in our community who are unwell or recovering from illness
- Generous donations for the Winter Appeal to help keep others in our community warm
- Students at this busy time of term - concluding assignments and preparing for exams
- Refugees who are in limbo with no place to call 'home' and for those who have found a home that they will be welcomed in their new communities

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
- People who work in emergency services in our country
- People who act as role models for our youth – especially the many volunteers who work within our community

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

Helping Kids Cope With Exam Stress

Exam stress can be really challenging, not only for kids but for those who live with them!



When your child faces exams (often scheduled close together), they are under incredible pressure. They'll need your understanding and support.

What is exam stress? What causes it?

Stress is a negative reaction to excessive pressure or other demands.

Exam stress can be caused by:

- Fear of 'failure'
- Pessimism and thinking the worst
- Unrealistic expectations
- Feeling unprepared
- Ending or starting a new school year or term
- Performance anxiety

How can kids manage their exam stress?

One of the challenges as a parent is that exams are something your children have to do on their own. But you can support them by trying the following:

- Have realistic expectations and don't push them too hard
- Be constructive and positive
- Encourage good sleep patterns and eating habits
- Provide a quiet space for them to study and prepare
- Teach them the importance of study breaks
- Encourage them to ask the teacher questions if they're unsure
- Help them know what to expect on the day of the exam
- Help them be on time for the exam or arrive early
- After the exam, listen to their concerns and avoid criticising them

What to expect when exam stress hits

Your children may openly express how stressed they are feeling. Or they may hold it in and try to cope on their own. These are some signs they may be under stress:

- Skin breakouts
- Losing touch with friends
- Racing heart and sweating
- Difficulty making decisions
- Mild chest tightness or pain
- Nausea or minor stomach upsets
- Blaming others, anger or frustration
- Problems going to sleep or waking up
- Teeth grinding, nail biting and fidgeting
- Feeling or thinking negatively about the future
- Feeling cranky and irritable (increased yelling, crying, swearing, lashing out)

Your children may benefit from letting out their stress by talking with a Counsellor - encourage them to talk with the College Counsellor or call Kids Helpline.

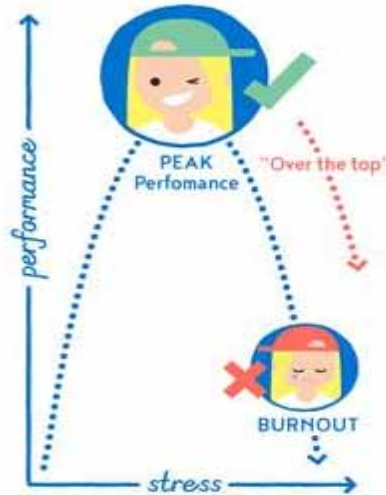
All of the above information is from www.parentline.com.au

5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD



The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



REACH
OUT.COM

5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



REACH
OUT.COM

Above information from
REACHOUT.COM



McAuley House WINTER APPEAL

*Help us to
Help Others!*

Collecting from Week 7 to 10

What we NEED Winter Clothing & Blankets

Each PC Group is collecting for our Winter Woolly Fundraiser

Free Defensive Driving Courses

Date: Sunday 29 July 8:30am – 3:30pm

Venue: Gracemere Saleyards

All participants must be able to drive, brake, change gears (if manual) and steer a car. All participants must have a Learners, Provisional or Open Licence.

Please see Ms Barbagallo for enrolment forms and more information. **Enrolments due by the end of Term 2.**



**Jason Rich
Foundation**
Saving Teenagers Lives



McAuley House WINTER APPEAL

McAuley
Soup
Fundraiser \$2



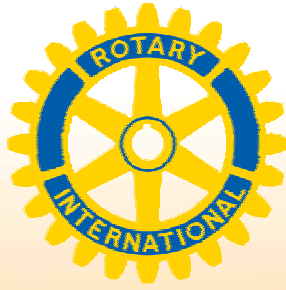
CAFÉ CHANNEL





CAFÉ CHANNEL





Chanel Interact Club News



Did you know that many schools in the Third World do not have toilet blocks? For female students this means that they have no privacy or access to hygiene facilities.

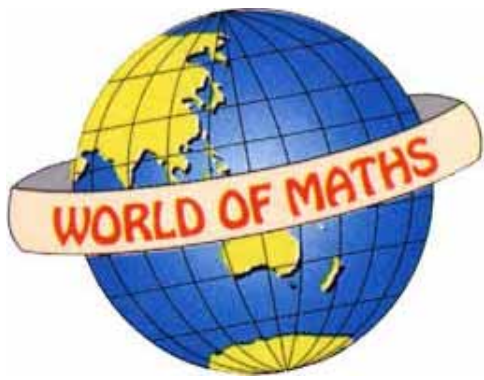
Days for Girls is a not for profit organisation that has been operating since 2008 and has found a solution to this problem.

Today, *Days for Girls* has provided more than one million Days for Girls Kits to women and girls in over one hundred countries.

The Chanel Interact Club has over 50 active members who were moved and inspired by this charity, and decided to run a fundraiser for it in May. The aim of the fundraiser was not only to raise awareness about the conditions that girls are still living in around our world but also to raise money for *Days for Girls* to help them continue their amazing work.

The students raised \$911.45. All members of the Chanel Interact Club should be very proud of their achievement and dedication - together, they are helping to create a world with dignity, health, and opportunity for all.





World of Maths

Roadshow

On Friday 8 June, Year 7 and 8 students attended the World of Maths Roadshow. Often students struggle in applying their mathematical knowledge to solving real-world problems. The Roadshow provided students with the opportunity to work in teams to solve a variety of problems relating to practical and real-life situations. By giving students this experience, they were able to acquire a variety of skills and strategies required for problem solving. Many of the students commented on how much fun they had and some of the senior students wanted to join in. Who knew Maths could be fun?!

Sherie Elliott
Mathematics Curriculum Leader



Readers Cup Challenge

This year for the first time in a number of years, Chanel has two teams competing in the Qld Readers Cup Challenge - Capricornia Region. The Readers Cup Challenge is a quiz type competition and is a fun way to encourage students who love to read. The winners of the regional competitions go on to compete in the State Finals and are invited to attend the Brisbane Writers Festival in September.

These students from Year 8 are busy reading their set books and we wish them the very best as they continue their preparations for the regional competition being held at TCC in Rockhampton in Week 10.

Well done to Koda Hancock, Drew Tosswill, Esther Bourke, Monica Tumbers, Amy Simons, Ellie Rose, Bridie Lenz, and Layne Schroeder. We admire your commitment and passion for reading. Good luck next week!

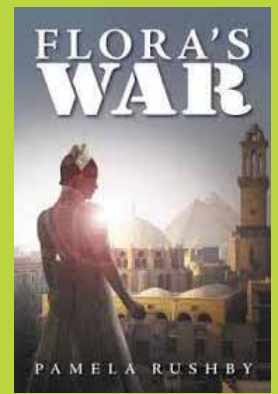
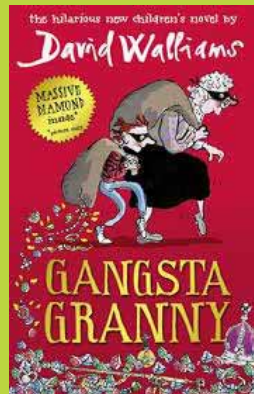
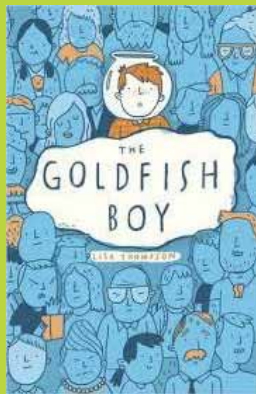
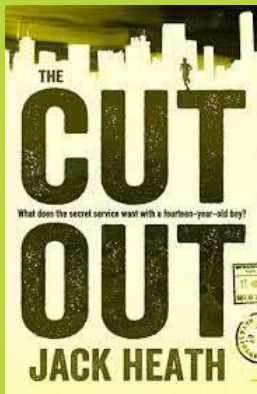
Team 1

Koda Hancock
Drew Tosswill
Esther Bourke
Monica Tumbers

Team 2

Amy Simons
Bridie Lenz
Ellie Rose
Layne Schroeder

Compulsory Reading Books



MRS BINNEY'S - BOOK BUZZ

Wonder by R. J Palacio.



**COURAGE
KINDNESS
FRIENDSHIP
CHARACTER**

THESE ARE THE QUALITIES THAT DEFINE US AS HUMAN BEINGS, AND PROPEL US, ON OCCASION, TO GREATNESS.

-R.J.PALACIO

It's not enough
to be kind.
One should
be kinder
than needed.

R.J. Palacio

"WHEN GIVEN THE CHOICE
BETWEEN BEING RIGHT
OR BEING KIND,
#choosekind."

-DR. WAYNE W. DYER

#choosekind #thewonderofwonder

"It's not enough
to be friendly.
You have to be
a FRIEND."

#choosekind #thewonderofwonder

+ 2018 Ecofest

Sunday 3 June was Ecofest day at the Botanic Gardens in Gladstone. Four of our UQ (University of Queensland) Science Ambassadors were asked to assist in running one of the community stands. This year the Gladstone Region Air Quality Community Group hosted the UQ Ambassadors and the students were able to see data from the various monitoring stations around Gladstone, they were also able to interact with the public and get them to complete an online questionnaire, as well as liaise with members of the group and see the different equipment used.

Mr Fisser
Science Curriculum Leader



Air Quality
Community Focus Group

From Chanel to Where?



Chanel College

ALUMNI PROFILE

Yasmin Ramsay

2017 Graduate



Yasmin Ramsay

Since graduating Yasmin Ramsay has been very busy with her studies. She has chosen to defer her CQUniversity placement (Exercise Sports Science) for 12 months to do a Certificate 3 & 4 in Fitness at the Australian Institute of Fitness which she is fast tracking. She has become a Manager at Boyne Island McDonalds (more studying) and continuing with her passion for Netball. She made the Open Capricorn Claws Team this year, travels to Rockhampton 3-4 times a week for training sessions. Yasmin is also coaching netball at Primary Schools within the Gladstone/Rockhampton region with a program run by Netball Queensland for Primary School students to encourage youngsters to play netball.

Yasmin is enjoying life and enjoys visiting and catching up with her friends who have moved to Brisbane for University.

Senior Subjects Yasmin studied in Years 11 & 12

- English
- Mathematics A
- Biological Science
- Life Skills
- Marine Science
- Physical Education
- Business Communication and Technology
- Certificate III in Christian Ministry & Theology



Chanel College, your pathway to your Future!

From Chanel to Where?



Chanel College

ALUMNI PROFILE

Cooper Stakenburg & Michael Poli

2017 Graduates



Cooper Stakenburg & Michael Poli

On 24 January 2018, Cooper Stakenburg and Michael Poli were inducted into the Officer Entry, Royal Australian Navy as Midshipman at a small ceremony of only 9 in Townsville. Both obtained positions as future Marine Engineer Officers.

They have since been at HMAS Cresswell, Jervis Bay, NSW completing the New Entry Officer Course which has seen them complete all facets of military, survival, leadership and officer training, including short periods at sea and on board HMAS Canberra in Sydney. Both are due to graduate from this course on 14 June 2018 at a Marching Out Ceremony. Although a gruelling course, testing their physical and mental stamina, leadership and teamwork, they have enjoyed the experience and time spent with others from around the Nation. They will now travel on placement to other locations in Australia, before commencing their engineering degree at the Australian Defence Force Academy, Canberra in January 2019.

2018 Anzac Day Parade, Huskisson NSW



Chanel College, your pathway to your Future!



Career News

Leanne Crane
Careers Program Officer

Year 11 & 12 VET Student Work Placements

Please ensure all paperwork is signed by the Host Employer, Parent/Carer and Student well before commencing on the 25 June and returned to Mrs Crane no later than Wednesday 20 June. Failure to do this, will mean that you cannot commence Work Placement.



Lochlainn Martin

Year 12 student, Lochlainn Martin, recently commenced a school based Traineeship for a Certificate III in Business with Westpac Bank. Congratulations and thank you to Westpac Bank for giving Lochlainn this wonderful opportunity.



Maddison Bishop

Year 11 student, Maddison Bishop, will be commencing a school based Traineeship in July for a Certificate III in Sport & Recreation. This is done through Leisure Employment at the Aquatic Swimming Centre in Gladstone. Congratulations and thank you to Leisure Employment for giving Maddison this wonderful opportunity.

Career News

Leanne Crane
Careers Program Officer

Australian Defence Force Gap Year

A Gap Year in the Australian Defence Force is not only a chance to experience what a career in the Navy, Army or Air Force could be like, but also to have a year full of adventure, new friends, new skills, leadership, and travel. An ADF Gap Year is a truly unique opportunity for you to grow and figure out what next step you'll take in life.

<https://www.defencejobs.gov.au/students-and-education/gap-year/>



UQ Young Scholars Program

UQ's Young Scholars Program (YSP) provides high achieving secondary school students with an opportunity to discover, learn and engage with UQ's academic community and like-minded students from across QLD and NSW. Designed to nurture and develop future leaders, the Program also presents students with a unique opportunity for academic extension and enrichment.

Applications close Friday 10 August 2018.

<https://young-scholars.uq.edu.au/>



Please see Mrs Crane if your
interested in the Boyne
Smelters Apprenticeships

Boyne Smelters Ltd is recruiting for its 2019 Apprenticeship Program

We are seeking students who are currently completing their QCE (Year 12), or who completed Year 12 in 2016 or 2017, to join our team as an apprentice and help us deliver our vision.

We are recruiting apprentices for the following trades, to commence employment in February 2019:

- Electrical
- Mechanical
- Diesel Fitter
- Air Conditioning and Refrigeration Mechanic

Applications close Monday 2nd July 2018

Full Time Employment Opportunities

Please see Mrs Crane about any of these job opportunities

Policing and Protective Service officer – Entry level Recruiting, Australia Wide NEW

Applications are now open for [Protective Service Officers](#). Applications close 4:00pm AEST Thursday 28 June 2018.

2019 Glencore, Mt Isa Mines Apprenticeships, Mt Isa NEW

Positions will be offered at our Mount Isa Mines operations based in Mount Isa for commencement in late January 2019 across the following trade areas:

- Boilermaker
- Electrician
- Fitter Welder
- Fitter Turner
- Diesel Fitter
- Mechanic
- Auto Electrician
- Radio Technician
- Refrigeration Technician

2019 Hay Point Apprenticeship Program, MRAEL, Mackay NEW

Applications close 01 July 2019

Apprentice Mechanical Fitter

Apprentice Electrician

Identified Maintenance Traineeships, Santos, Gladstone NEW

Under Programmed's Indigenous Workforce Services in partnership with Santos, we are looking to recruit Aboriginal or Torres Strait Islander job seekers to undertake an 18 month traineeship.

Glencore Apprenticeship Program 2019, Oak Creek

Glencore, one of the world's largest natural resource companies, has mechanical and electrical apprenticeships on offer across their Australian Coal Operations, commencing in January 2019.

Sporting News

Kylie Kickbusch
Sports Program Leader



QISSN Trivia Night

A massive thank you to all those who attended the QISSN Trivia night on Friday 8 June. It was a night full of fun, laughter, games, singing and of course some hard fought trivia. Each round was hotly contested by all 7 tables, with the winning team taking home the trophy by just a couple of points. A Big thank you to the staff who got tables together, past Chanel students who came along, Parents of the QISSN players, staff from St John's and Star of the Sea and most notably the Year 11 students who came, made a table, and supported their fellow Chanelagins. It truly was Chanel spirit on show and a great night was had. Thank you to the Year 11 Hospitality students who cooked and put together the food platters for the night. Mr Galea was the MC for the night and he did a brilliant job, keeping the crowd entertained between rounds and telling a few of his very famous 'Dad Jokes' – thank you Mr Galea for hosting the 2018 Trivia night. The QISSN players were outstanding serving tables and hosting the night- great job girls! This was another excellent showcase of the close-knit team you have become. Thank you to Mrs Lisle for her support in organising the event and being the 'Game Master' on the night. Massive thanks to all the office ladies – you do a seamless and outstanding job 'behind the scenes' – without you all, the night would not have come together as well as it did. All money raised will be going to the 2018 QISSN team to help fund the trip to Townsville. Thank you again to all who came, enjoyed and supported the Trivia Night.



Sporting News

Kylie Kickbusch
Sports Program Leader

CHANEL CONFRATERNITY NEWS



Congratulations to the Chanel Open Boys Rugby League team which had a great win over North Rockhampton High in the Regional play off for the GIO Trophy. The final score was 22 - 12, with Chanel finishing off strongly after a very tight first half. North Rocky had some big forwards who had placed great pressure on the Chanel defence. However, the boys stood strong to be only down 4 – 6 at half time. With some well-rehearsed attacking moves in the second half, Chanel was able to wear down the opposition defence, with tries being scored through both the forwards and backs.

Try scorers were Cameron Fitzsimmons (2), Keenan Bamber- Henry and Tallis Stanhope with Lincoln Rebel kicking some great goals and converting three.

The team looks forward to playing a Townsville regional winner after our Confraternity Campaign in Charters Towers.

Mark Davis



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NHULUNDU
HEALTH SERVICE

Sporting News

Kylie Kickbusch
Sports Program Leader

Capricornia Representatives

Congratulations to the students below who have been selected in Capricornia teams. We wish them all the best for their State titles in Term 3.

Ratidzo Mabukwa **Tennis** **10-12yrs**
Flynn Johnson **Rugby Union** **14-15yrs Boys**

QLD Representations

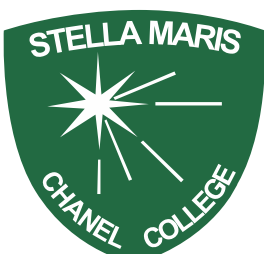
Congratulations to Keely Hooper who has made the QLD School Sports team for 15 Girls Football (Soccer). Keely had an outstanding State Titles playing in the Capricornia team, and her skill and speed caught the eye of the QLD selectors. Congratulations Keely.



Jordan Porter, Keely Hooper, Eden Colen, Cody Nettleton (Not Pictured) (Under 15 Girls) and Daniel Gould (Under 16 boys) at the recent State Football Championships

2018 Inter-House Athletics

THURSDAY 28 JUNE AND FRIDAY 29 JUNE



Uniform

All students are to be wearing house uniform for both days; hats must be on when not competing.

Exceptions – black/dark coloured running shorts/tights, running shoes, spikes (all events except 800m, 1500m, 3000m High Jump and Relays)

Outfits – FRIDAY ONLY, must have house shirt as part of the outfit

All students will wear wrist bands for their age group – will be given on Thursday and to be worn over the 2 days. Stay with and compete in your DOB group.

NOMINATIONS

All students are automatically nominated for all field events– if you don't want to compete you need to tell the teacher in charge of the event at the start and you will be required to help measure, rake, etc.

When you are doing a field event it will always be in alphabetical order by House so make sure you're organised. If you don't wish to do the event, tell the teacher on duty to cross your name out.

Banned items

No Ipods, Mobile Phones, MP3 players etc.

No footballs, soccer balls, etc. - you are there to participate in an athletics carnival and when you are not participating, you should be supporting your team mates.

Tuckshop

Run as usual – sandwiches, drinks, ice blocks

Limited hot food – will sell powerade

Field events

Jumps: High, Triple and Long Jump – ***If you wish to do High Jump Flop, you MUST get a permission letter from Miss Kickbusch, get signed off by your athletics coach & bring on the day. Mr Davis must see you do the correct technique and approve it, otherwise you will do scissors – NO note NO Flop technique.***

Discus (no spinning) and Javelin (NO RUN UP due to area restrictions)

Track events

Spikes can be worn for the 100m, 200m and 400m events

If spikes are worn during the relay, the next runner to receive the baton must also be wearing spikes.

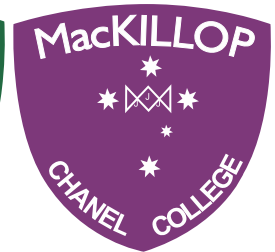
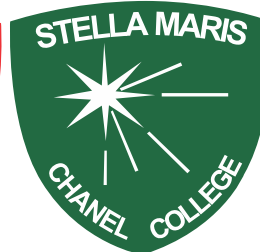
NO HEATS – ALL races are timed finals. The fastest time overall will win the race. Winners announced after the following Field event rotation.

Sporting News

Kylie Kickbusch
Sports Program Leader

2018 Inter-House Athletics

THURSDAY 28 JUNE AND FRIDAY 29 JUNE



HATS:

Wide brimmed hats **MUST** be worn all day, for example College bucket hat.

Your hat **MUST** be on your head all day

→ **NO CAPS ALLOWED**



Spectators

Parents are welcome to attend our Athletics Carnival on Thursday 28 June and Friday 29 June 2018 in the last week of Term 2. To ensure the safety of all and the efficient running of the carnival, ALL spectators are asked to adhere to the following guidelines:

- All spectators **MUST** sign in at the front office before attending the carnival.
- Anyone who wishes to take photographs during the carnival, **MUST** seek the permission of the College.
- During the track events, all spectators are asked to remain on the seats under the trees in the area between the top and bottom ovals. Please do not watch from down near the running track.
- During field events spectators will be asked to watch from a designated area as instructed by the teachers running the event.



Thank you in anticipation of your cooperation which will ensure an enjoyable two days for all.

Sporting News

Kylie Kickbusch
Sports Program Leader

2018 Inter-House Athletics Timetables

Chanel Athletics Carnival 2018 – THURSDAY 28 June

	12 Years		13 Years		14 Years		15 Years		16 Years		OPEN	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
8.45	<i>All students gather in House tents for PC rolls to be marked</i>											
9.00	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m
9.30	<i>Long Jump</i>		<i>Shot Put</i>		<i>Discus</i>		<i>Triple Jump</i>		<i>High Jump</i>		<i>Javelin</i>	
10.30	<p><u>100m → TIMED FINALS (no heats – fastest time overall)</u></p> <p>100m NOVELTY EVENT → ALL STUDENTS WILL PARTICIPATE</p> <p>Lunch Break when races have finished</p>											
12.20	<i>Shot Put</i>		<i>High Jump</i>		<i>Long Jump</i>		<i>Javelin</i>		<i>Discus</i>		<i>Triple Jump</i>	
1.20	CHANEL GIFT											
2.00	<i>Discus</i>		<i>Triple Jump</i>		<i>Javelin</i>		<i>High Jump</i>		<i>Shot Put</i>		<i>Long Jump</i>	
3.00	<p>Points update – Clean-up and Pack up tents</p> <p>Rolls Marked in House areas and Dismissal.</p>											

Chanel Athletics Carnival 2018 – FRIDAY 29 June



	12 Years		13 Years		14 Years		15 Years		16 Years		OPEN	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
8.45	<i>All students gather in House tents for PC rolls to be marked</i>											
9.00	400m		400m		400m		400m		400m		400m	
9.30	<i>Javelin</i>		<i>Long Jump</i>		<i>Shot Put</i>		<i>Discus</i>		<i>Triple Jump</i>		<i>High Jump</i>	
10.30	<u>200m – TIMED FINALS (no heats – fastest time overall)</u>											
11.30	<i>High Jump</i>		<i>Discus</i>		<i>Triple Jump</i>		<i>Long Jump</i>		<i>Javelin</i>		<i>Shot Put</i>	
12.30	<i>Triple Jump</i>		<i>Javelin</i>		<i>High Jump</i>		<i>Shot Put</i>		<i>Long Jump</i>		<i>Discus</i>	
1.30	4 x 100M RELAYS											
2.30	Clean Up, Pack Up Tents and collating of results											
2.50	Presentations – in Lavalla Court											
3.00	Dismissal – Happy Holidays!!!!											


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Mrs Crane on 4973 4738