



Have a safe and restful holiday and may God bless you and your families as you celebrate Christmas and the New Year

From the Principal

It is hard to believe that the end of this school year has arrived! After the extreme heat and very smoky conditions of the last two weeks, many are no doubt welcoming the holidays with sighs of relief!

As this is the last newsletter for the year, I take this opportunity to thank our teachers and support staff for the energy, commitment and expertise that they bring to our College each and every day. I know that this group of dedicated men and women work to ensure that each student has the opportunity to enjoy quality learning experiences as well as opportunities for personal and spiritual growth. In this light then, I congratulate our students for their perseverance, dedication to their studies, and their achievements this year. I look forward to reading of their successes as they are recorded in the Semester 2 Reports which will be posted next week.

The end of the school year is also a time when we farewell those who are leaving Chanel – students and staff alike. We send our best wishes with those members of our community who are moving home, town, state (and in some instances country) and hope that they settle readily into their new environment.

Finally, as we prepare to celebrate this Holy Season in our Liturgical Year, I would like to wish all of our parents, students and friends a safe, happy and holy Christmas. I also wish all students and staff members a safe, relaxing and refreshing holiday. May you and your family be truly blessed.

Dr Susan Bunkum PhD
Principal



UPCOMING EVENTS

TERM 1 2019

MON 14 January

•College Office re-opens

WEEK 1

TUES 29 January

•Whole College Assembly

TERM 1 COMMENCES

YEAR 7 , 12 &
NEW STUDENTS

START 8.40AM

Meet in Lavalla Court

YEAR 8, 9, 10 & 11 START
10.30AM

WEEK 2

TUES 5 February

•Safety Internet Day

•Yr 10 & 11

Information Evening

WED 6 February

•House Assemblies

THURS 7 February

OPENING MASS

FRI 8 February

•Interhouse

Swimming Carnival

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Good News

Kath Hore - Mission & RE Support Officer

Please Pray for...

- People in our community who are unwell or recovering from illness
- People affected by the ongoing threat of the bushfires
- Members of our community who are leaving, that they go from Chanel continuing to live justly
- A happy and joyful holiday for all students and staff and a safe return for the 2019 school year
- Peace in the hearts of all people this Christmas

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 work of all service men and women as they keep communities safe during the bushfires
- The many donations of time, money and goods given to our social justice activities throughout the year
- All the opportunities we have had this year to work, laugh, learn and play at Chanel
- Jesus, the reason for the season

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

Stamps for the Sisters of Mary MacKillop in Peru

With Christmas mail soon arriving, please remember to save your used stamps and send them in to Futuna 1 at 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 so far!

Mission at Chanel

Many thanks to our students, their families and staff for generously supporting Futuna and Marcellin's recent food and toy Christmas Appeal. From your donations St Vincent de Paul have many items of food and a good supply of toys to distribute to local families to help brighten their Christmas.

AND

Supporting Mission to Seafarers - Thank you to all who contributed to decorating over 350 Christmas cards. The cards will be distributed to the crew members of the ships that are in Gladstone Port over the Christmas period. Your kindness will be appreciated by the recipients, making their Christmas away from their families just a little bit special.

Thursday Mass

Thursday Mass will resume at the beginning of next year.

We are very fortunate to be able to have Mass celebrated each week in our College Chapel. Thank you to Fr Kevin, Fr Alike and Fr Simeon for their commitment to these Masses and their willingness to visit the classes as part of their preparation.

Christmas Reflection

"Whenever we gaze into a crib this Christmas season – may new hope and joy flood our spirit
Whenever we watch babies and young children playing – may a new energy delight our hearts
Whenever we are tantalised by the aroma of a BBQ – may we unwind, relax and enjoy time off
Whenever the crush of family and friends overwhelms us – may the hospitality of our hearts expand
Whenever we provide a meal or bed over the holidays – may we experience love and appreciation
Whenever we leave our reflection in the mirror or pool – may we find ourselves to be images of God
Whenever we put our feet up for leisure – may the humble presence of the Incarnate One companion us
Whenever we feel our distance from each other around the world – may the Christ child draw us into unity"

Gilroy A L rsj. O'Sullivan C rsj. Gallagher A rsj. Sippel J rsj. (2014) Act Love Walk, Trustees of the Sisters of St Joseph of the Sacred Heart, North Sydney.

Recycled Uniform Outlet

The Recycled Uniform 'Outlet' is open during first break, each Wednesday. Please enquire at the front desk in Student Services.

Formal uniforms are \$10.00 per item, sports uniform and house shirts are \$5.00 per item and jackets sell for \$25.00 each. All prices are negotiable.

Donations are gratefully accepted and many thanks to those who have already donated.

Good News



Key Tags For DRAKES SUPERMARKETS

St Joseph's Cathedral is an historic and iconic building, as well as a spiritual home for the people of the Diocese of Rockhampton. The Cathedral was beautifully restored in recent years, enhancing its profile but also tending to the wear and tear that the building had endured over many years. The Cathedral will continue to need work done to it in the future. Donations to the Cathedral Conservation Appeal can be made at any time, but one way of contributing to the Appeal is to use the Drakes Community Dollars program Key Tags when shopping at Drakes Supermarkets which means that one cent for every dollar spent is donated back to the Cathedral Appeal. In Gladstone, there is only one Drakes Supermarket now and it is situated in the Sun Valley Shopping Centre on Sun Valley Road. This is a great way to contribute to the upkeep of our Cathedral and if you don't already have a Key Tag they are available from the College Office or the Parish Centre.



Community Dollars and St Joseph's Cathedral Conservation Fund

**Wish all families a Holy Christmas, Seasons
Greetings and thank you for your
continued support during 2018.**

**Please remember to use your keytag for your
Christmas shopping.**

**Shirley Hopkins
Co-ordinator, Drakes Fundraiser**



Uniform Shop

Michelle Overend - Uniform Shop Manager

Located in the Student Services via the Print Room

EFTPOS and credit card facilities are available. **WE DO NOT ACCEPT CHEQUES.**

We offer no-deposit lay by.

2019 UNIFORM SHOP HOURS

DURING SCHOOL HOLIDAYS

| | | |
|-----------|-----------------|------------------|
| Monday | 14 January 2019 | 9.00am - 12.00pm |
| Tuesday | 15 January 2019 | 9.00am - 12.00pm |
| Wednesday | 16 January 2019 | 1.00pm - 4.00pm |
| Thursday | 17 January 2019 | 1.00pm - 4.00pm |
| Friday | 18 January 2019 | 9.00am - 12.00pm |
| Monday | 21 January 2019 | 1.00pm - 4.00pm |
| Wednesday | 23 January 2019 | 8.00am - 11.00am |
| Friday | 25 January 2019 | 7.30am - 10.30am |

WEEK 1

| | | |
|----------|-----------------|------------------|
| Tuesday | 29 January 2019 | 7.30am - 11.15am |
| Thursday | 31 January 2019 | 12.45pm - 3.45pm |

NORMAL OPERATING HOURS

MONDAY 8.15am - 11.15pm & THURSDAY 12.45pm - 3.45pm

For any enquiries please contact Michelle at the College

Ph: 4973 4705

Email: chanel@wearitto.com.au

College Notices



BOOKHIRE

2019 DISTRIBUTION OF TEXTBOOKS AND PURCHASE OF CHROMEBOOKS

Students will be required to collect their textbooks **prior** to commencement of the school year. Books must be collected from the Library.

Year 7 and new students Chromebooks will be distributed to the students during class time, the first week of school. The chromebook will be charged to your school fees at \$210 each term (totalling \$840) If a current student requires a new Chromebook, please contact the College Office.

2019 BOOKHIRE COLLECTION HOURS

| | | |
|------------------|------------------------|---|
| Wednesday | 16 January 2019 | 9.00am - 3.00pm |
| Thursday | 17 January 2019 | 9.00am - 3.00pm |
| Friday | 18 January 2019 | 9.00am - 3.00pm |
| Monday | 21 January 2019 | 9.00pm - 3.00pm |
| Tuesday | 22 January 2019 | 9.00am - 3.00pm |
| Wednesday | 23 January | CLOSED DUE TO PROFESSIONAL DEVELOPMENT |
| Thursday | 24 January | CLOSED DUE TO PROFESSIONAL DEVELOPMENT |
| Friday | 25 January 2019 | 10.30am - 3.00pm |

Please note: Bookhire staff need to attend various meetings & professional development on **Wednesday 23 & Thursday 24 January**, so if you are not able to collect books during opening hours please contact the College prior to these dates.

Students are required to write their name in the stamped area inside the front cover of all their books. Students are not to loan their books to other students. At the end of the school year, it is the student's responsibility to return the same textbook loaned to them at the beginning of the school year. Parents will be invoiced for damaged or unreturned books. Further information regarding the Textbook Hire Scheme will be provided at collection. Students are to list their book hire details in their Student Organiser during the first week at school.

STATIONERY LISTS

Stationery lists for each year level are available from College Reception and the College website and will be posted with report cards.

SECONDHAND UNIFORMS

Recycled Uniforms are available at the College. Operating times in January 2019 -

Wednesday 16 January - 3.30pm - 4.30pm

Thursday 17 January - 3.30 - 4.30pm

Monday 21 January - 3.30pm - 4.30pm

VOLUNTEERING OPPORTUNITIES

- The **P & F** meets once a month in the Student Services Board Room. All Parents/Carers welcome.
- **House Parents** - please contact Mrs Vicki Crick at the College Office if you would like to be involved.
- **Tuckshop** – volunteers are required. Please see Mrs Devine in the Tuckshop.



Thank you & Farewell

DEPARTING STAFF One of the sad aspects of the end of a school year is farewelling staff members who will not be returning to Chanel College next year. This year we say “Good-bye” to the following staff who have been members of our college community for many years.



Ken Homann began teaching at Chanel College in April 1981, known then as Gladstone Catholic High School. He principally worked as a Manual Arts teacher, however over the years Ken has also taught Mathematics, Physical Education, PDE, Life skills and Citizen Education. Ken was manager of the First XIII Rugby League team for many years and has also coached numerous junior Rugby League teams throughout his time at Chanel College. We wish Ken well in his retirement and thank him for his 37 years of dedicated service to the Chanel College community.



Wendy Marsh commenced at Chanel College in 1994. During her 25 years of service, Wendy has taught English, Japanese, Religion and Christian Ministry and Theology and has held a number of middle management positions. As Co-Curricular Leader, Wendy has played a pivotal role in developing co-curricular opportunities for students and also for promoting student involvement in what is now, an extensive co-curricular program. We wish Wendy well in her retirement and thank her for her significant contribution to the Chanel College community.



Stephen Hodgson commenced at Chanel College in 2009. During his 9 years of service Stephen has taught Mathematics, Scientific Studies, Robotics and IPT. Stephen has a PhD in Computer Studies and this has meant that he has been able to promote student engagement with all aspects of computer technology, including Python programming and robotics which integrates the skills and knowledge of engineering, science and mathematics. We wish Stephen well as he takes up a teaching position at Downlands College in Toowoomba and thank him for the work that he has done as a teacher at Chanel College.

Thank you & Farewell



At our end of year Mass on Tuesday, we also farewelled teachers who have been here on contracts for all or part of this year. We thank **Jennifer Carlyle**, **Linda Rippingale** and **Opdesh Sidhu** for their contributions to our community this year and wish them well for the future.

We sincerely thank these staff members for sharing their gifts and talents with our community and their dedicated service to the college. We wish them every blessing for their future endeavours



THANK YOU



Around The College



2018 House Challenge Day

Around The College



2018 HOUSE CHALLENGE DAY

As the school year comes to an end, I would like to give a special Thank You to Dr Bunkum and Mrs Johnson for all of their support and encouragement I have received in this role. I have absolutely loved working with the students this year and look forward to working with them again next year. Thank You to the students for their keen involvement in various Indigenous events throughout the year.

Wishing you all a Merry Christmas and a Happy New Year.

Mrs Foat
Indigenous Education Liaison Officer

Merry Christmas





SPORTS NEWS

Kylie Kickbusch - Sports Program Leader

2019 Sports Dates

Interhouse Swimming Carnival – Friday 8 February

Interhouse Cross Country Carnival – Friday 5 April

Interhouse Athletics Carnival – Thursday 9 May and Friday 10 May

Students **MUST** participate in the Chanel Interhouse Cross Country and Athletics carnivals to earn a spot on the Chanel team to attend Port Curtis trials for the Cross Country and Athletics teams.

Port Curtis trial calendars are now on college website and on the student google page under the sports notices tab. Please remember to like 'Port Curtis School Sport' on Facebook for the most up to date trial information from Port Curtis sport.



*Merry Christmas and see you all
in 2019 for another big year of
Sport at Chanel College.*

Miss Kickbusch





Career News

Leanne Crane Careers Program Officer

*I would like to wish all students and staff of Chanel College
a happy and safe Christmas.*

I look forward to seeing everyone again in 2019



YEAR 9 CAREER DAY

What a wonderful opportunity for the Chanel College Year 9 students who recently went on a Harbour Cruise and learnt all about the different career opportunities with Santos GLNG and how the LNG projects on Curtis Island work. A massive Thank You to **Santos GLNG** for giving our Chanel College Year 9 students this wonderful opportunity.

Also, a big "Thank You" to **CQUni Gladstone** for giving our Chanel College Year 9 students a wonderful day with a tour of the campus and guest speakers from several Gladstone industries, businesses and Queensland Police, Gladstone. The Year 9 students certainly have been given some wonderful opportunities and ideas for their career pathways.

Chanel College would like to take this opportunity to say a "Thank You" to all the companies that made the day possible and gave up their time to explain career opportunities to the Year 9 students: **Santos GLNG, CQUni Gladstone, Dr Danni Gitsham Gladstone GP Superclinic, Adrian Gilhotti Queensland Police Gladstone, Courtney Liddy Vet Nurse/Animal Studies CQUni Gladstone, Reuben Smith Mechanical Engineer NRG Gladstone and Casey McGuire Broncos Game Development Officer – CQ Region.**



 Gladstone Power Station











Career News



Career News



CONGRATULATIONS

Year 10 student, Joseph Gorton, and Year 12 student, Chase Gourley, who have been successful with their Apprenticeship applications for 2019.


We wish you all the best in your future career.



CHANEL COLLEGE
Justice Respect Compassion

Joseph Gorton


APPRENTICE
Mechanic



CHANEL COLLEGE
Justice Respect Compassion

Chase Gourley

APPRENTICE
Diesel Fitter



WORK EXPERIENCE

Year 10 student, Alivia Manski is currently attending work experience at Rosella School and enjoying her time.

Thanks to Rosella School for giving Alivia this wonderful opportunity.

Alivia wants a career pathway in Education.



Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Supporting your young person during the holidays



Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – eheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace School Support Suicide Postvention Toolkit – A Guide for Secondary Schools** for further guidance.