

CHANEL NEWS

8 March 2019
TERM 1 WEEK 6
VOLUME 52

CHANEL COLLEGE

Justice Respect Compassion

TERM 1

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!

WEEK 8 Mon 18 March

•YEAR 11 ASSESSMENT INTENSIVE WEEK 2

Tues 19 March

•YEAR 11 ASSESSMENT INTENSIVE WEEK 2

P&F AGM

Wed 20 March

- •YEAR 11 ASSESSMENT INTENSIVE WEEK 2
- College Assembly
- National Close the Gap Day

COLLEGE FEES DUE

Thurs 21 March
•YEAR 11 ASSESSMENT
INTENSIVE WEEK 2

Harmony Day

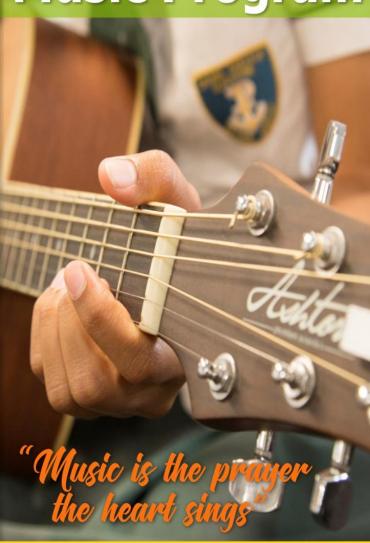
Fri 22 March
•YEAR 11 ASSESSMENT
INTENSIVE WEEK 2

 Senior Years and Middle Years Assemblies



Vocal
Woodwind
Brass
Percussion
Guitar

Instrumental Music Program



Commencing Term 2

For more information please email the Program Leaders

Danielle Slow: danielle_slow@rok.catholic.edu.au **Stacy Berry:** stacy_berry@rok.catholic.edu.au

Chanel College

11 Paterson Street, Gladstone Qld 4680

Phone: 07 4973 4700

E: the.secretary@chanelcollege.gld.edu.au

W: www.chanelcollege.qld.edu.au

STUDENT ABSENTEE HOTLINE 4973 4791



Good News

Kath Hore - Mission & RE Support Officer



Please Pray for...

- •Families in our school who are grieving the loss of loved ones
- People in our community who are unwell, receiving medical treatment, or recovering from illness
- •Children who are denied an education
- •Justice in our world that we will continue to make a conscious effort and generously support 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 opportunity our Year 9 students have had this past week to share their God given gifts and talents and enjoy time on Retreat with their peers
- •Students who have volunteered to be part of the Buddies Day Program

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

Shrove Tuesday

Many thanks to MacKillop 3 PC Group, led by Ms Ord for a very successful Shrove Tuesday serving hot pancakes to many hungry students last. Over \$105 was raised and this money will support our Project Compassion Appeal.



Buddies Day

The Buddies Day Program is coordinated by the St Vincent De Paul Society and last Sunday 7 Big Buddies met at Chanel college for a training day with Samara Thompson (Youth Engagement and Development Coordinator for the Rockhampton Diocese). The training day prepared the students to lead and participate in future outings where they will be responsible for the care and wellbeing of little buddies. We look forward to having several successful and rewarding outings this year.





Good News

Kath Hore - Mission & RE Support Officer



Ash Wednesday - the beginning of Lent

Lent is a time of spiritual makeover for Christians, as they prepare for Easter. It gives each of us the opportunity to reflect on our relationship with God and with others. The Church encourages us to look at our attitudes, values and actions and commit to doing better as we try to renew ourselves as Christian people. Well done to all Pastoral Leaders and their students for the prayerful and respectful Ash Wednesday Liturgies they participated in during PC time last Wednesday!



Project Compassion

Lent is a time for us to choose to make do with less, while also having the opportunity to find true meaning as we give of ourselves so that others may "have life and life to the full". Through Project Compassion we are invited to join in the work of Caritas Australia to help bring about a better future and to stand in solidarity with the poorest of the poor in our world. Each day students and staff are given the opportunity to donate what they can to this Appeal. Please encourage your children to give generously again this year so they can make a difference in the lives of so many people who have so little.

Week 1 - THANDOLWAYO'S STORY

Thandolwayo, a 12-year-old girl in Zimbabwe, would walk seven kilometres each day to collect contaminated water for her family. She then went to school exhausted from hours fetching and carrying water. It looked like she would never realise her hope of finishing her education and becoming a nurse, until a Caritas Australia supported project created access to clean water, helping Thandolwayo stay at school and achieve a future full of hope.

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 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.

Thursday Mass

14 March - Mrs Green's Year 12 R&E Class

PARENTS/CARERS are WELCOME!



Assistant Principal Pastoral Care - Alison Wales



CHANEL COLLEGE

Justice Respect Compassion Last week we explored the concept of "resilience" and the importance for young people to develop their resilience. As developing resilience is a personal journey, people use varying strategies to build resilience.

Kids Help Line (https://kidshelpline.com.au/) suggests that the following can help develop resilience:



- 1. Having a positive attitude.
- 2. Finding good friends.
 - 3. Feeling good about yourself.
 - 4. Having a supportive family.
 - 5. Helping others or 'giving back'.
 - 6. Being able to solve problems and overcome challenges.
 - 7. Good communication with the people around you.

Kids Help Line recommends that when you are facing a challenge, you can start to build resilience by asking yourself the following questions.

- How can I help myself?
- What can I control?
- How can I adapt?
- What can I learn from this?
- Who can help?
- How can I use this to improve?
- How can I move forward?
- What's the positive in this?

Dealing with challenges helps us to learn how to build resilience. While developing our own resilience we often find the strength that we did not realise we had.

RESPECTFUL RESILIE **LEARNERS**

Chanel students are

Last year I was fortunate to attend the Positive Schools Conference in Brisbane where I heard Luke McKenna, educator, author and the founder of Unleashing Personal Potential (http://www.unleashingpersonalpotential.com.au/) discuss resilience. Luke encourages parents to consider "helping by not helping" their children because:

- 1. The more we do for them, the less they learn to do for themselves.
- 2. The easier life is for them, the less able they are to cope when challenges arise.
- 3. The faster their solutions come, the less they tend to take time searching for answers.
- 4. The more resources we give them, the less resourceful they become.

This is some great advice; however, Luke also believes that you do not sit back and watch your children struggle with no pathway forward. His point is that because many young people appear fragile and ready to give up at the first sign of a set-back, we tend to rescue them. Luke believes that parents should focus on proactively equipping their children with the tools to help them endure challenges and to manage their own wellbeing. Building resilience before a stressful event is essential in this process. Wellbeing practices, including building resilience, are a focus for Pastoral Care at Chanel this year. The Pastoral Team look forward to working with our parents throughout this year. We always appreciate your support!



Religious Education

Geraldine Dyer

CHANEL COLLEGE

What is Prayer?

Justice Respect Compassion Prayer allows us to worship and praise our God. It also allows us to acknowledge our sins, which should lead to our genuine

repentance. Prayer is a form of communication, gives us the opportunity to present our requests to God. All of these aspects of prayer involve communication with our Creator. God is personal, cares for us and wants to commune with us through prayer. Prayer is not just about asking for God's blessings; it is also about building a personal relationship with the living God.

Why do we need to Pray?

Through the act of praying, we establish a personal relationship with God. Prayer also helps others know the love of Jesus. Prayer can clear human obstacles from our path in order for God to work. It is not that God can't work without our prayers, but that he has established

prayer as part of His plan for accomplishing His will in this world. There are many different ways we can Pray today.

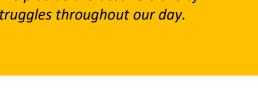




STUDENT PRAYERS

This term, Mrs Lisle's Year 8RE class has been examining 'How do saints and disciples follow Jesus through Prayer and Meditation'. Each week this term we will share with you three prayers from our students.

We ask you to watch over our Chanel College Community, We endeavour to display your teaching to everyone we meet, so that they may achieve the same in following your footsteps. As we approach each day, we ask for advice to help us be the best versions of ourselves so we can overcome hardships and struggles throughout our day. We ask this prayer through Christ our Lord Amen





Jimmy Fritz and Jack Ellis



Tallis Whelan

Guide us to our full potential and help us treat others equally. We ask that you look over our school and everyone in our community. We promise to stay true to our Christian faith, as a school and as each unique individual.

Amen

Lord,

I am grateful for the privilege of attending this wonderful school we call Chanel College. Bless each and every member of our community; all the teachers, students, library staff, groundsmen, tuckshop ladies, teacher assistants and all the office staff that enrich our daily school life.

The beautiful environment our School is set in gives me joy every day and for this I am grateful.









CHANEL COLLEGE

Message from the Office of the eSafety Commissioner:



It is very concerning when young people are exposed to any online content that scares them or plays on their emotions. From time to time we hear of online challenges or phenomena that target our children with potentially harmful consequences.

Active parental engagement and oversight of children's online activities are crucial, to help ensure they are prepared for what they may encounter. As young people often do not have the maturity or judgement to cope with confronting content online, it is important to guide them as they develope critical reasoning skills, so that they are aware that not everything they see or receive online is real.

The Office of the eSafety Commissioner encourages parents to co-view, co-play, ask questions about the games and apps children are using, and let them

know you are there to support them if they are upset or uncomfortable about anything they see online.

Five top tips to help limit your child's exposure to harmful content online:

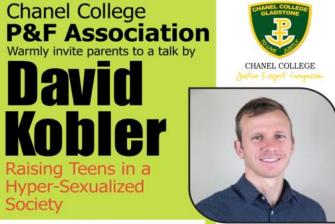
- Engage in your child's online activities ask what apps, sites and games they are using and make sure they are age-appropriate
- Use parental controls on devices to help limit what your child is exposed to
- Let them know not everything they see online is real or true.
- Help them report and block upsetting content they see on social media sites or apps.
- Let them know they can come to you about anything upsetting they see online, and contact Kids Helpline if they need further support.

Information sourced through the following link:

https://www.esafety.gov.au/About%20the%20Office/ Newsroom/Media%20releases/Statement%20eSafety% 20advice%20on%20the%20Momo%20Challenge

Chanel College realises that parents may need help understanding Social Media and how to deal with the affect it has on their children. With this in mind, the College has invited guest speaker David Kobler to host a parent presentation on April 3. He will address this and other issues in his presentation.

Information can also be accessed through the Generation Next Student Wellbeing Days, which equips students with the skills and understanding to help maintain mental health and wellbeing.



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/

David Koble

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







CHANEL COLLEGE Justice Respect Compassion

GENERATION

STUDENT WELLBEING PROGRAM WEBCAST

LIVE INTERACTIVE FREE

Generation Next live talks return to Chanel this year!

Friday 15 March 8:10am – Power of Communication – The importance of social skills and positive emotions Chanel Theatre / Bring your Chromebook / Suitable for Years 9-12 students.

See Ms Barbagallo for further details

Dr Gill Hicks MBE Founder of not-forprofit 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

Jonny Shannon Tech entrepreneur & School Motivational Speaker

Sarah Alderton Founder & Lead Educator, The Selfie Project

Matt X
Preventing Violent
Extremism Consultant



Brett Lee Founder iNESS, Former Police Officer



Andrew Fuller
Child & Adolescent Clinical Psychologist



Around The College



Year 10 STUDY OF RELIGION

In Unit 1 of the Year 10 Introduction to Study of Religion, students are studying World Religions including Aboriginal Spirituality. Students gained a practical understanding of Aboriginal and Torres Strait Islander culture at the Dreamtime Cultural Centre in Rockhampton. They completed a guided tour where students were treated to a didgeridoo performance, practised throwing boomerangs, and participated in interactive exhibits.



Chess Competition

Congratulation to Ryan Lobie (Year 7) who competed at the Central Queensland Chess Competition, held at CQU. Ryan came third in the high school individual division and also third for Chanel College.

Well done Ryan!

Congratulations to Year 7 Students, Kobi Mallie-Roberts and Emily Walsh who have both been accepted to attend the week long Monadelphous CQUniversity Indigenous STEM Camp being held at Boyne Island Environmental Centre from the 18-22 March.

This will be a great experience for the students and we can not wait to hear all about it when they return.





A WALK IN A HOMELESS PERSON'S LIFE

Recently, Year 9 Religion students had a visit from Samara Thompson, Youth Engagement Officer for Saint Vincent de Paul. The students enjoyed learning more about homelessness and how it can affect the lives of people. Samara gave the students an experience they will never forget by taking them on "A walk in a homeless person's life."

A huge thank you to Samara Thompson!

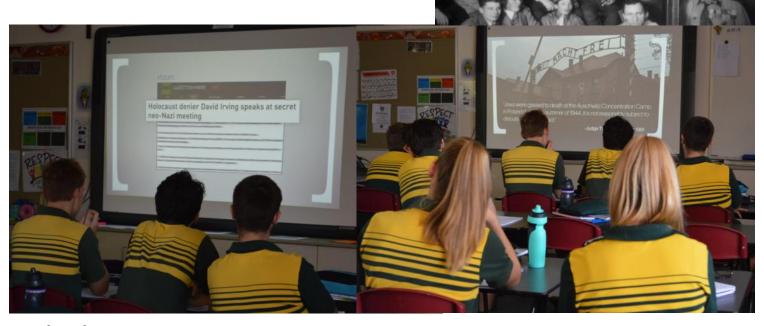


Humanities & the Social Sciences (HASS) Happenings

Mrs Paula Staunton

This day in history....

1936 Hitler breaks the Treaty of Versailles signed at the end of World War I, by sending troops to the Rhineland. These events are particularly relevant to Year 10 History students who have been studying World War II and The Holocaust.



In the Classroom

In Year 7 Geography, students have been studying 'Place and Liveability'. They have worked in teams to consider the social, economic and environmental needs of a community. Students have explored the uniqueness of different places and the difference between rural and urban settlements. They have also been developing their notetaking and problem solving skills applied as they have criteria to strategies to improve liveability.



Upcoming examinations

It is important that all Humanities students are revising their notes from class and work posted on Classroom in preparation for examinations coming up in Week 9.

Mrs Paula Staunton
Humanities and Social Sciences Curriculum Leader



Science

Mr David Fisser



Year 7 visit to the World Science Festival

On Friday 1 March, all the students in Year 7 went to the Gladstone Entertainment Centre to participate in the World Science Festival. The students were first entertained by scientists who all had **Cool Jobs.** These included a haematologist working on a cure for malaria parasites, a materials scientist who had created a concrete that needed no water, an astrophysicist who talked about relativity and the universe, and lastly, a chemist who made elephant's toothpaste on the stage. After the show, students mingled and experienced spiders, robots, fossils, snow sand, rockets, drones and experts from QGC and CQ University. A great deal of fun was had by all!

Here are a few photographs from the

excursion.

Mr Fisser Science Curriculum Leader



Year 12 North Keppel Island

During Week 5, I was privileged to be part of the Year 12 Marine Science class which spent four days at the North Keppel Island Environmental Education Centre to learn more about the management of marine ecosystems. Upon arrival, we were welcomed by the highly experienced teaching team who made this camp such a fantastic learning adventure. We were fortunate enough to participate in a rich diversity of experiences which included snorkelling, bush walking, and a tour of Great Keppel Island, plankton trawls, lab practicals, information sessions, debates and acknowledgment of the Keppel's' Indigenous history. Our studies also allowed us to witness firsthand the plight of the fringing reefs in the Keppel Bay area.

I felt extremely connected and passionate about the environment around me and how we need to work towards its sustainability, which was most evident during the Great Keppel Island Resort debate. I recall one of my arguments being that many people are caught up in the materialistic enjoyment of things instead of recognising the captivating natural beauty and biological diversity that the Great Barrier Reef offers us. I also firmly believe that the youth of today have so much to offer in thinking of new ways to tackle some of the more complex environmental challenges we



face at present. It is always important to be aware that this sustainable thinking and acting is critical in preserving our planet. I have been lucky enough to experience this beauty of the Great Barrier Reef numerous times and so should others. Thank you to all the team over at North Keppel Island for an unforgettable learning experience and to Mr Rose and Mrs Staunton for their time and supervision. I have taken away so much knowledge and fulfilment from this trip.

Sara Hooper





Health and Physical Education

Mrs Kerrie Lisle



HPE week was a fantastic opportunity for Chanel College students and teachers to showcase the importance, value and fun of physical activity within our school community.

Throughout the week students have not only participated in their normal HPE lessons, sport trainings, gym sessions, interschool sporting and district sporting activities; they have also engaged in a lineup of lunchtime activities.

Monday began with a whole school cricket match on the oval – HOWZATT!

On Tuesday, the Year's 7-12 students got their groove legs on in Lavalla Court and danced their way through the break

Wednesday provided some friendly competition with the Senior students taking on the HPE teachers in a volleyball match. The action was endless and sportspersonship was commendable.

Thursday saw activities such as Fitness, Ultimate Frisbee and Softball take place in class scheduled lessons due to lunchtime Mass.

Friday, the conclusion of HPE week, was filled with more physical activity and fun in the Marian Centre.

We asked year 12 students, Connor Lantry and Lachlan Black, why Health and Physical exercise was so important? And their response was: "by being fit and healthy, you can improve your overall lifestyle."

Thank you to all our Chanel College Students, Teachers and Staff who have supported HPE week.





Sports News Kylie Kickbusch - Sports Program Leader



Chelsea Baker Visit

Australian, Brisbane Broncos and Gladstone female Rugby League super star Chelsea Baker will be visiting the College at first break on Friday's to run some skill sessions and fun activities for girls. These girls' only sessions are to encourage as many girls as possible to be active at lunch times, have some fun whilst learning new skills, while also meeting with a Gladstone female sporting star. Girls of any age are encouraged to attend these free Friday lunch time sessions run by Chelsea. If your daughter is interested, please encourage her to come to the top oval at the beginning of first break each Friday from March 22, to join in the fun.



QISSN news

The Chanel College QISSN team would like to sincerely thank and welcome on board their first team sponsor for the 2019 QISSN netball season – Thank-you Bill Robertson Toyota Gladstone! Your generous donation and sponsorship of the team will greatly assist the girls with the trip to Bundaberg – thank you from the QISSN team and staff.



Bill Robertson Toyota



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)













Port Curtis Representatives

Congratulations to the students below who have all been selected into Port Curtis teams. Fantastic effort by you all and we wish you all the best for your upcoming Capricornia Trials.

Delaney Claridge	14-15 Girls Rugby League	Lucy Devlin	16-18 Girls Touch Football
Abby-Rose Churchward	14-15 Girls Rugby League	Heather Robertson	16-18 Girls Touch Football
Jamila Rebel	16-18 Girls Rugby League	Siena Linforth	16-18 Girls Touch Football
Kearna Howe	16-18 Girls Rugby League	Sophie Duff	16-18 Girls Touch Football
Tatum Rigby	16-18 Girls Rugby League	Annie Dredge	16-18 Girls Touch Football
Charlie Little	12-15 Boys Volleyball	Chloe Butcher	16-18 Girls Touch Football
Kye Vacher	12-15 Boys Volleyball	Lachlan Black	16-18 Boys Touch Football
Joseph Sisley	16-18 Boys Volleyball	Matthew Long	16-18 Boys Touch Football
Parker Lindsay	16-18 Boys Volleyball	Jason Stanhope	16-18 Boys Touch Football
Sean Keetch	16-18 Boys Volleyball	Blake Vincent	16-18 Boys Touch Football
Leila Birch	16-18 Girls Volleyball	Harry Dreier	16-18 Boys Touch Football
Zarah Nash	13-19 Girls Hockey	Jet Cavanagh	16-18 Boys Touch Football
Gabby Davie	13-19 Girls Hockey	Carter Vincent	13-15 Boys Touch Football
Ainsleigh Holmes	13-19 Girls Hockey	Tase Black	13-15 Boys Touch Football
Keelie Machen	13-19 Girls Hockey	Nyasha Mhuka	13-15 Boys Touch Football
Lauren Gilmore	13-19 Girls Hockey	Ben Butcher	13-15 Boys Touch Football
Madisyn Harris	10-19 Squash	Charlise Falconer	13-15 Girls Touch Football
Nicholas Briggs	10-19 Squash	-	
	 		

10-19 Squash

10-19 Squash

10-19 Squash

10-19 Squash

Jacob Butcher

Ethan Berther

Sanya Arora

Alex Moody







STUDENT PRINTING TO THE LIBRARY

<u> Middle Years 7-9</u>

Printer Name: 420LibraryFloor

Senior Years 10-12

Printer Name: 420LibrarySNR

LIBRARY OPENING HOURS

MONDAY to FRIDAY

8:00am - 3:30pm

All Year Levels

Printing Slides - Select multiple slides/page - File / Print Settings & Preview - Handout 4 slides - Print.
 ALL PRINTING SHOULD HAVE YOUR FULL NAME AND CLASS IN THE FOOTER OF YOUR DOCUMENT.

Photocopying & Scanning

Select 420LibraryFloor - In the ID field on the screen Enter your Student ID number. Press Login.

INFO DATABASES

username and password are shown on the Student Google Site under Library.

- Ancient and Medieval History
- Blooms Literature
- Health Reference Centre
- Issues & Controversies
- Mid/High School eBook Collection
- Modern World History
- Science Online
- World News Digest

RESEARCH SKILLS

STATE LIBRARY VICTORIA - ERGO

Need help to improve your research skills? This site provides step-by step guides to help you break down research tasks into manageable parts and find reliable information to produce a better assignment. Click on each of the links below to go directly to the website.

http://ergo.slv.vic.gov.au/learn-skills

EXPLORE AUSTRALIAN

HISTORY

Australia & WWI

A young nation rushed to war, eager to prove its worth to the British Empire.

Australia & WWII

Little more than twenty years after World War I, Australia committed to a new global conflict.

Online Resources

Chanel College Online Catalogue

https://libsouth.rok.catholic.edu.au/oliver/home/news

Student Google Site / Library

https://sites.google.com/a/rok.catholic.edu.au/ccg-chanel-college-student-site/library-home-page/library

Make sure to select ACEN from the drop-down menu.

https://cenetau.libraryreserve.com/10/45/en/SignIn.htm?url=Default.htm





Careers News

Mrs Leanne Crane





Year 10 White Card Course

Chanel College recently held a White Card Course with Site Skills Training, for twenty-three of our Year 10 Students. The White Card Course is mandatory for anyone wanting to work in the Construction Industry. This course is Nationally recognised and is extremely beneficial for our students wanting to source School Holiday Work Experience within Industries.

CAREERS NOTICES

- •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

COLLEGE NOTICES



P&FAGN

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



Do you need help with Assignments or Homework?

Available are: Resources, Support Material, Friendly Faces

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

Monday, Tuesday, Thursday & Friday at 8.00 am. Also First Break every day except Thursdays.

HOMEWORK & ASSIGNMENT HELP

Inclusive Curriculum 4973 4739