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## Issue 1, Term 1, February 2021

### Principal's Message

On behalf of my colleagues, I wish to extend a warm welcome back to the 2021 academic year. I sincerely would like to take this opportunity to wish you all a very happy and blessed New Year. For our new families to our College and our community, especially our Kindergarten and new students, I would also like to take this opportunity to wish you a warm welcome to a significant relationship in the coming years.

The prime purpose of our College is to assist parents in raising their children in the Maronite Catholic faith whilst providing a sound and comprehensive education. The entire school community is responsible for creating such an environment and in our College; this is reflected through the Gospel. As parents who have entrusted your children to us, we expect your support for the goals we are striving to achieve.

We can commence the year by taking pride in congratulating the 2020 Year 12 students on their HSC success. Our students achieved total of 54 Band 6's across a range of subjects, with many of our courses overall results scoring well above state average.

Our highest achievers were Jad Boutros, our HSC All Rounder with an ATAR of 98.6 and Evelyn Kalifa, who came 5th in NSW for Investigating Science.

Most notably, 40% of our students achieved an ATAR of 80 and above. Our College

ranking improved from 143 in 2018, 138 in 2019 and 140 in 2020, making our College the best performing Catholic School by rank in our area.

This is a fine reflection of both the abilities of our students with their parent's support and the expertise of our teachers. We at St Charbel's College are very proud of all our students' achievements and wish all of our students past and present the very best in their future endeavours.

We celebrated the Feast of St Maroun and this coincided with our College Opening Mass on Tuesday, 9 February. We had the pleasure of celebrating this Mass, with the blessing of His Excellency Antoine-Charbel Tarabay, presiding the Opening Mass and to bless the scholastic year.

On Friday, 12 February the College celebrated the performance of our 2020 HSC High Achievers. We were extremely privileged to have the following guests in attendance:

- The Hon Gladys Berejiklian MP, Premier of New South Wales
- His Excellency Bishop Antoine-Charbel Tarabay
- Mr Jihad Dib MP, Member for Lakemba
- Ms Wendy Lindsay MP, Member for East Hills
- Superior of St. Charbel's Monastery - Reverend Fr. Charbel Abboud
- Dr Anthony Cleary - Director of Religious Education & Evangelisation at Sydney Catholic Schools and Assistant Principal (1994-2004) of St. Charbel's College
- Reverend Fr. Anthony Mitri - Priest of the Lebanese Maronite Order and alumni of St. Charbel's College
- Reverend Fr. Youhanna Ghantous - College Chaplain
- George Zakhia, Canterbury-Bankstown Council

Fr. Mitri and Dr Cleary remained behind after the ceremony to talk with the 2021 Senior classes.

At the beginning of this new scholastic year, I invite our students and parents to exercise this experience frequently keeping in mind the image of Saint Maroun and Saint Charbel who changed their communities and the world with their lifestyle. I pray that we have a blessed new scholastic year with the intercession of Saint Maroun and our Patron Saint, Saint Charbel.



**Rev Fr. Maroun Youssef**

**Principal**

**Director of RE & Mission**

Welcome to 2021!

On Tuesday 9 February – the Feast of St Maroun – our College community celebrated our Opening School Mass with His Excellency Bishop Antoine Tarabay as our main celebrant.

In this blessed celebration, we gave thanks for a restful break, and meditated on the spirit of St Maroun. The Bishop reminded us that this unique Saint who Church named after him, continues to be a source of inspiration and support for Maronites worldwide.

In this, the year of St Joseph and Blessed Estephan, we pray that the silence of St Joseph and the mantra of Blessed Estephan: “God Sees Me” be a source of inspiration in living this life with Heaven as our goal.

*All the Holy Saints, pray for us!*



**Mrs Joanne Mansour**

**Director of RE & Mission**

## **Director of Primary**

Dear Parents

Welcome back to the new school year! It has been lovely seeing the students looking refreshed after their holiday and keen to return to school. Thank you for all your hard work in ensuring they were prepared for Term One!

The students have settled in well and have been working hard in their new class. The teachers have been really pleased with their behaviour and positive attitude towards their schoolwork. The Kindergarten teachers have been very impressed with how quickly their students have settled into school life at their new 'big school'. They have been focused, enthusiastic and working hard on their Kindy tasks.

It has been heartening to see that most families have transitioned to the new school uniform. The students look really smart and it is evident that they are proud of their uniform! The old uniform can still be worn this year, however, all students need to have moved to the new uniform for the start of 2022.

Please ensure that your children are only wearing their sport uniform on the day they have sport. If there is a genuine reason they need to be in their sport uniform on a different day, then a note needs to be sent to their class teacher.

A Parent Information for K-6 parents is being held on Wednesday 24 February. The evening will be virtual this year due to COVID restrictions. Communication will be sent home soon with the details.



**Ms Maree Kelly**

**Director of Primary**

## **English Coordinator**

"The most valuable of all talents is that of never using two words when one will do."

– Thomas Jefferson

Writing is one of the hardest jobs students have, and one that requires lots of practice to perfect. Writing is the anticipated focus of forthcoming New South Wales curriculum reforms. St. Charbel's College is ahead of the curve with its Writing Centre, which started in Term 3 last year. Please encourage your children to attend on Tuesday afternoons in the library from 3:30 to 4:30. They can work toward improving writing for any Key Learning Area, and are encouraged to come with a particular writing issue they wish to improve.

Students in Years 7-10 also have access to Word Flyers, a digital literacy enrichment tool that focuses on the nuts and bolts of writing—grammar, syntax, vocabulary, spelling and punctuation—and also assists with developing skills in comprehension. Students have received 2021 logins, and parents are encouraged to remind students to

log on and spend some time with the program at home.

**Mrs Jennifer Fletcher**

**Secondary English Coordinator**

### **Career News**

I would like to welcome you to the first edition of **Career's News** for 2021. I will use this section to post information about Careers in the 'Spotlight'. Please feel free to contact me via the school office or email if there are any Careers related issues you would like to discuss.

### **How to become an Occupational Health & Safety Officer**

Helping to make workplaces safer environments for everyone

### **What do Occupational Health & Safety Officers do?**

Occupational or Workplace Health & Safety Officers (OHS / WHS) manage workplace risks for everyone from workers to customers, visitors and suppliers. They may be advising organisations on health and safety improvements and regulations; training employees and workers, issuing licenses and registration for dangerous operations or equipment use; checking for compliance and investigating accidents or complaints.

If you're a great communicator seeking a challenging work environment that's always changing or are looking for a role where there's a good mix of office work and being out on sites, this could be a career worth looking into.

### **The job:**

- Identify potential hazards
- Develop, evaluate and implement programs and policies to create safer, healthier working conditions
- Train employees in safe working practices, their rights and responsibilities
- Record, investigate and report on any accidents, injuries or related health problems
- Work with employees to them get compensation, rehabilitation and then help them to return to work
- Oversee and run practice drills for emergency procedures
- Carry out frequent workplace inspections

WHS Workers work in most industries these days. Your daily duties will vary depending on your

job and relate to the specific hazards and health issues that are associated with your industry.

### **Lifestyle Impact: Medium**

- Part Time opportunities: Low – only 18% of workers work part time in this industry
- Average hours for full-time workers, around 45 per week is normal
- WHS Professionals salary (average) \$90,000\* per year (Source: gov.au) \*salaries vary hugely between industries, number of hours worked, skills and experience
- Working in Workplace health and safety can be very variable. You could be working from the comfort of a corporate office or travelling between multiple high-risk sites. You may be working standard business hours, or you might have to work shifts and weekends if the industry you're responsible for operates 24/7. It's a role that carries a high level of responsibility.

### **How to become an Occupational Health & Safety Officer in Australia**

Most jobs will require a formal qualification in Occupational Health & Safety or a related field. University and VET pathways could both get you where you need to be.

You could consider completing one of the following options:

Certificate III in Work Health & Safety, Certificate IV in Work Health & Safety, Diploma of Work Health & Safety, Bachelor of Occupational Health & Safety at CQU or Bachelor of health Science at ECU.

### **Frequently Asked Questions (FAQs)**

#### **What skills and knowledge does an Occupational Health & Safety Officer need?**

A career in WHS requires you to be:

- observant
- investigative
- a people person who's great at communicating
- analytical

You're also likely to need some qualification that proves that you've studied and understand the laws and regulations around Health and safety in the workplace. You'll also need to be keen to keep your skills and knowledge constantly up to date.

#### **What are 3 things I can do right now to work help me become an Occupational Health & Safety Officer?**

If you're at high school and you think a career in Occupational Health & Safety sounds like a great match for you, here are a few things you could start doing right now:

1. Work on your leadership and communication skills
2. Consider becoming a mentor, coach or tutor which could improve your training skills
3. You could get some work experience in the industry to see if it's something you'll enjoy, and give your resume a boost.

Mrs Dianna Chedid

Careers and VET Coordinator

### Season of Lent 2021

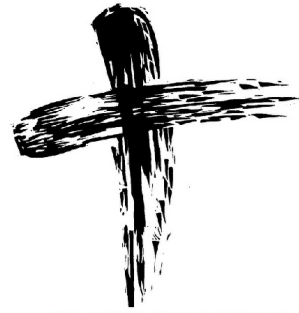
A few points to consider:

All students will receive the Ashes on Monday morning during homeroom.

- Meat will NOT be sold in the canteen on Fridays during the Lenten season
- Persons 14 years and older are expected to fast on Ash Monday and Good Friday until 12 midday. Water and Holy Communion are permitted
- We do NOT fast on Sundays - every Sunday is a celebration of Jesus' Resurrection
- Familiarise the family with liturgical programs offered by the parish and support your children in attending
- The spirit of Lent is that we work towards becoming more Christ like in character – although *giving up certain things* is very noble, encourage your children to *take things on*, eg: helping with jobs around the house
- **Please be mindful of the additional traffic congestion within the lower car park areas and Highclere Avenue on Monday 15 February in the morning and evening.**

May Jesus help us to die to ourselves a little every day so that we can become more like Him.

REMEMBER THAT THOU ART DUST...



...AND UNTO DUST SHALT THOU RETURN

### Library Corner

The library staff would like to wish all parents and students a warm welcome back to school. We hope you had a relaxing break and that you made time to read during those warm and sunny days.

Let's Make Reading a Daily Habit for 2021

We strive to work in partnership with parents and carers to encourage a love of reading in our students.

Five easy ways to encourage reading at home:

1. Read with your child for ten minutes every day. This helps to make reading a habit.
2. Older children still enjoy listening to a story. Why not read a novel together?
3. Visit your local library and become members.
4. Read from a variety of texts and in a variety of places. Read a recipe at home, read a magazine at the dentist, read a brochure at the doctor or street signs whilst you are driving.

Here is a link to Mem Fox's Ten Read-Aloud Commandments to help you get started:

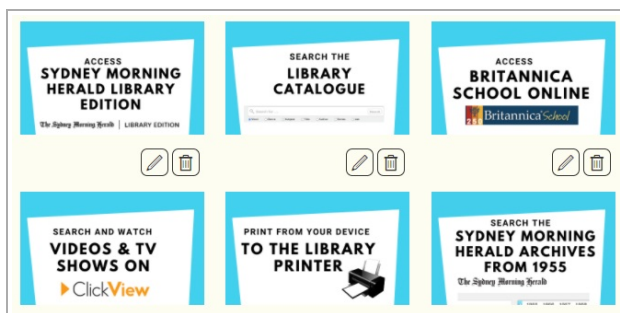
<https://memfox.com/for-parents/for-parents-ten-read-aloud-commandments/>

Chess Club meets every Friday at lunchtime in the Library from 1.25 to 2.05pm. Students can collect a flyer from the Front Office or the Library. You will need to enrol your child and pay the term fee if you would like them to participate.

All About Our Oliver: Our School Library System

Oliver is our School Library Management System. You can find the Oliver link on the College home page and you can access the catalogue and online resources from both home and school.

You will notice a number of new features on the Oliver home page, including the Sydney Morning Herald and Britannica School Online. We look forward to helping our students develop their research skills using these new resources, as well as keeping parents informed about how they can use these valuable learning tools at home in upcoming newsletters.



Mrs Simone Cullinan, Mrs Janet Galimi, Mrs Rima Wakim, Mrs Susie Yammouni and Mrs Mounira Akkari

## Librarians

## Counsellor's Corner

We tend to underestimate the importance of meeting our basic needs in order to feel well.

Often enough, we are too busy and forget to drink enough water, skip eating etc.

If we get the basics right, our wellbeing will automatically improve – without any extra effort.

Take some time to reflect if you meet your basic needs.

Can you focus on improving one of these tiny steps

to wellness?

Set yourself a challenge of e.g. drinking more water or going to bed early.

After a while, reflect if it has an effect on your wellbeing.



Mrs Jennifer Harsch/Mrs Helena Paras

## Counsellors

St Charbel's Ethnic School Term 1 2021  
[https://stcharbel.schoolzineplus.com/\\_file/null](https://stcharbel.schoolzineplus.com/_file/null)

## Learning Support

Online\_Workshop\_20\_21NSWPC41\_1\_.pdf  
[https://stcharbel.schoolzineplus.com/\\_file/media/258/online\\_workshop\\_20\\_21nswpc41\\_1\\_.pdf](https://stcharbel.schoolzineplus.com/_file/media/258/online_workshop_20_21nswpc41_1_.pdf)

## BYOD

SCC\_Year\_5\_12\_BYOD\_Letter.pdf  
[https://stcharbel.schoolzineplus.com/\\_file/media/185/scc\\_year\\_5\\_12\\_byod\\_letter.pdf](https://stcharbel.schoolzineplus.com/_file/media/185/scc_year_5_12_byod_letter.pdf)


2021 Travel Information  
[https://stcharbel.schoolzineplus.com/\\_file/null](https://stcharbel.schoolzineplus.com/_file/null)



St. Charbel's Basketball Club Inc. is a new club that currently has 10 teams playing in the local Bankstown Basketball Association competition. Registration is currently open for the upcoming Summer 20/21 season commencing in October.

If your son or daughter is interested in playing basketball, please contact us within the next few weeks to avoid disappointment as our Summer 20/21 teams are filling up quickly. Whether they have an already established team that is interested in playing for our club or they are a player looking for a team we would love to have them join our basketball community! We welcome all abilities from beginner through to advanced and the competition is open to girls and boys from 10 years of age.

As a club our aim is to encourage children and teenagers from our local community to get involved in a team sport, consider the fitness benefits of sport as a way of life and to also to bring our community together. St. Charbel's Basketball Club is a Not-For-Profit Club that is made up of players from our local community and is run by a committee of volunteers.

Please support us by liking and sharing our Facebook page  
 [St. Charbel's Basketball Club](#)

**Club President:** Kylie Alam – 0410 558 516  
**Club Secretary:** Suzie Dib – 0402 697 722



### **Learn Music on Keyboard at School** (Enrolment for Term 1)

*Great songs! Musical activities!  
 Cool music knowledge!*



- Convenient at-school venue
- Small group, 45-min weekly lesson
- Competitive rate
- Instrument not required initially
- Fun introduction to music
- Kindy student register now for Term 2



**To enrol: [www.learnmusicatschool.com.au](http://www.learnmusicatschool.com.au)**  
 (02) 9411 3122

VIP Music acknowledges awareness & compliance with the health advice regarding COVID-19.

**VIP Music** est. 1984

## Chess!



**Level 1 30A George St, Burwood 2134**  
 Office: (02) 9745 1170

**SYDNEY ACADEMY OF CHESS**

### **CHESS!!**

Learn to be a chess champion! Coaching for students at St Charbel's College (Punchbowl) is held on Fridays from 1:25pm to 2:05pm, starting on 5 February 2021.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

## COVID-19:

Access the following link for the latest information on the COVID-19 situation in NSW:

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/case-definition.aspx>

## Coronavirus (COVID-19)

# COVID-19 Testing

### Who should get tested?

Anyone with cold or flu-like symptoms, even if very mild, should get a COVID-19 test as soon as possible. COVID-19 symptoms include:

- fever e.g. chills, night sweats
- respiratory symptoms such as cough, sore/scratchy throat, runny nose, shortness of breath, loss of smell or taste
- other symptoms including muscle and joint pain, diarrhea, nausea/ vomiting and loss of appetite.

### What to expect when you get tested?

- Testing is free, easy and quick.
- If you have been referred to a testing clinic, please take your referral with you. This is not needed for most clinics.
- Staff at testing and respiratory clinics will be wearing masks, gowns, gloves and face shields.
- Staff will ask you about your symptoms
- Swabs are taken from inside your nose and your throat.

### What happens after I get tested?

- You must stay at home (self-isolate) until you get your test result and are well.
- You cannot leave your home unless you are seeking medical care or in an emergency. You cannot have visitors.
- If your symptoms become serious (e.g. difficulty breathing), call Triple Zero (000). Tell the ambulance staff you have been tested for COVID-19.
- If you are sharing your home with others you should separate yourself in another room. Wear a surgical mask when you are in the same room and keep 1.5 metres away.

- Practice good hygiene. Wash your hands often. Cover your cough or sneeze with your elbow or a tissue.

### Where can I get more information about self-isolating?

<https://www.health.nsw.gov.au/infectious/covid-19/Pages/resources.aspx>

- If you have been in close contact with a person with COVID-19, you need to stay home for 14 days after you last saw that person. (Close contact includes living in the same household or spending more than 15 minutes face-to-face or 2 hours sharing a closed space, with someone with COVID-19, from 48 hours before they became ill).
- Home isolation applies to all close contacts, even if you are currently feeling well and or have received a negative test result.

### How will I get my results?

- You will usually receive your test result within 24 to 48 hours but please allow up to 72 hours.
- If you had your test done at an Emergency Department or public hospital COVID-19 clinic you can receive your COVID-19 negative test result by SMS if you register for Pathology COVID-19 SMS Results Service. If you don't register you will receive a call from a Public Health officer at your Local Health District.
- If you had your test collected by your GP or at other sites, your doctor will give you your results.

### What happens if I test positive?

- NSW Health will look after you. There will be no cost for your treatment, even if you don't have Medicare.



## Hygiene advice for people living in residential buildings

Coronaviruses, such as COVID-19, can survive on surfaces for a few hours or up to several days.

This may vary based on the temperature, humidity and type of surface.

### Residents and common areas

People living in residential buildings should take care when moving through common areas to reduce the risk of COVID-19:

- Clean your hands with soap and water for 20 seconds or use an alcohol-based hand rub/sanitiser after touching any frequently touched surfaces in common areas. This includes doorknobs or door handles when you enter and exit the building or when using communal washing machines or dryers
- Cover your nose and mouth with a tissue when coughing and sneezing or use your elbow, not your hands
- Avoid close contact with people unwell with cold or flu-like symptoms
- Avoid touching your face and avoid shaking hands with others
- Try to maintain a distance of 1.5 metres from others as much as possible in your apartment block, such as in elevators, stairwells or hallways
- Do not gather in large groups in common areas such as rooftops or courtyards.

### Cleaning guidance for NSW strata managers and body corporates

- Regularly clean frequently touched surfaces in common areas with a detergent followed by disinfectant, or use detergent/disinfectant wipes
- Consider providing adequate alcohol-based hand rub (sanitiser) for residents to use.



More information:  
[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

## GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about Coronavirus (COVID-19) visit [health.gov.au](http://health.gov.au)

HELP  
STOP  
THE  
SPREAD  
AND  
STAY  
HEALTHY



Authorised by the Australian Government, Canberra

## Cleaning surfaces at home to help stop the spread of COVID-19

Coronaviruses, such as COVID-19, can survive on surfaces for a few hours or up to several days. This may vary based on the temperature, humidity and type of surface.

### How to clean

Frequently touched surfaces	Less touched surfaces
<ul style="list-style-type: none"> <li>• doorknobs</li> <li>• handles</li> <li>• light switches</li> <li>• phones</li> <li>• tablets</li> <li>• touch screens</li> <li>• tables</li> <li>• hard-backed chairs</li> </ul>	<ul style="list-style-type: none"> <li>• remote controls</li> <li>• keyboards</li> <li>• desks</li> <li>• toilets</li> <li>• sinks/basins</li> <li>• car steering wheel</li> <li>• car seats</li> </ul>

Regularly clean with a household detergent followed by disinfectant, or use detergent/disinfectant wipes (scrub hard).

Clean using a household detergent or detergent wipes. Use a damp mop on hard floors. Clean walls and window blinds when visibly dusty or soiled. Curtains should be changed regularly and cleaned when soiled.

### Detergent or disinfectant?

Detergents help remove germs, dirt, and impurities from surfaces but they do not kill germs. Disinfectants kill viruses and bacteria but don't remove them from a surface. Using a detergent then a disinfectant helps lower the risk of spreading infection.

### If you have been outside

If you have to leave home, when you return:

- wash your hands as soon as you enter and after putting groceries or other items away. Wash your hands before you eat
- if you would feel better to do so, remove your shoes and clothing if you have been on public transport or in spaces where you weren't able to keep 1.5 metres from others
- wipe down your phone
- keep your keys in one place.



More information:  
[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

## Upcoming Events:

Monday 15 February 2021:

Ash Monday

Tuesday 16 February 2021:

High School Photos

Wednesday 17 February 2021:

Primary School Photos

Friday 19 February 2021:

Kindy, Year 7 & Sibling Photos

Wednesday 17 February 2021:

High School Information Evening

Wednesday 24 February 2021:

Primary Information Evening

Friday 26 February 2021:

Year 7 Spirituality Day

Friday 5 March 2021:

Catch up Photo Day