



CHANEL COLLEGE

Justice Respect Compassion

TERM 1

WEEK 6

Mon 4 March

- Year 9 Retreat
- White Card course

Tues 5 March

- Year 9 Retreat
- 10SOR/11 Drama Excursion
- Whole College Assembly
- National School Improvement Review (NSIT)

Wed 6 March

- Year 9 Retreat
- NSIT

ASH WEDNESDAY

Thurs 7 March

- Year 9 Retreat
- NSIT

Fri 8 March

- Year 9 Retreat
- SRC Meeting
- SHEP
- Gen Next

Sunday 10 March

STAR OF THE SEA PARISH MASS

WEEK 7

Mon 11 March

- YEAR 11 ASSESSMENT INTENSIVE WEEK 1

Tues 12 March

- YEAR 11 ASSESSMENT INTENSIVE WEEK 1
- Year 7 Immunisations

Wed 13 March

- YEAR 11 ASSESSMENT INTENSIVE WEEK 1
- Café Chanel
- House Assemblies

Thurs 14 March

- YEAR 11 ASSESSMENT INTENSIVE WEEK 1
- Year 10 Modern History Excursion

Fri 15 March

- YEAR 11 ASSESSMENT INTENSIVE WEEK 1
- Gen Next
- Bullying. NO WAY!

From the Principal - Dr Susan Bunkum PhD



This Wednesday is Ash Wednesday – the day that marks the beginning of the liturgical season of Lent. The placing of ashes on our foreheads reminds us of the need to repent and to focus on the three things that enhance our spiritual lives: prayer, fasting and almsgiving.

All students will participate in Ash Wednesday assemblies in their Houses. They will reflect on the Project Compassion 2019 theme which promotes hope as that virtue that enables us to rise above our fears and help those in need to shape a better future for their communities.



If we can *Give Lent 100%*, then together, we can stand in solidarity with people across the globe to help end poverty, to promote justice and to uphold human dignity. Caritas Australia reminds us of the positive force that people standing in solidarity can be through the statement that, *Lives change when we all give 100%*.

Instrumental Music Program

I am very pleased to announce that we are one step closer to introducing an Instrumental Music Program at Chanel College. This week, we appointed Mrs Danielle Slow as Instrumental Music Program Leader and Mrs Stacy Berry as Instrumental Program Co-ordinator.

In the coming weeks, more details about the program will be released via the Newsletter, Facebook and Parent Lounge.



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**STUDENT ABSENTEE
 HOTLINE
 4973 4791**



Good News

Kath Hore - Mission & RE Support Officer



Please Pray for...

- People in our community who are unwell or recovering from illness
- Our Year 9 students as they participate in their retreat
- Families in our school who are grieving the loss of loved ones
- People in our world who are denied an education
- People to be open and generous to Project Compassion

Praise and Thanks for...

- Civilians and defence personnel working to rebuild lives and to bring peace, unity and justice to many parts of the world
- The opportunities given to our students through the Retreat Programs
- The successful and enjoyable Year 7 Retreat days
- The opportunity given to staff to spend time reflecting and exploring their faith at our Bishop's In-service Day

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

Lenten Rice Day

On Ash Wednesday, 6 March, we will be serving rice at break times for Lenten Rice Day. This social justice activity is coordinated by Marcellin 6 and Futuna 5 Pastoral Care Groups. In this very small way we are attempting to "walk in the shoes" of those people living in poverty without the privileges that we take for granted. We also aim to promote an awareness of the affects poverty has on the lives of many people in our world.

Please encourage your child to participate in this activity.

Project Compassion

Project Compassion begins on Ash Wednesday and the theme for this year is based around hope and giving Lent 100% in the name of hope.

Hope is one of the three pillars of Christian virtue, the other two being faith and charity. It is a powerful force for good and often helps to transform lives.

Hope helps us face life's challenges and sustains us as we work alongside the most marginalised and vulnerable communities to achieve better lives.

Pope Francis has said that: "Jesus has given us a light that shines in the darkness; defend it, protect it. This unique light is the greatest richness entrusted to your life." This light, is the light of hope.

Based on God's love for all, hope enables us to rise above our fears and helps those in great need to shape a better future for their communities.

As well as raising awareness to the work of Caritas, each student is encouraged to go without something and donate the money saved to Project Compassion. In the past we have been very successful as a whole community raising funds to financially assist the work of Caritas. Please contribute to this Appeal which supports aid and development programs around the world and helps to build a better life for the poorest of the poor.

SOS Mass and Youth Gathering

The first Chanel/SOS Mass for 2019 will be held on **Sunday 10 March** commencing at 6.00 pm. There will be a Youth Group Gathering, led by our Year 12 students, in the Parish Hall following the Mass. This group is an informal gathering to allow students to share time, ideas and have fun together. Students from all year levels are welcome.

Lenten Program

The Chanel Lenten Group will meet each Wednesday, beginning 6 March, at 3:35 pm in the Chapel to reflect on and pray this program. If you would like to join a small group of staff members you are welcome to attend.

Second Hand Uniform Outlet

The Second Hand 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 uniforms 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.

Thursday Mass

Thursday Mass will resume in Week 6

28 February – Mrs Miles' Year 11/12 CMT Class (**Postponed to Term 4**).

7 March – Ms Wolffe's and Mr Grealy's Year 12 SOR Class

PARENTS & CARERS are WELCOME!



Assistant Principal Curriculum - Lorraine Wolffe



CHANEL COLLEGE
Justice Respect Compassion

Our Vocational pathway students are always focusing on their goals for work and employment post Year 12. Students spent the day looking at the development of their employability skills over the next two years. They rotated through workshops focusing on Development of Employability Skills, Literacy and Numeracy Skills, Preparation for Work Experience, Finding Balance [Mental Health care] and Assessment Policies. We are grateful to Alan Kent, *Busy at Work*, Casey McGuire, *Site Skills Training* and Hannah Irving, *EQIP* for taking the time to speak to our young people and support them in their future options.



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Development of Employability Skills

with Casey McGuire, Site Skills Training and Alan Kent, Busy at Work



Assistant Principal Curriculum - Lorraine Wolffe



CHANEL COLLEGE *Justice Respect Compassion* With the introduction of the new QCE system for senior schooling, there are a lot of foundational learning skills that our Year 11s need to develop. On Monday 25 February, students participated in the inaugural Learning Matters Day. Our Year 11 ATAR students rotated through workshops focusing on Study Skills, Library Inductions, Academic Integrity, Assessment Policies and Finding Balance [Mental Health care]. The students were engaged throughout the day and have a deeper understanding of the skills that they will need to be successful in their post school options.





Assistant Principal Pastoral Care - Alison Wales



CHANEL COLLEGE

Justice Respect Compassion

As you are aware, students of Chanel College are encouraged to strive for excellence. They do this by being Respectful, Responsible and Resilient Learners. Resilience is the ability to bungee jump through life. It is an important skill to be able to bounce back after setbacks. This year we have transitioned from a *Mind Matters* school to a *Be You* school. The following article can be found on the *Be You* website and I thought that I would share some key points with you.

Resilience

Resilience refers to the ability to manage change to maintain and restore mental health and wellbeing, particularly after an adverse event.

Resilience enables people to shift back along the [mental health continuum](#) towards good mental health. It's not static but is something that can change over time due to experiences and circumstance.

Resilience is particularly important for children and young people

A child or young person's ability to be resilient can depend upon many things, particularly their relative balance of risk and protective factors. Depending upon their situation, a child or young person's resilience may vary. Importantly, specific situations or events that one child or young person may find challenging, another may not.

The transition from being a child to an adolescent to a young adult occurs over a relatively short period of time. Rapid changes in physical, psychological and social development can present numerous challenges. Children and young people who are more resilient are better able to stay on track with the biological, psychological and social demands of growing up and moving through early childhood into adolescence and beyond.

Being resilient is associated with better academic performance and school behaviour and, over the longer term, fewer mental health issues and greater life opportunities (including employment and relationships). Individual resilience (as well as family and community resilience) is something that can be fostered and developed over

8 STEPS TO BECOME MORE RESILIENT



1
Accept Change



2
Learn Continuously



3
Take Charge



4
Define Purpose



5
Create Balance



6
Cultivate Relationships



7
Reflect



8
Reframe Skills



Year 7 Social

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Year 7 Social & Parents Meet & Greet

It is hard to believe that we are already half way through Term 1. Pastorally, it has been a busy couple of weeks settling in our Year 7 students, and welcoming new and returning students to our College. By now you should have received an email from your child's Pastoral Care Teacher. If you require any assistance, you now have an email contact at your fingertips. Thank you to our parents for supporting our uniform and grooming policies and to those who have rectified any issues. Your support has been greatly appreciated.





Wellbeing

Milena Barbagallo - College Counsellor



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GENERATION NEXT

STUDENT WELLBEING PROGRAM WEBCAST

LIVE | INTERACTIVE | FREE

Generation Next live talks return to Chanel this year!

Friday 8 March 8:10am – You Are More Than Your Selfie – Developing a strong sense of self

Friday 15 March 8:10am – Power of Communication – The importance of social skills and positive emotions

Chanel Theatre / Bring your Chromebook / Suitable for year 9-12 students.

See Ms Barbagallo for further details

Dr Gill Hicks MBE Founder of not-for-profit M.A.D for Peace, Survivor of the London Terrorist Bombings July 7, 2005, Motivational Speaker, Author



The Generation Next Student Wellbeing Program equips students with the skills and understanding to help maintain good mental health; empowers them to become leaders and advocates for mental wellbeing within their peer groups, families, schools and the wider community.



Turkan Aksoy City of Canterbury Bankstown Cultural & Inclusion Officer



Brett Lee Founder iNESS, Former Police Officer



Jonny Shannon
Tech entrepreneur
& School
Motivational
Speaker



Sarah Alderton Founder & Lead Educator, The Selfie Project

Matt X
Preventing Violent
Extremism Consultant



Andrew Fuller
Child & Adolescent Clinical Psychologist

GENERATION NEXT



CHANEL COLLEGE

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SOCIAL NETWORKS HELP SPREAD THE POSITIVE PARENTING MESSAGE

It's not only kids who are spending a lot of time on their phones these days! But the good news is, social contagion can help create a positive parenting environment, says Triple P's Professor Matt Sanders.

"The ripple effect extends out beyond individual families to reach whole communities," he explains. "Good parenting skills don't just help parents and kids, they help adult relationships, reduce stress at work, and help us all to function better," he says.

Want to be a parenting champion in your community, in your workplace, in your extended family, in your network? Triple P's Facebook page has almost 20,000 Queensland followers – see why: www.facebook.com/triplepparenting/

With thanks,

The Triple P – Positive Parenting Program team





Humanities & the Social Sciences (HASS) Happenings

Mrs Paula Staunton



•This day in history....

202 BCE Coronation ceremony of Liu Bang as Emperor Gaozu of Han took place, initiating four centuries of the Han Dynasty's rule over China. Many Chinese still refer to themselves as Han people.



•In the Classroom

Next semester, when the Year 7s study Ancient History they will investigate the ancient history of China. Students will learn how Liu Bang, a peasant who was a police officer, turned rebel after the death of the tyrannical Emperor ShiHuangdi, famous for commissioning the terracotta warriors, and became Emperor

Gaozu. Liu Bang's political shrewdness allowed him to outmanoeuvre his rivals and take control. He proved to be a practical, flexible emperor who brought stability and prosperity to the people, and established a dynasty which lasted for over 400 years.



Year 8 History

Whether you are looking at the College crest, your family crest or the crest of your favourite sporting team their origin is in medieval heraldry. Students have been exploring these links in their study of Medieval Europe. Based on their research into the colours and symbols used during the Middle Ages, students were set the task of creating a crest or shield which would represent them.

Mrs Paula Staunton
Humanities and Social Sciences Curriculum Leader



Health and Physical Education

Mrs Kerrie Lisle



2019 HPE Week - QLD - 4 - 8 March

HPE Week is a fantastic opportunity to showcase the importance, value and fun of physical activity in school communities.



HPE Week is a week that celebrates the role of Health & Physical Education in schools and communities. The aim is to promote the importance of HPE's role in the Australian Curriculum and highlight the importance of HPE to the learning and development of children and young people.

This year, HPE Week will run from Monday 4 March - Friday 8 March. We will have a program of activities to follow and all students are welcome to join in.

Kerrie Lisle (HPE Curriculum Leader)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole School Cricket Match (All welcome)	Dance in Lavalla (All Welcome)	Volleyball (Teachers Verse Senior PE Students)	Class Activities due to Mass	Rugby 7's Display Match (Boys and Girls)



Sports News

Kylie Kickbusch - Sports Program Leader



After 3 weeks of training and selection trials, the 2019 Chanel QISSN team has been selected. The enormous amount of netball talent we have at Chanel made the selection process a very tough couple of weeks. The sustained high level of skill and play throughout the 3 weeks was fantastic and all girls were willing to listen and improve on their netball knowledge. It is exciting to see so many girls put their hands up to train and then trial for the team; netball in the future at Chanel is definitely in safe hands for years to come.



We would like to congratulate the 10 girls below who have made the 2019 QISSN team and will travel to Bundaberg to compete at this year's QISSN carnival:

Kaitlyn McAlister	Imogen Collins
Hannah Overend	Katie Skinner
Kasi Richardson	Brianna Hume
Jada Walker	Hannah Elliot
Jordan Porter	Isabella Zerner



Port Curtis Representatives

Congratulations to the students below who have been selected to represent the Port Curtis Region in their respective sports. These students will travel to Emerald, Mackay, Rockhampton or Gladstone to compete for a spot in the Capricornia teams. Good luck to all these students:

Luke Knight	16-18 Boys Basketball	Sieana McBride	12 Years Netball
Isaac Blackaby	16-18 Boys Basketball	Charlotte Spearing	12 Years Netball
Riley Dredge	16-18 Boys Basketball	William Price	12 Years Boys Hockey
Jessica Buenen	16-19 Girls Soccer	Alexander Di Bartolo	12 Years Boys Hockey
Rebecca Kelly	16-19 Girls Soccer	Charlie-Mae Machen	12 Years Girls Hockey

Capricornia Representatives

Congratulations to **Connor Edgerton** who has been successful in the Capricornia Boys U13-19 boys Softball team.

All the best Connor!



Interhouse Carnivals

Reminder of the dates for the Interhouse Cross Country and Athletics carnivals:

Cross Country – Friday 5 April (Week 10 Term 1)

Athletics – Thursday 9 and Friday 10 May (Week 3 Term 2)





Careers News

Leanne Crane



CHANEL COLLEGE
Justice Respect Compassion

Congratulations to Chanel College students, James Fanning and Brooke Sweeny, who have successfully completed their Certificate II in Retail.

CAREERS NOTICES

- Year 10 White Card course
Monday 4 March
- Work Experience for the
Easter school holidays has
now closed
- If you are interested in Work
Experience during June/July
holidays, please see Mrs
Crane



CAREERS ADVICE

**Confused about Career Paths or have
Work Experience enquiries?**

Make an appointment to see our friendly advisor.

**Careers Pathways Officer:
Mrs Crane on 4973 4738**

WHY WORKING FOR US WORKS FOR YOU

STAY ACTIVE AT WORK | PEDAL POWERED PIZZA



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NO EARLY STARTS | FLEXIBLE HOURS | CONVENIENT LOCATIONS



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Defence Work Experience Program

Newsletter – Term 1 2019

Welcome to 2019! Here's a bit of information about the Defence Work Experience Program...

Upcoming placements – NQ Region:

There are already a number of exciting placements in NQLD advertised on our website! More will be added as they're finalised with local units.

- Army in Motion: Maritime, Technical Trades, Hospitality and Support Overview
- Army Aviation (helicopters)
- Navy Overview – HMAS Cairns
- Army Medical Corps Overview
- Artillery Overview
- Women in Navy Technical Trades Camp

www.defence.gov.au/WorkExperience



Work experience at your school:

If your school has dedicated work experience blocks in 2019, please let me know that I can attempt to negotiate placements on those days.



Upcoming placement:

Army in Motion: Maritime, Technical Trades, Hospitality and Support Overview

This great placement will provide an interactive experience for students with 10 Force Support Battalion who provide specialist transport, mechanical handling equipment, watercraft (including amphibious) and supply food, fuel and ammunition.

Roles include watercraft operators, ammunition and electrical technicians, mechanics, drivers, cooks, petroleum operators, crane and industrial forklift operators. Something for everyone!

Students will need to apply online by **24th February 2019**
www.defence.gov.au/WorkExperience



Army & Air Force Careers Visits

The application process will be changing this year, students will now need to answer a short selection criteria in the Agreement for selection.

The days provide a brief look at a range of roles to spark an interest in applying for a longer placement in future.

Dates in 2019 - Townsville

- 13th March: Air Force
- 27th March: Army
- 5th June: Air Force
- 14th August: Air Force
- 21st August: Army
- 23rd October: Army
- 30th October: Air Force

National placements of interest:

Exercise First Look – Army Officer (ACT) and Soldier (VIC) Indigenous Placements

These exciting placements are open to Aboriginal and Torres Strait Islander students who are interested in a career in the Army as either an Officer or Soldier.

They include an all-inclusive funded trip to Canberra for Officers or Bandiana (VIC) for Soldiers. Both placements will be held 6-10 May 2019. Applications close **3rd April 2019** www.defence.gov.au/WorkExperience

COLLEGE NOTICES



CHANEL COLLEGE
Justice Respect Compassion

P&F AGM

Tuesday 19 March

5.30 pm in Student Services Building

NOTE: ALL POSITIONS ARE OPEN

Nomination forms are available
from the College Office for
anyone interested in a position

All Welcome

PAYING COLLEGE FEES

Please ensure you use your Parent Code when paying your College Fees. You can find your Parent Code/Account No. on your statement. (See circled section below in red)

UNIFORM SHOP HOURS

MONDAY 8.15am - 11.45am

THURSDAY 12.45pm - 3.45pm

The uniform shop will be CLOSED on
Monday 4 March and open
Wednesday 6 March 8.15am - 11.15am
Thursday 7 March 12.45pm - 3.45pm



Chanel College

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STATEMENT OF ACCOUNT

Mr & Mrs A Parent
2 Education Street
GLADSTONE QLD 4680

ACCOUNT NUMBER	123456
DUE DATE	05/11/2018
TOTAL AMOUNT DUE	\$1234.56

ACCOUNT 123456 Mr & Mrs A Parent

CAFÉ CHANEL

Wednesday 13 March

Open 9.30am to 2.00pm

Bring your friends and share Morning Tea or Lunch.
To book email - susan_going@rok.catholic.edu.au



COLLEGE NOTICES

Chanel College P&F Association

Warmly invite parents to a talk by

David Kobler

Raising Teens in a
Hyper-Sexualized
Society

**Teens are Facing REAL ISSUES
Parents need answers!**

This night for parents aims to address the questions that parents have while empowering them to be an influential presence in their children's lives.

Find more information at the following links:

<http://yourchoicez.com.au/parents/>
<http://yourchoicez.com.au/feedback/>
<http://yourchoicez.com.au/blog/>



CHANEL COLLEGE
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David Kobler

Parent Presentation

Date: Wed 3 April 2019

Time: 6.00pm - 7.30pm

Location: Marian Centre
Chanel College

Cost: Supported by the P&F

RSVP: Mon 1 April 2019
to Vicki Crick **4973 4700**
Vicki_Crick@rok.catholic.edu.au

**Wednesday
3 April**



YOUR CHOICEZ
Students Parents Teachers

Leukaemia Foundation

**WORLD'S
GREATEST
SHAVE**



Caleb, Coop & Kaddie Dawe

Shane was diagnosed with Acute Myeloid Leukaemia on the 16 November 2018 and initially spent 2 months in the Royal Brisbane & Women's Hospital.

Since Thursday, 22 November 2018, we have called a unit in a Leukaemia Foundation Village home and will continue to remain here for the next, possibly 4-6 months whilst Shane receives vital life-saving treatment.



Without the help of this incredible organisation, we wouldn't be where we are today. We wouldn't be able to support each other. We wouldn't be able to stay together as a family unit and beat this horrible disease.

They have provided accommodation - completely free of charge! We have everything we could possibly need here. We are safe & secure. The kids have an area to play, a bus to/from school, supportive staff and volunteers who go above & beyond, not to mention the Christmas presents, hampers etc.

We are truly blessed that an organisation like the Leukaemia Foundation exists and will forever be in debt to them for all that they've done for us, and those who are sadly, travelling journeys similar to ours.

Did you know? Every day another 35 Australians are diagnosed with a blood cancer. That's one Aussie every 41 minutes. Although research is improving survival, sadly an Australian loses their life to blood cancer every two hours.

Please help us to find a cure. Please help us to help others in need. Please help us in giving back to the Leukaemia Foundation!!



Fundraising Link: <https://secure.leukaemiafoundation.org.au/registant/FundraisingPage.aspx?eventId=14612®istrationId=744376>

Or Google, "Worlds Greatest Shave", Click "Sponsor" and search for "Kaddie".

Select page "Kaddie Mussig"