



CHANEL COLLEGE

news

27 August 2015

TERM 3 WEEK 7

ISSUE 48

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

From the Principal

Maggie Dent Presentation

On Tuesday night the P and F Associations of our Catholic Schools here in Gladstone sponsored Maggie Dent's presentation "Real Kids in an Unreal World". Maggie is an author, educator, and parenting and resilience specialist with a particular interest in the early years and adolescence. Maggie is an advocate for the healthy, commonsense raising of children in order to strengthen families and communities. It was great to see so many members of our Catholic community come out for the evening and I have received lots of very positive feedback about Maggie's messages and presentation style. For your information I have reproduced below some of the content from Maggie's handout.

What is resilience?

Resilience refers to the ability of a person to successfully manage their life, and to successfully adapt to change and stressful events in healthy and constructive ways. It is about survivability and "bounce-back-ability" to life.

Why is resilience so important in today's modern world?

Young people have always needed effective coping skills, however the modern world is challenging more than ever before, and many young people have fewer resources to deal with adversity than in previous generations. Our main concerns today involve the increasing numbers of our young who are depressed, suicidal and engaging in maladaptive coping strategies such as substance abuse and anti-social behaviour.

Characteristics of resilient people

- Ability to bounce back and recover from almost anything.
- Optimistic and flexible thinking skills.
- Have a, 'where there's a will, there's a way' attitude.
- Tend to see problems as opportunities to learn and grow.
- Ability to hang in there, or persevere and persist.
- Have a healthy, authentic self esteem.
- Capable of setting clear, realistic and attainable goals.
- Have a healthy social support network.
- Seldom dwell on the past or the future.
- Have well-developed emotional and spiritual competence.
- Learn from previous challenges and mistakes.
- Have a capacity for detachment.
- Have a well-developed sense of humour.
- Have meaningful involvement with others or their community.
- Treat themselves and others with respect.
- Have problem-solving and conflict resolution skills

Mercy Health and Aged Care Centenary Pilgrimage to Ireland

I have been invited to be a participant on the Mercy Health and Aged Care Centenary Pilgrimage to Ireland. This is a wonderful opportunity for me to learn more about Catherine McAuley and her ministry. I will be absent for the next three weeks and I would like to thank Ms Dyer for taking on the responsibilities of Acting Principal during this time.

If you are interested in learning more, please visit Maggie's website www.maggiedent.com

Ms Volp, Ms Dyer and Mrs Cullen inspecting the building works at Chanel College.



Year 12 Hospitality Dinner

Well done to the hospitality students who hosted a dinner for parents and staff on Tuesday night. The students prepared a delicious three course meal. Thank you to Ms Going for overseeing this event and to Mrs Herbert for her support on the night.

Year 12 QCS Test

A letter outlining the planning arrangements for the QCS test was distributed to students yesterday. We wish the Year 12s all the best for their QCS test next week. Our thoughts and prayers are with you Year 12!

Year 12 QTAC Information Evening

All Year 12 students and their parents/carers are invited to attend the QTAC Information Evening which will be held on **Wednesday 2 September commencing at 6.30 pm** in the Marian Centre.

Planning for 2016

Planning for 2016 is well underway. We would appreciate it if information regarding any student who is not intending to return to Chanel in 2016 could be provided in writing to Ms Dyer at the College office by Friday 18 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.



God bless
S.M. Volp
Sharon Volp

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Student Absentee Hotline: 4973 4791



Good News

Kath Hore - Mission & RE Support Officer

Year 9 Retreat

The feedback and comments from our Year 9 students who attended Retreat last week were very positive and indicate that their time at Retreat was both enjoyable and rewarding.

Some of their comments included – *“I enjoyed working with and learning about other people who I have never been close with, enjoyed the activities, free time and performing tasks outside my comfort zone.” “I enjoyed all of the activities and being able to forget any troubles with friends and all come together and meet new people.” “I enjoyed the company of friends, the activities especially the beach and the giant's ladder and dancing.” “I discovered I don't need my phone 24/7, I can encourage others and found I had strength to do the challenges.” “Everything I learnt here can better me when I am around friends and family as I have learnt to work with them easily.” “Retreat made me realise that just because people act one way, hang out with certain other people or have certain interests they may not be who I thought they were and I'll keep that in mind at school.” “I had an amazing time but I was really tired towards the end.”*

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. Many thanks to all students who supported our Year 12 Students, and attended a very successful Youth Group gathering following the Mass.

Service to the Community - Buddies Day

Buddies Day, organised by St Vincent de Paul and supported by Chanel College, will be having their next outing on 30 August, meeting at the Marina, near the main playground. More outings are planned for this year 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.

Second Hand Uniform Outlet

We have in stock many junior uniforms, especially boy's shirts and shorts in bigger sizes, all in good condition. Formal uniforms sell for \$10 per item, sports uniforms - \$5 per item and jackets - \$25 each.

The Second Hand Uniform 'outlet' is open each Wednesday in the RE Resource Room during first 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

Mrs Chapman's Year 7 RE Class – Thursday 3 September

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

ALL WELCOME - Families, friends, fellow students!!!

Wisdom Words

“Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.” – Denis Waitley

Please Pray for ...

- A peaceful and just solution to the fighting and the political unrest in Ukraine, Iraq, Syria.
- People in our community who are unwell or recovering from illness.
- Year 12 students as they undertake their QCS tests on 1 & 2 September

Praise and Thanks for...

- All people, especially past students of Chanel, who are working in our world to ensure that justice and peace prevail.
- The opportunities our students have to enhance their lives spiritually, academically, physically and culturally.
- Local charities as they reach out to the ever increasing number of people seeking assistance.

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

**STUDENT ABSENTEE
HOTLINE 4973 4791**

Message from the Assistant Principal Pastoral Care - Alison Wales

REMINDER FOR BUS STUDENTS

Buslink have informed us that effective from 31 August 2015 it is a requirement by all bus travelling students to have a valid bus pass or the correct fare as bus travel may be refused.

Buslink
driving your way

YEAR 8 MT LARCOM WALK

If any Parents are interested in attending the Year 8 Mt Larcom Walk on **Monday 14 September**, could you please notify the College Office as soon as possible.

Glenn Galea - Pastoral Care Leader

Marcellin House has started its major Social Justice fundraising activity for the year. In the past we have had sausage sizzles, raffles, book sales and this year we are collecting bottles for a bottle stall to be held at the St John's Moonlight Fair on 24 October 2015. There are boxes in all the Marcellin Pastoral Care Rooms and some already have items in them and any student or staff member from the College is welcome to contribute if they would like to. Please see Ms Ryan with any donations.

The money raised will be taken to the Alieta School during the 2016 Timor Immersion Trip.

Thanks

Jessica Ryan - Marcellin Pastoral Leader

Bottle Collection



Cupcake sale to help Badi Girls in Nepal

YEAR 9 RETREAT





OPTI-MINDS

The Opti-MINDS Creative Sustainability Challenge is an inclusive team challenge which empowers participants to THINK, CREATE & COMMUNICATE.

Opti-MINDS gives schools and members of the community an opportunity to participate in open ended, creative problem solving events, with exciting challenges that require experimentation and reward sustainable practice and diverse thinking.

On Sunday 23 August, Chanel College had two teams attend CQU Rockhampton to participate in Opti-MINDS.

Language Literature Team 'Shooting Stars' – Tasneem Taifor, Kallee Butcher, Naomi-Jon Redshaw, Rachel Li and Bella King

Social Science Team 'Ever Hopefuls' – Lucy Vaiente, Brianna Sieminski, Carley Wright, Isabella Wood-de-Melo, Joseph Sisley and Parker Hutchienson.

Both student teams performed very well and are to be highly commended for their efforts, creativity, team work and their deep knowledge of sustainability and its importance for our future.

We also had a third team nominated, however due to aptitude testing for future apprenticeships for our senior students we had to withdraw from the competition. However, I would like to congratulate and commend the students on their dedication and commitment prior to the competition day – you certainly lead by example.

Science and Engineering 'Tuntastics' – Ben Emerick, Zac Good, Cooper Simper and Alex Flemming.

It was my absolute pleasure to have the opportunity to work with these students over the last 6 weeks and look beyond academic excellence to encourage each student to pursue individual excellence.

Special thankyou to the following teachers who assisted with Opti-MINDS – Miss Sarah McDonough, Miss Laura Ord and Mrs Jodie Cameron. Your support and continued guidance was valued by the students.

Optiminds
Mrs Kerrie Lisle



Chanel Town Netball 2015

In my role as co-coach of the 2015 Chanel Town Netball team, I would like to take this opportunity to congratulate the eleven members of the Chanel College Town Netball team, their coaches, members of Chanel staff, parents and carers and Gladstone Netball Association for a fantastic Town Netball Season. Thank you for your support and encouragement through the long season; it is sincerely appreciated!

Last night, the girls competed in their second semi-final against a strong Yaralla team and went down by one point. This game was by far the best game the girls had played all season. Their ability to work together as a team to chase down the ball, intercept, pass the ball and communicate with each other is a testament to how hard they have worked in training and on the court. The fantastic team work and showcase of netball skills are as a result of two terms worth of games on a Tuesday afternoon and also training sessions.

On behalf of myself and Miss Laura Ord (co-coach), we would like to acknowledge the members of the team from Years 10 - 12: Sophie Nevison, Remi Whelan, Brooke Castell, Laura DeAraugo and Samantha Woods, Isabella Aitkenhead, Abbey Stevens, Lisa Davies (c), Carly Hill, Gabby Dansie and Katelyn Oliver. You have been excellent representatives for Chanel College on the court. Your sportswomanship is admirable and as coaches, we couldn't be more proud! We look forward to another great season next year and welcoming new players to the team!

Sarah McDonough (Co-coach)

Secondary Schools Surf League – Central Queensland

The SLSQ Secondary School Surf League Program has been designed to introduce students, whether they are a lifesaver or not, to surf lifesaving skills and competition. The format of the league is certainly challenging and will enable students to test their abilities against themselves, the environment and students from other schools in a fun environment. The SLSQ Secondary School Surf League will encompass activities relating to surf swimming, beach sprints and flags, board paddling and rescue disciplines.

Date: 16 October

Time: 8:30 am - 2:30 pm

Venue: Tannum Sands

See Miss Kickbusch for more details and nomination forms.



**STUDENT ABSENTEE
HOTLINE 4973 4791**



www.mater100.com.au



In 2015 the Mater Hospital Rockhampton
 Celebrates 100 years of providing quality care in
 Central Queensland. 1915 ~ 2015. We invite you to . . .

Join in the celebrations!



The Centenary Gala Dinner
 6.30pm Saturday 3 October
 The Robert Schwarten Pavillion
 Rockhampton Showgrounds

The Gala dinner will be the flagship event on our Centenary calendar where guests will enjoy first class entertainment, 3 course dinner, refreshments and a night to remember.

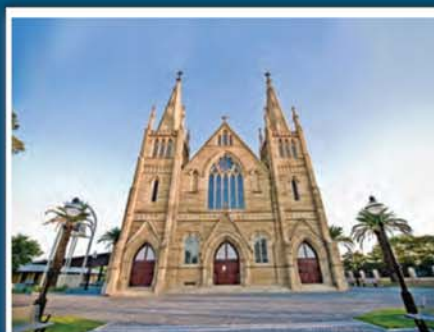
Tickets on sale on-line now at
www.mater100.com.au



The Centenary Reunion High Tea
 1.00pm Sunday 4 October
 within the Mater Hospital Grounds
 (Ward Street Entrance)

Meet friends old and new and enjoy fine food, champagne, tea, coffee & entertainment on the lawns of the Mater.

Tickets on sale on-line now at
www.mater100.com.au



Mater Rockhampton Foundation Day
 Mass and Luncheon - 10.30am
 Saturday 14 November
 St Joseph's Cathedral, William Street

The Foundation Day Mass and Luncheon offers members of the Sisters of Mercy, Mater staff past and present, and members of the community to celebrate 100 years of providing quality healthcare in Rockhampton and Central Queensland.

Register your interest now at
www.mater100.com.au

ROADWORKS UPDATE

Shamrock Civil has been corresponding with Chanel College to keep us up to date regarding the development of the KinKora Roundabout. Please find below their most recent update for your information.

In the past few weeks we have been getting close to finalising the underground service relocations including replacing sewerage pipes, water pipes and associated utilities and infrastructure. You may have noticed more above the ground activities taking place for example filling the traffic islands with asphalt on the Dawson Highway and at the McDonalds/Stockland entry as well as new section of road in front of Lions Park. The access to the park has now re-opened.

During the next 10 days you will see more activities above the ground with works expected to include:

- new road in the area from the Lions Park entrance around past McDonalds
- new road in the corner of Stockland West and the first access to Stockland from Phillip Street
- construction of the concrete slabs for the new bus stops
- new footpaths on Phillip Street – both sides of the road leading to the bus stops
- continued storm water activities in front of McDonalds and Stockland East
- retention basin work in the area between McDonalds and Lions Park

ATTENTION PARENTS

School Fees are Due this Friday 28 August 2015

Please contact the finance office if you did not receive your statement or you are having any difficulties in paying your account. PLEASE USE YOUR NUMERIC CODE WHEN MAKING DEPOSITS TO YOUR ACCOUNT.

Finance Officer: Leigh Clarke Phone: 4973 4711
Email: finance@chanelcollege.qld.edu.au

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 4973 4739

Career Officer: Ms Cale on 4973 4738

upcoming events

TERM 3

Week 8

Tues 1 September

- QCS Test

Wed 2 September

- QCS Test
- Year 12 QTAC Information Evening 6.30 pm
- Chanel Board Meeting 5.30 pm

Fri 4 September

- Middle Years Student Leaders Applications DUE to Print Room by 9.00 am

Week 9

EXAM WEEK

Week 10

Mon 14 September

- Year 8 Mt Larcom Climb

Wed 16 September

- Year 12 CQU University Experience Day
- P & F Meeting 5.30 pm

Thur 17 September

- McAuley Feast Day

Fri 18 September

- Marist Solidarity Coin Trail Challenge
- Term 3 Concludes

TERM 4
COMMENCES
TUES 6 OCTOBER