



CHANEL NEWS

6 December 2019

TERM 4 WEEK 9

VOLUME 52

CHANEL COLLEGE
Justice Respect Compassion

2020 TERM 1

Monday 13 January

College Office re-opens

WEEK 1

Monday 27 January



AUSTRALIA DAY
PUBLIC HOLIDAY

Tuesday 28 January

TERM 1 COMMENCES

Years 7, 12 & New

Students Start 8.40am

MEET IN LAVALLA COURT

Years 8,9,10 & 11

Start 10.30am

- College Assembly

Wednesday 29 January

Year 7 Parent & Student

Information Night

6.00-7.30pm

Friday 31 January

Opening of the School

Year Mass

Chanel College
11 Paterson Street, Gladstone Qld 4680
Phone: 07 4973 4700
the.secretary@chanelcollege.qld.edu.au
www.chanelcollege.qld.edu.au



*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 past few weeks, many are no doubt, welcoming the holidays with sighs of relief!

As this is the last newsletter of 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 day. I know that this dedicated group of men and women work to ensure that each student has the opportunity to enjoy quality learning experiences as well as the opportunity 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. Over the week-end, I read of their successes in their Semester 2 reports which will be posted this 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 environments.

In particular, as a community, we wish Mrs Alison Wales – Assistant Principal, Pastoral Support and Planning, every blessing as she takes up her new role as Principal of Holy Spirit College in Mackay. We express our heartfelt gratitude to Mrs Wales for her wise and generous stewardship of Pastoral Care at Chanel over many years. We also wish Fr Kevin Redmond, our College Chaplain and Parish Priest of Star of the Sea Parish, every blessing as he embarks on his new ministry in Thailand and the Philippines. We thank Fr Kevin for his generosity and support of Chanel College over many years.

Finally, as we prepare to celebrate this Holy Season in our Liturgical Year, I would like to wish all parents, students and friends of Chanel a 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.

2020 Plans to be 'Sun-Smart'

Skin cancer is the most common cancer in Australia. Statistics tell us that 2 out of every 3 people who grow up in Australia will be diagnosed with some form of skin cancer in their lifetime. The good news is that skin cancer is preventable and that protecting our skin from harmful UV radiation reduces risk.

The wearing of hats with wide brims that protect the face, neck and ears is one of the easiest ways to ensure that we are sun-smart.

Thus, beginning in 2020, ALL students will be required to wear hats whenever they are exposed to sun. This includes on the journey to and from school and at all times when they are outdoors. We understand that for teenagers, the wearing of hats may not be fashionable; however, we look forward to your support in educating young people about adopting life long sun-safe practices.

Yours sincerely

Dr Susan Bunkum PhD



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 2020 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
- Firefighters, SES Volunteers and all emergency service personnel fighting fires in several states
- 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.

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 and Fr Simeon for their commitment to these Masses and their willingness to visit the classes as part of their preparation.

National Prayer Campaign for Drought

The Catholic Church in Australia is dedicating the month of November 2019 as a time to pray for those affected by crippling drought conditions and to pray for the gift of rain (*see below for a Prayer for the Blessing of Rain*). As well as prayer, people are also encouraged to provide practical assistance to those most in need. For more information about this initiative, including ways to provide support, please go to <https://www.catholic.org.au/drought>.

Prayer for Rain

Please consider praying the prayer below as we ask God to send much-needed rain to parched lands throughout Australia:

Prayer for the Blessing of Rain

Lord God,

Bless Australia – our Great South Land of the Holy Spirit.

Grant, that as the Cross shines in our southern skies, so may Christ bring light to our nation, to its peoples old and new.

May we receive the blessing of abundant rain so that the
“desert blooms with the life that lies in wait.”

We ask this prayer through Christ, Our Lord. **Amen.**

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 has received 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 students and staff who contributed to decorating over 500 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.

Re-cycled Uniforms

If needing assistance from the Re-cycled Uniform 'Outlet' 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. Jackets are available for \$25.00 each. All prices are negotiable.

If you have uniforms your child no longer requires, especially as uniforms are sorted over the holidays- all donations are gratefully accepted and many thanks to those who have already sent in donations.

Christmas Reflection

Christmas is a feast of relationship – relationship between Jesus and us. When we accept Jesus as our WAY, TRUTH and LIFE, we enter into three new relationships.

-We enter into a new relationship with God: the judge becomes the Father, the distant becomes near and fear becomes love.

-We enter into a new relationship with each other: hatred becomes love, selfishness becomes service and bitterness becomes peace.

- We enter into a new relationship with ourselves: weakness becomes strength, frustration becomes achievement and anxiety becomes peace.



Assistant Principal Pastoral Care - Alison Wales



CHANEL COLLEGE
Justice Respect Compassion

I would like to take this final opportunity to wish all of our families a very Merry Christmas and a Happy and Healthy New Year. I would also like to say how much I have enjoyed working with you all over the last 11 years. I am grateful for your support, kindness and commitment to Chanel College.

I hope the holidays will be a time of peace and joy where you can rest, relax and celebrate happy times with your family and friends.

*Blessings,
Mrs Alison Wales*



*Merry
Christmas &
Happy
Holidays*



Thank you & Farewell

DEPARTING STAFF

CHANEL COLLEGE
Justice Respect Compassion

One of the sad aspects of the end of 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.



Fr Kevin Redmond



Alison Wales



Sarah McAdam



Alison Whitehead



Sherie Elliott



Kelli Hume

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.





CHANEL COLLEGE

Justice Respect Compassion

UNIFORM SHOP *News*

NORMAL UNIFORM SHOP HOURS

MONDAY : 8.15am - 11.45am

THURSDAY: 12.45pm - 3.45pm

Phone: 4994 8905

NEW UNIFORM PRICE LIST NOW AVAILABLE THROUGH THE COLLEGE WEBSITE

Email: chanel@wearitto.com.au

ADDITIONAL UNIFORM SHOP HOURS

2020 SCHOOL HOLIDAYS

Monday 13 January 9am-12pm

Tuesday 14 January 9am-12pm

Wednesday 15 January 1pm-4pm

Thursday 16 January 1pm-4pm

Friday 17 January 9am-12pm

Monday 20 January 1pm-4pm

Wednesday 22 January 8am-11am

Friday 24 January 7:30am-10:30am

Term 1 2020

First Day - Tuesday 28 January 7:30-11:15am

SECOND HAND UNIFORMS

Second hand Uniforms are available at the College.

Operating times in January 2020

Thursday 16 January 3 - 4.30pm

Thursday 23 January 3 - 4.30pm



College Notices

CHANEL COLLEGE

INFORMATION FOR PARENTS & STUDENTS 2020

Justice Respect Compassion

Commencement of school for students in Years 7 and 12 and new students is Tuesday 28 January 2020 at 8.40 am. Please meet in Lavalla Court. Students in Years 8, 9, 10 & 11 commence Tuesday 28 January 2020 at 10.30am.

COLLEGE OFFICE

Opening hours are from Monday 13 January – Tuesday 21 January 2020 between 7.30 am – 4.00 pm.

The College Office **will be closed** Wednesday 22 & Thursday 23 January for Staff Professional Development.

On Friday 24 January the College Office will **be open** from 7.30 am – 12 noon.

2020 DISTRIBUTION OF TEXTBOOKS

Students will be required to collect their textbooks **prior** to commencement of the school year. Books must be collected from the Library. Further information regarding the Textbook Hire Scheme will be provided at collection.

2020 BOOKHIRE COLLECTION HOURS:

Wednesday 15 January: 9.00 am - 3.00 pm

Thursday 16 January: 9.00 am - 3.00 pm

Friday 17 January: 9.00 am - 3.00 pm

Monday 20 January: 9.00 am - 3.00 pm

Tuesday 21 January: 9.00 am - 3.00 pm

Wednesday 22 January: **CLOSED DUE TO PROFESSIONAL DEVELOPMENT**

Thursday 23 January: **CLOSED DUE TO PROFESSIONAL DEVELOPMENT**

Friday 24 January: 9.00 am – 12.00 pm

Please note: Bookhire staff need to attend professional development on **Wednesday 22 & Thursday 23 January**, so if you are not able to collect books during opening hours please contact the College prior to these dates.

CHROMEBOOKS

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 \$225 each term (totalling \$900) If a current student requires a new Chromebook, please contact the College Office.

STATIONERY LISTS

Stationery lists for each year level are available from College Reception and the College website.

PARENT INVOLVMENT OPPORTUNITES

- All parent/carers are welcome to attend our **P & F** meetings once a month. Venue: 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 welcome. Please call Mrs Devine – Tuckshop Co-ordinator on 49948907 if you would like to become a volunteer.



Around the College

HOUSE CHALLENGE DAY



2019 HOUSE CHALLENGE WINNERS



2019 HOUSE SPIRIT WINNERS





Around the College



NATIONAL
COMPUTER SCIENCE
SCHOOL

Year 10 student, Alexander Watts, has been selected to attend the National Computer Science School in January 2020 at the University of Melbourne.

The National Computer Science School is a ten day summer school for students going into Years 11 and 12. It brings together talented young people from around Australia for an intensive course of computer programming and website development at university. We wish Alexander all the best.





Sport

Kylie Kickbusch - Sports Program Leader



CHANEL COLLEGE

Justice Respect Compassion

2019 Sporting Year

2019 has been a super successful sporting year at the College. We have had the largest numbers attending Interhouse Carnivals, large numbers of students making representative sporting teams. We also saw a changing of the guard for the Champion Sporting House.

Chanel College Representative teams 2019 success:

- GOLD bought home by the QISSN team
- Confro team making the finals for 2nd year in a row
- All school's Girls Touch Football made semi finals and finished 3rd
- Boys All Schools Touch just missed out on making the finals
- Rugby 7s – wiped the floor at the Gladstone 7s, 15 Boys champions at Fraser Coast, made the top 5 at the Western 7s.

McAuley House is the new powerhouse of the Interhouse sporting arena – it took out all 3 (swimming, cross country and Athletics) carnivals, and had many House Spirit awards and Age Champion Athletes.

Congratulations to all students who have represented Chanel College, Port Curtis, Capricornia, QLD and Australia School Sports in 2019.

Massive thank you to the staff who have coached/managed/trained the many Chanel teams we have, without them, none of these achievements would have been possible!

Bring on 2020 – it is going to be even bigger, better and more sporting success to come!

PLEASE CHECK THE 2020 COLLEGE CALENDAR FOR EVENTS

2020 Port Curtis Trial Calendars

Links to the trial calendars for 2020 Port Curtis Sport can be found on the Chanel College website, Parent Lounge, the Student Google site and on the Port Curtis and Capricornia School Sports websites. These calendars will provide students and their parents with dates and venues for the trials.

Students and Parents are reminded: students **MUST** first nominate through the school to attend Port Curtis trials. The nomination information will be sent out via the Morning Notices, students are then to nominate via the Google Form that will be on the Student Google site. ONLY students who nominate, will be eligible to receive the necessary paperwork to complete to attend the trials. If students do not follow this process, they will not be eligible to attend Port Curtis Trials.





Careers

Leanne Crane



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 2020

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 **CQ University 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 and businesses. 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, CQ University Gladstone, Courtney Liddy Vet Nurse/Animal Studies CQ University Gladstone, QAL, Brady Walmsley – Head Men’s Basketball Coach, and the Mater Hospital Gladstone.**



QUEENSLAND ALUMINA LIMITED





Careers

Leanne Crane



CONGRATULATIONS RORI

Congratulations to Rori MacDonald on gaining a School Based Traineeship. Rori's Traineeship is a Cert II in Warehousing Operations (TLI21616). He will complete this at Reece Plumbing.

All the best Rori!



IMPORTANT DATES

CHANGE OF PREFERENCE ONLINE SESSION

Students can talk to our friendly staff on Facebook Messenger to get the answers to their questions, guidance on how to change preferences and make the right choices for them.

Event Date: Saturday, 14 December 2019

Event Time: 8 am - 1 pm (AEST)

Location: Online

DROP-IN SESSION

Prefer to talk to someone in person? Drop-in to the local campus to get answers, guidance and support.

Event Date: Monday, 16 December 2019

Event Time: 9 am - 1 pm (AEST)

Location: CQUni Gladstone, 613 Bryan Jordan Drive, Gladstone

ONLINE CHAT SESSIONS

» Saturday, 14 December, 8 am – 1 pm (AEST)

» Monday, 16 December, 9 am – 1 pm (AEST)

» Wednesday, 15 January, 3 - 6 pm (AEST)

» Tuesday, 4 February, 3 - 6 pm (AEST)

REGISTER to receive reminders and instructions on how to join.

2020 KEY DATES

CQUNI TAFE CAREERS EXPO

Wednesday, 22 January 2020,
2 - 5.30 pm, CQUni Gladstone

REGISTER »

CAMPUS FORUM

Tuesday, 18 February, event time
TBA, CQUni Gladstone

UNIVERSITY EXPERIENCE

Thursday, 2 April, event time TBA,
CQUni Gladstone

OPEN DAY

CQUni 2020 Open Day dates are currently being finalised. For further information and to see dates as they're confirmed visit cqu.edu.au/opendays.

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 veggies, 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.