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# Issue 11, Term 3, August 2021

#### Principal's Message

Dear Parents and Guardians,

Spring is upon us and with spring comes warmer days and as nature rebuilds their foliage with colours of joy, it is time to give thanks to the Lord for His creation by giving us this gift of sight and wisdom to appreciate the glorious forms of beauty surrounding us.

Granted the last few months have been testing and trying on us all, however, with the Lord in our hearts, mind and prayers we will all strive forward as a community by following the directives advised by the authorities to succeed in these times.

I would also like to extend my appreciation to the College staff, parents and students for their tireless efforts to ensure that remote learning remains engaging and it is encouraging to see the fruits of our labor coming through. Keep up the great effort and please continue in sending through the examples of your child's work for us to share.

I hope that you enjoyed the "Feel Good Friday" pupil free day on Friday 13 August. This day was set to acknowledge the hard work that you all have been doing during this period. I hope that you were able to complete a few of the suggested activities. It was encouraging to see some of the photo's that you shared.

The positive feedback the College received from this event was encouraging as this day provided students

with a much needed break away from screens, parents working from home the opportunity to focus on their work, teachers the opportunity to catch on their work, this also gave households time to destress. As a result the College will be holding another day, please refer to correspondence recently emailed, this event will be on Wednesday 1 September – "Wind down Wednesday".

This also an opportunity for me to extend my sincere appreciation to our High School staff in preparing the Year 12 HSC Trial Exams, which began on Monday 23 August. The preparation of the exams were no mean feat, however, our staff have been able to deliver the exams to our students and I appreciate their hard work. I would like to wish our Year 12 Students the very best in these exams and I ask that we as a College and community, keep the students in our prayers, guided by our Lord and help them to remain calm during this stressful time and help them though the guidance by the Holy Spirit try their personal best.

As has been over the last year, the College will continue to provide updates and changes that are advised to the College due to COVID-19, we also encourage our students, parents and staff to follow the NSW Health recommendations and continue practicing good hygiene.

Next Sunday we will be celebrating our Fathers. I pray that this day will be a day cherished by all and that we remember dearly the tireless efforts and support that our Fathers do for their families. May we always pray that our Fathers will be an example of St Joseph, foster Father of our Lord Jesus.



Rev Fr. Maroun Youssef

#### **Principal**

## Director of Pastoral Care 7-12 Feel Good Friday

We hope you enjoyed a refreshing Feel Good Friday!

A couple of uplifting examples are below:

#### Jennifer Sayde (Year 12 St Rafqa Leader)

I saw your email and thought I'd send through the photos of how I successfully spent my day of rest! I felt as though having this day to step back from study and really collect my thoughts and relax was extremely beneficial for my wellbeing! I felt productive, focused and joyful!

I spent the day doing activities both individually and with my family including cooking lunch, baking my dad a cake for his birthday tomorrow, reading a novel in the sunshine, playing a board game and playing an arab card game my mum played as a child called 'Bassrah'!



#### Mrs Cullinan

On Wifi free Friday the kiddies and I made some 'Hearts of Hope' to cheer up our neighbourhood.

We enjoyed the time away from the laptops and felt our beloved neighbours could use some hope and good will right about now.

A stranger left a note in our letter box yesterday saying she was very grateful and we had given her some joy. That made all the hard work worth it.



Mrs Harsch (Wellbeing Coordinator)

Exploring the hood by hiking around the dam.



Mrs Zidros (Year 11 Coordinator)

So relaxing and refreshing. I've spent several hours outdoors walking and enjoying the sun.



Mr Charlie Shalala

Director of Pastoral Care 7-12

#### **Director of Primary**

Dear Parents,

As families continue to live under COVID restrictions, the school really appreciates that everyone is doing their best under difficult circumstances. Unfortunately, the media can be very alarmist and is talking about students being behind in their studies. I know it's not easy, but try not to stress about your children falling behind because every child in the same position. They will catch-up once school returns. They may not catch-up overnight, but children are natural learners so they will thrive once they are back at school. The teachers will work hard to ensure students catch up on what they have missed.

Recently, the school held Feel Good Friday to give families a break from remote learning. The feedback has been really positive so there will be more pupil free days in the coming weeks, the next one being Wind Down Wednesday on 1 September. Remember to send in photos of your family 'winding down' to info@stcharbel.nsw.edu.au

The school will also be holding regular theme days to lift the children's spirits and make schooldays more engaging. Last Friday, the school held Crazy Hair Day. Thank you to parents for supporting the day by helping create crazy hairstyles for your children! There are certainly many creative parents at St. Charbels!

This week, the Library has organised many exciting

activities for Book Week. The activities include lunch parties in the virtual Library classroom. Children are being encouraged to either dress up, wear a mask or have a prop from one of their favourite story books, for example, a toy dog to represent Toto in the 'Wizard of Oz', or a striped beanie or tee shirt to represent 'Where's Wally'.

Thank you to everyone for your support and understanding in these trying times!

Ms Maree Kelly

**Director of Primary** 

#### **Eucharistic Adoration**

"Prayer is not asking. Prayer is putting oneself in the hands of God, at his disposition and listening to his voice in the depth of our hearts"- Mother Theresa. For the students who participate in the religious devotions after school, we are continually praying for everyone, and also for all the issues occurring around the world today. Every Monday, Tuesday, Wednesday and Friday at 2pm, there are a range of religious devotions which both students and teachers can partake in. It is a wonderful opportunity given to us and we are so very grateful. Partaking in these religious devotions, helps us to strengthen our faith by not losing touch with God, especially during lockdown. On Monday we pray the Rosary, on Tuesday the Lecto Divina, on Wednesday Eucharistic Adoration and Friday the Divine mercy chaplet. A week ago, we were giving a wonderful opportunity to have Q and A with Mr Haddad which we are so very grateful for. Thankyou to all the teachers who helped organise this. Make sure to come join us, in prayer as it will allow you to develop a deeper relationship with God!

Georgette Wakim - Year 11 Student



Mrs Regina Assaf

**Secondary REC** 

#### Year 8 Coordinator Year 8 - Subject Selection

In Pastoral Care sessions this term, Year 8 have been working towards making their final selections for their electives in 2022. The cohort was asked to complete a Careers Survey so as to determine which careers would be the best fit for their personality types. Following this PC lesson, Year 8 were given engaging talks about the electives offered at the College by the Heads of Department.

The following subjects were presented:

**Arabic** by Mrs Dargham

**Physical Activity and Sports Studies (PASS)** by Mrs Booth

Elective History by Mr McKelleher

Commerce by Mrs Panteli

Information and Software Technology/Industrial Technology/Music and Textiles by Mrs Maatouk

Visual Arts and Photography by Ms Huggett

Students were asked to speak to their families about their choices as well as consider which courses they would like to do in their senior years at the College. Students were also asked to pick subjects that they enjoy as well as subjects that will challenge them academically. In Week 7, Mr McConville will present to the cohort about the next step in regards to subject selection.

More information about each subject can be found on the St Charbel's website under Subject Selection– Stage 5 so please take the time to sit with your child to navigate through some of their choices and discuss their options.

Mrs Andrea Panteli

Year 8 Coordinator

#### **Secondary Writing Centre**

The Writing Centre is operating virtually this term to support students in developing their communication skills. All students 7-12 have been invited by email to join the Writing Centre Google Classroom where they can join a Google Meet each Tuesday from 2-3 pm. They may ask questions about specific tasks or projects, or just gain tips in learning to write for audience and purpose.

Mrs Jennifer Fletcher

**Secondary English Coordinator** 

#### **Secondary English**

Liam El-Azzi wrote a wonderfully funny Module C homework response. Enjoy reading through it below!

Write a piece of advice on a topic of your choosing

Welcome new recruit! This is the beginning of a 3 minute long bootcamp on how to stand your ground against your parents when they accuse you of something wrong, even though you did commit that crime. You broke the vase? You spilled the juice? They found out but you must not let them know it! Do not get me wrong, "this is war, people!", as an American English teacher once told me. She could not be more far from the truth, maybe the American Civil War for the freedom from oppression runs through her blood as it now runs through ours! Follow me private, these are the steps...or the battles, we must win to be victorious!

First step is the mental battle, you have committed the crime, now you must prepare for the approach of the Confederates...I mean parents, as their footsteps will send shivers down your spine and shake the house by its foundations. Do not be fooled by such actions, they merely attempt to soften you up so that you will be chewed to pieces and cower before them! As soon as they approach you with the

smoke puffing out of their ears and noses, and their muskets standing at the ready because the juice stain you tried to hide still left an orange mark, you can handle this in various ways. The first way is with a simple "can I help you?," however that may seem passive aggressive, and the last thing a Confederate will take is attitude. You may try to be as nice as possible, a simple "Good morning, I hope you've slept well!" It may be the best approach. The last approach is the least recommended, in which you remain silent as they stand before you, they may sense the fear or the knowledge of your crimes. Whatever you may choose, you must never stand down, a soldier does not retreat his post, as Abraham Lincoln once said, "I am a slow walker, but I never walk back."

Second step is the initial conversation. "Is there something you would like to tell us?," they will say. Such a sly tactic! These Confederates do not fire their first shot like a respectable soldier, but they instead ask for you to kneel down and confess. "No, I have no idea what you mean," you will say. It is a nice, simple response. Good private! They are now infuriated, but a shadow of doubt creeps into their minds..."maybe I am the one that spilled the juice?," but they will quickly thwart that idea in their pursuit to oppress you! Do not be disheartened, we are the Yankee soldiers and Johnny Reb will not bring us down! As the battle progresses, you must now begin operation WAR.

The third and final step, unleash total WAR upon the enemy. "I can not believe you're putting this problem on me, when have I ever made this kind of mistake before?," is the response you must say as you shoot first, you trap them in rhetorical questions that have easy answers, because you did the exact same crime 2 weeks ago but their poor memory prevents them from remembering that. They will fire back with their own responses, but know their words are as hollow as their minds, soldier! They will bring up indisputable facts that ring true to your ears, and they will play their victorious music. However, keep complaining about them until they give up trying, and thus you will play the Union Dixie as you (falsely) quashed your enemy!

These are the steps, private, as if we want to win the war, you must remain calm and cool until you fire the first shot! After that, it is just a matter of attrition, and you will ring the bell of victory once more! That is however, until you spill the juice again.

By Liam El-Azzi

Mrs Jennifer Fletcher

**Secondary English Coordinator** 

#### Year 10 Photography

Students are currently studying the Environment and Disintegration. I set them a task to improve their Photoshop skills in preparation for their work this term. These photos showcase their skills in cutting, layering and manipulating images within Photoshop to develop an artwork. These students have demonstrated some impressive skills and I am very proud of their efforts. In the images we have Sky Blue, By Joshua El-Saddi, Sea Creatures by Mary Moussa and Nazih Chahine has made a surrealist landscape using a Surfer riding a wave, chased by a shark, over top of a city.







Well done Year 10 Photography, keep on persevering, you're doing amazing work!

Ms Veronica Williams

Secondary Photography Teacher

#### Year 7 History Work





#### Ms Ezabelle Ghanem

#### **Secondary HSIE Teacher**

#### Year 5G

This term, 5G have been busy learning and cooking!

#### Bake Off!





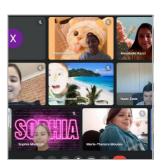
Mrs Loulou Alam

Year 5G Teacher

#### Year 3H

Year 3H are having so much fun learning online! We've had daily Google Meet sessions where we share interesting discussions, funny jokes, and awesome math riddles. Students in 3H have also been sharing some 'feel good' lockdown activities they have completed at home with their parents and siblings. Some of these activities include baking cupcakes, repping the Aussie green and gold, making outdoor number patterns and drawing fantastic pictures of their favourite movie scenes and book characters. Excellent job, 3H!

# National About



#### **Miss Nicole Lumagbas**

Year 3H Teacher

#### **Primary Enrichment**

Congratulations to Elias Abi Abdallah of Year 6. Elias' entry into the What Matters? writing competition progressed to the first round of shortlisting. The Competition is organised by the Whitlam Institute within Western Sydney University and receives thousands of entries from students in Years 5 – 12 across Australia. Whilst Elias' entry did not progress to the next stage, he is to be commended on his achievement. Well done Elias! Elias' entry, "Commitment Matters" can be found below.

#### **Commitment Matters**

I like basketball, no I love basketball. I have been playing it since I was only small. At the age of three I received my first basketball ring. It was something that I treasured and used almost every other day. Whether I was dunking or dribbling the ball with my uncle, a supporter of my game, I truly loved it! I am now 11 years old and practice basketball whenever I can.

To be good at something, you must give your time and offer an abundance of commitment, because getting good at something is enjoyable but becoming great at something can be so much more. Many watch your progress day after day, week after week. You notice that with your effort that you start to win games. The elation carries you like a boat cruising through the ocean.

What Michael Jordan said about basketball and commitment really speaks to me.

'The basketball court for me, during a game, is the most peaceful place I can imagine. On the basketball court, I worry about nothing. When I'm out there, no one can bother me.' 'Commitment cannot be compromised

This quote means rewards, for example winning, can't get in the way of the commitment that you have put into your game. Winning is something but learning is better. The urge of wanting to win gets in the way of the reason you are playing in the first place, because simply you love it.

Where there are rewards for commitment, there are also challenges. For example, sometimes we've simply just had enough, and we can't give anymore. When there is doubt, we can give up, but there is a way to solve that. Just thinking about how commitment pays you back in many ways including success, winning and improvement can be enough motivation to continue.

The commitment that I give to basketball is not imaginable. I play 4 days a week and if it is not raining, I am outside practising the other days of the week. Learning how to shoot was amazing as my dad would raise the height of the ring in my front yard when I didn't notice.

My dream is to play in the NBA when I am older just like Stephen Curry (an American professional basketball player) who is my basketball idol. Sometimes I try to imagine how long he would train to get that good.

What is commitment? The answer is different for everyone but for me it is what helps you up when you fall, what pushes you to your limits, what makes you and what rewards at the end. Commitment really does matter.

Mrs Peta-Jane Del Favero

**Primary Enrichment Teacher** 

#### Counsellor's Corner

#### **Remote Learning**





#### Mrs Jennifer Harsch/Ms Helena Paras

#### Counsellors

#### **Career News**

Please navigate through the College's webpage to explore Career options with your children. 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 a Makeup Artist

Help clients look and feel their best

#### What do Makeup Artists do?

Makeup Artists use their skills and knowledge of beauty products to select and apply makeup and other cosmetics to people. They can work with people needing makeup for a wide variety of reasons, including for events such as weddings, actors working in film and on stage, or as specialists in a cosmetics store.

If you are creative, love to help people look and feel their best, and want a job that can give you a great degree of flexibility, becoming a Makeup Artist could be perfect for you.

#### About you:

- · Creative and artistic
- · Great people skills
- · Dextrous with a steady hand
- · Good eye for colour
- · Good communicator
- · Flexible and adaptable
- · Great time management skills
- · Good interpersonal skills

#### The job:

- · Choosing the right products for a client's needs
- · Applying makeup and other beauty products
- $\cdot$  Advising clients on colours and styles
- · Providing touch-ups to keep makeup looking fresh during long events

- · Giving clients advice on skin care
- · Helping people buy the right cosmetic products
- · Keeping up with the latest trends in fashion and beauty
- · Teaching others how to apply makeup correctly

Lifestyle Impact: Low

- · Part Time opportunities: Very high around 70% of Makeup Artists work part-time (source: joboutlook.gov.au).
- · Average hours for full-time workers: 42 hours a week, which is average (source: joboutlook.gov.au).
- · Makeup Artists' salary (average) \$55,000\* per year (source: seek.com.au). \*Salaries vary depending on your skills and experience.
- · Future career growth: Moderate (source: joboutlook.gov.au).
- · You could be working in a variety of settings, such as in your own studio or travelling to apply makeup on location.

#### How to become a Makeup Artist in Australia

You don't need any formal qualifications to work as a Makeup Artist in Australia. However, there are many courses you can take that can help you build your skills and make you more appealing to potential clients.

Step 1 – Complete at least Year 10 with a strong focus on English.

Step 2 – Try and find work experience in beauty services or retail.

Step 3 – Consider completing a VET qualification to build your skills, such as: · Certificate III in Make-Up · Certificate III in Beauty Services · Diploma of Beauty Therapy

Step 4 – Find work as a Makeup Artist and continue to build on your skills and experience.

Step 5 – Consider working freelance and starting up your own business.

#### Frequently Asked Questions (FAQs)

#### What do Makeup Artists do?

Makeup Artists apply makeup and other cosmetics to

clients for a variety of reasons, including for events, film, stage, and more.

#### Which industries employ Makeup Artists?

Most Makeup Artists work in the arts and recreation and retail and hospitality industries.

#### What options are there for career progression?

You can start out working at a cosmetics store or in a beauty salon, and work your way up to running your own business and working with international clients.

## Do I need to go to university to become a Makeup Artist?

No, you don't need to go to university to become a Makeup Artist. However, completing a VET qualification can help you build your skills and be more desirable to employers and clients.

#### Where do Makeup Artists work?

Makeup Artists work all around Australia and the world. You can work from a salon or home studio, or have the opportunity to travel and work on location.

## What are 3 things I can do right now to help me become a Makeup Artist?

If you're in high school and you'd like to find out if a career as a Makeup Artist is right for you, here's a few things you could do right now:

- 1. Try and get work experience in a beauty salon or in retail. This will give you some exposure to the industry and you can see if you enjoy it.
- 2. Take a short course or workshop to start building on your skills and knowledge.
- 3. Practice doing makeup for friends and family, and get feedback so you know if there are areas you need to improve.

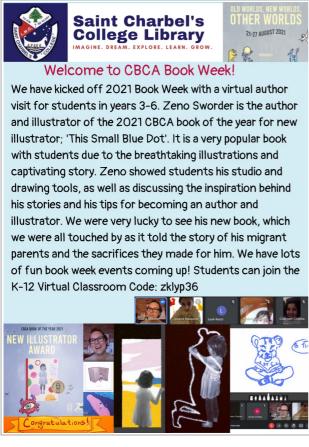
Happy Careers Searching!

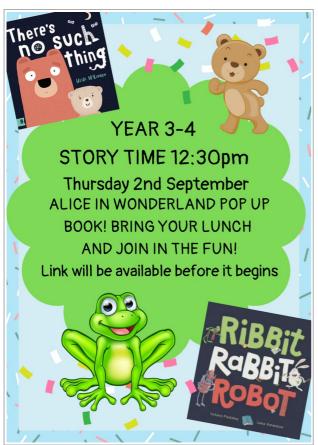
#### Mrs Dianna Chedid

#### **Careers and VET Coordinator**

#### **Library Corner**

Pig\_the\_Pug\_Story\_Time.pdf
https://stcharbel.schoolzineplus.com/\_file/media/871/pig
\_the\_pug\_story\_time.pdf







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

Librarians

#### Chess!

Chess\_Club\_Notice\_for\_School\_Newsletter\_St\_Charbel \_s\_College\_Punchbowl\_.pdf
https://stcharbel.schoolzineplus.com/\_file/media/764/che
ss\_club\_notice\_for\_school\_newsletter\_st\_charbel\_s\_c
ollege\_punchbowl\_.pdf

#### 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 very mild, should get a COVID-19 test as soot possible. COVID-19 symptoms include:

- · fever e.g. chills, night sweats
- respiratory symptoms such as cough, sor 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

- · 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.
- 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.

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

- If you have been in close contact with a
  person with COVID-19, you need to stay home
  for 14 days after you last asw 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 isolating anniles to all close contacts.
- Home isolation applies to all close contacts even if you are currently feeling well and or have received a negative test result.

- 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 call ve 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.

#### 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.



## (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

### 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 courtvards.

#### 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

#### 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

- doorknobs
- handles
- phones
- tablets
- touch screens
- tables

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

 sinks/hasins car steering wheel

remote controls

keyboards

toilets

- car seats

- ceilings · window blinds curtains

Less touched surfaces

floors

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 surfa 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

#### **Upcoming Events:**

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Monday 23 August - Monday 6 September:
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Year 12 Trial Examinations

Wednesday 1 September:

Pupil Free Day - Wind Down Wednesday

Sunday 5 September:

Father's Day

Monday 6 September - Friday 17 September:

Year 11 Preliminary Online Exams