

# MESSAGE

## FROM THE PRINCIPAL

Issue 4 Term 2, May 2020



Dear Parents and Guardians,

Welcome back to a very different looking Term 2. I hope and pray that you are all keeping safe and well during this unprecedented circumstances that we as a community find ourselves. I would like to commend you on your ongoing support of your child's education during this period of COVID-19 and remote learning. It has been greatly appreciated and has not gone unrecognised by our teaching staff.

As communicated, we plan and continue to provide you with the most current information the College has to hand. Our students will resume face-to-face learning from Week 5 (25 May 2020). We look forward to welcoming our students back to the College.

I hope that you and your family enjoyed a well-rested break and most importantly a blessed Easter had by all with your close immediate family reflecting on the Risen Christ. I would sincerely like to ask for the support of parents in assisting us with your children's spiritual, academic, sporting and co-curricular activities. It is the mutual relationship between the College and parents that will reap the successes of our students.

Our community also celebrated Mother's Day, may Our Blessed Mother guide and protect each and every one of our Mother's, those present with us and who have entered eternal life.

In order for the College to address any issues of concern, we will continue to emphasise the importance of contacting your child's teacher or the relevant year or subject coordinator with any issues that are worrying you. When the College is not made aware of any concerns, it becomes difficult for the College to work with you to resolve them. We kindly ask that you direct your concerns to the appropriate staff members in order to maintain a level of trust and confidentiality within the College community.

We turn our gaze to Mary during this month of May which the Church dedicates to Our Lady. We ask her to intercede for us before God, to guide us to her Son, Jesus, and to help us bring more people to Him.

**Rev Fr Maroun Youssef**



# Director of Primary

Dear Parents

It has been wonderful seeing students back on campus! I would like to take this opportunity to thank parents for all your support in helping the students with their remote learning. The changes in recent weeks have been a steep learning curve for students, parents and staff. It has been heartening to see everyone doing their best to cope with the change to student learning, which I realise has not been easy. Staff have been working very hard to make remote learning accessible and engaging for students and they have appreciated the positive feedback from parents.

Thank you also to parents for your cooperation regarding students leaving the campus in the afternoons. It is challenging for any school to have hundreds of students all leave a school campus in a short space of time. Your assistance in following the correct procedures for Kiss 'n Go and collecting students on campus has ensured that dismissal has run smoothly.

I am aware that parents have been unable to buy the new school tracksuits. Saoumas are hoping to have the new tracksuits and school cardigans in stock soon. Parents will be notified once the stock arrives.

Many parents have been concerned about the disruption to their children's learning. Every student in the country, and in fact the world, has had their learning disrupted this year so your child will not be disadvantaged. NESA is allowing NSW teachers to focus on the most important educational outcomes this year, rather than teaching all the outcomes. Therefore, teachers will be focussing on the essential skills and knowledge for students, so rest assured that your children's education will not be severely affected long term.

**Ms Maree Kelly**



# Year 12 Pastoral Care Coordinator

During Pastoral Care sessions this term, Year 12 has been focusing on two critical areas of this current stage in their lives – faith formation and future career aspirations. Mrs Panteli, our Careers Advisor ran an informative session for Year 12, to explain the application process for university courses, as well as detail all the different opportunities available to students in terms of early entry and scholarship schemes. In Week 3, students were very lucky to have the opportunity to receive the holy sacrament of reconciliation, whilst spending some time in individual spiritual reflection, and also praying the Rosary as a grade.



**Ms Manelle Michael**





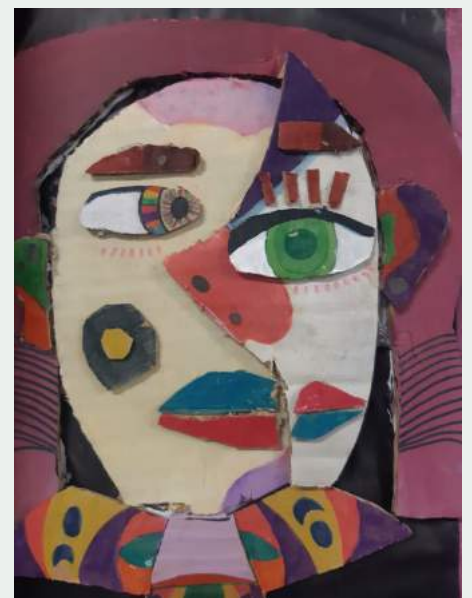
# Secondary Creative Arts Coordinator

The Creative Arts and Technological and Applied studies teachers and students have had to adapt the way they teach and work during this unprecedented time. It has definitely been unusual but very exciting. I have the wonderful experience of being able to pop my head into each classroom remotely through the Google classroom to observe the brilliant work being produced.

Students in Year 9 Visual Arts had utilised their lessons at home and used found materials and objects to create artworks in the Cubist style. Pablo Picasso's Weeping Woman has never been appropriated in such an amazing way. Our year 10 students have used the items that usually pollute our environment to project an important message and recreated them into sculptures of sea creatures. Year 7 used this time to learn more about portraiture and practiced their portrait drawing skills. It was wonderful to see their skills develop.

Technology students had to conduct some of their practical work from home. It was a time for our yr 8 students to become young vegetable farmers and start a small vegetable or herb garden. Our younger Food Technologists made nutritious and delicious breakfasts from their own home kitchens. Thank you to all the families who allowed their young chefs time in the kitchen, I know this can be challenging. It is important to remember that children need to experience making food for themselves. Other Technology groups spent time developing coding skills to produce a "cyberfarm" game. The year 8 Engineering Technology classes used simple materials found around the home to design and produce a pinball machine with a retro theme.

Textiles students had to rethink their practical projects and incorporate hand embroidery into their work. Portfolios had to be produced and uploaded for marking and designs needed to be adapted to use materials that are currently available. In this time when Australia has had to take a good look at bringing design and manufacturing back to our shores. It has never been more important to develop skills in Textiles and other areas of design and manufacture.



# Secondary Creative Arts

## Coordinator

Our Industrial Technology students have been developing their skills remotely to enable a fast return to the woodwork room and the timber awaiting their return to production. Projects that await them include a small stool/ lamp table, Jewellery box and a bench hook. Students in Information Software Technology lessons spent their time learning to use a new program to design and produce a game. Game development sounds difficult but our students will prevail and we look forward to seeing the results.



Music teachers and students have had to do things a little differently too. Just as we have seen in our music industry, online is the way to go. Teachers have set up remote learning sessions for piano and vocal lessons as well as websites with links to videos and excerpts of music. The younger musicians have posted videos of their magnificent piano pieces, giving a glimpse of what is ahead in their musical journey. Drama students had to perform using different method too. Students conducted Google meets sessions to perform together while apart and used home props and their video making and editing skills.



NESA confirmed that all Major Projects are going ahead and our students are well on the road to producing some amazing work in Visual Art, Textiles, Industrial Technology and Music.

Thank you to my team of teachers for adapting to new ways and for all their amazing work. Thank you to our students for their work and to all families for their support.



**Mrs Maryrose Maatouk**





# Primary Religion

## Coordinator

The month of May is very special for our Maronite Community. During the month of May, we honour Our Heavenly Mother by creating a prayer space; praying the Rosary and Angelus daily; and by meditating on the hymn below:

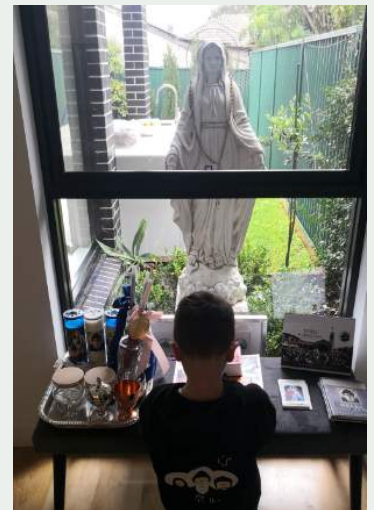
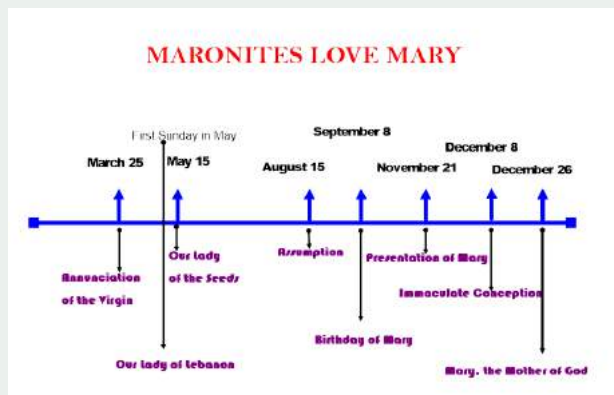
<https://www.youtube.com/watch?v=SvZZUHLhIUQ>

Throughout history, Mary has held a special place of honour among Maronites. We believe that the Virgin Mary is truly the Mother of God and Mother of the Church.

Grade 3 have been very busy this week preparing a prayer space for Our Lady. May Our Heavenly Mother bless all your homes!

“We never give more honour to Jesus than when we honour His Mother, and we honour Her simply and solely to honour Him all the more perfectly. We go to Her only as a way leading to the goal we seek – Jesus, Her Son.”  
Saint Louis Marie de Montfort, True Devotion to the Blessed Virgin

**Mrs Loulou Alam**



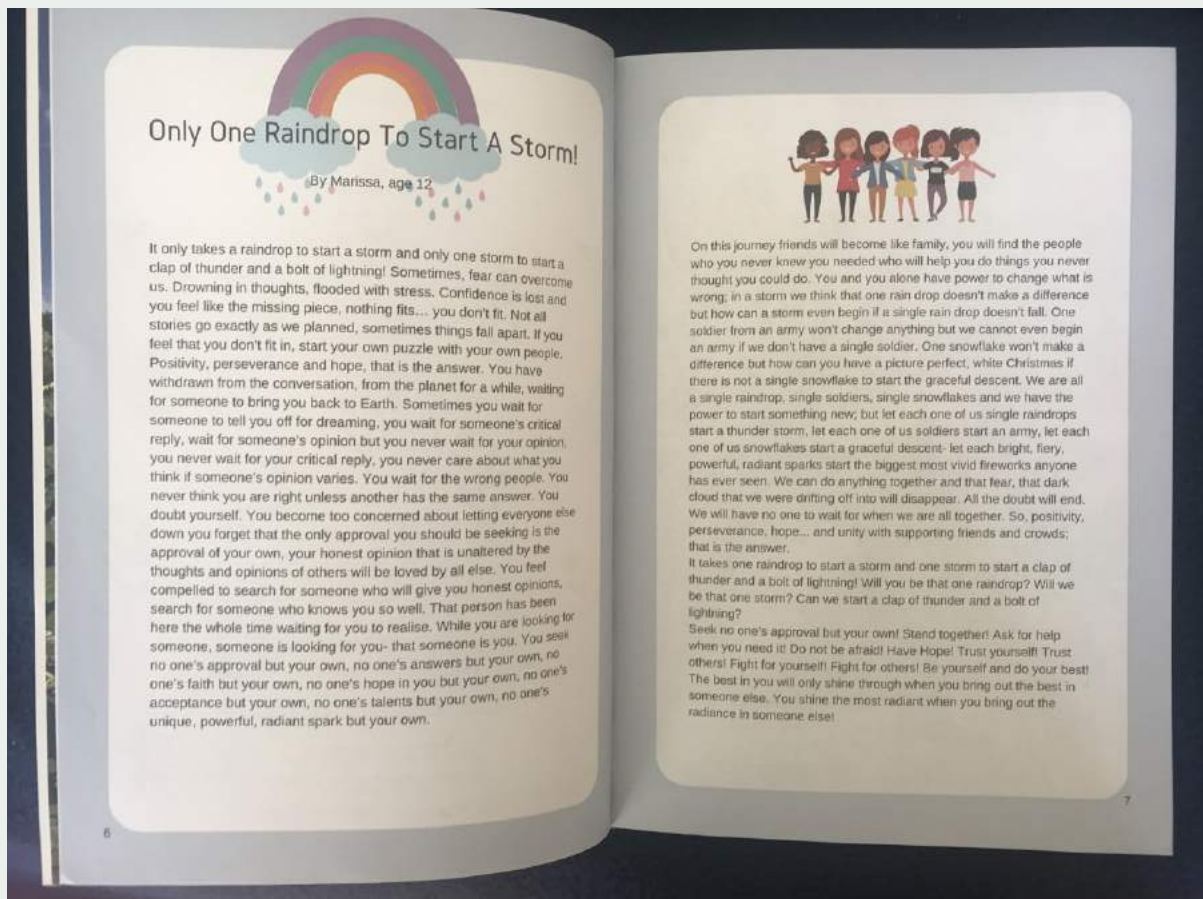
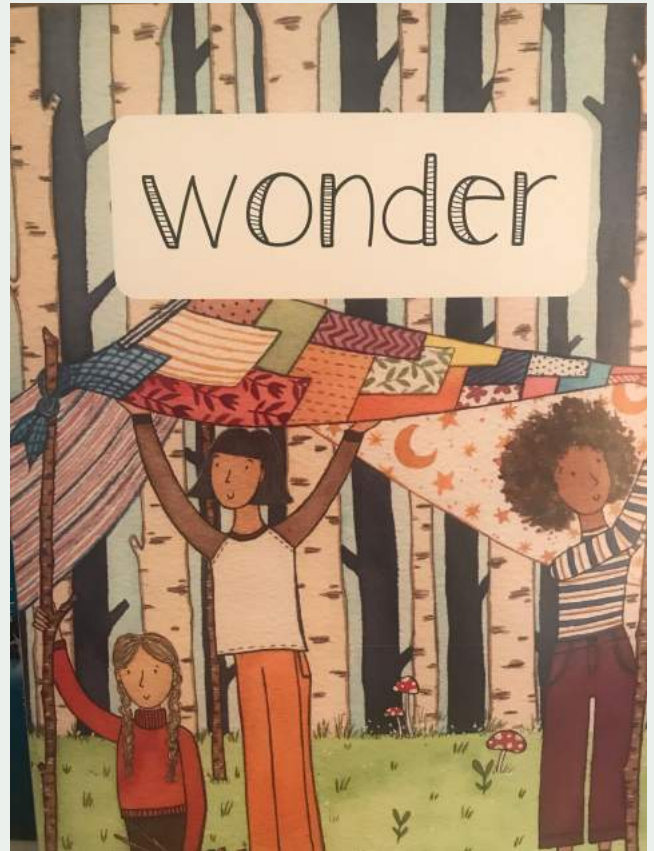
# Secondary English

## Achievement

Hot Off The Press!

Congratulations to budding young writer Marissa Mardini (7E) whose brilliant article "One Raindrop to Start a Storm" was recently published in Wonder Magazine. This is an outstanding achievement for any writer and one that we are enormously proud of. Well done Marissa on your success! We're sure this is just the beginning of a stellar literary career!

**Mrs Kathy Dell'Orefice**





# Secondary and Primary Sports Coordinators

## 'MOVE IN MAY'

Having commenced on Monday 4th May, the St Charbels College Sports Department introduced the 'MOVE IN MAY' initiative. This initiative focused on moving, keeping fit and skilling up. This initiative was about reducing the need to utilise technology and the internet, whilst keeping it simple, realistic and fun. All school aged children should accumulate at least 60 minutes of moderate to vigorous intensity physical activity everyday. This is backed by The Heart Foundation, Betterhealth Australia and the Australian Medical Association.

### Move & Groove Mondays

This was an opportunity to have some fun dancing to your favourite music or learning a new dance.

### Time-OUTside Tuesdays

Physical activity outside whether it be in your backyard or at the local park. You could skip, climb trees or make your own obstacle course or circuit.

### Walking Wednesdays

It was possible to challenge yourself along the way and jog or beat your previous weeks step count.

### Thrilling Thursdays

A chance to participate in a sport or activity that's different, adventurous or out of the ordinary routine.

### Fat-busting Fridays

Any type of cardio exercises: low - high intensity, cycling, running, powerwalking, skipping or even boxing.

### Skill-building Saturdays

This could've involved building, fixing, cooking or gardening.

### Sunday Funday

Anything as you're having fun, it might be a Father Son or Mother Daughter walk or a family bike ride.

Just remember an Active BODY is an active MIND!!

**Mr Frederick Zalloua/Ms Catherine Zalloua**





# Primary Sports Coordinator

Jump Rope for Heart kicks off this term!

Jump Rope for Heart is a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 36 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs. Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$104 million for the Heart Foundation's lifesaving work. It's important you register your child online, so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.

[www.jumprope.org.au/parents](http://www.jumprope.org.au/parents)

Students will be skipping throughout the term in PE lessons, during this time you can share their online fundraising page with family and friends to help raise money for this great cause. We will hold our school Jump Off Day later on in the term, this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills. Thank you for supporting the Jump Rope for Heart program!

**Ms Catherine Zalloua**



# Counsellor's Corner

**50 Ways to Build SELF-ESTEEM for kids**

WHOLEhearted

Like, love, embrace & accept yourself.

Show RESPECT towards others and yourself.

Use good posture. Stand tall as you are.

Treat yourself with kindness & COMPASSION, even & especially when life gets hard.

Follow your curiosities & learn! Try or create something new.

See MISTAKES AS AN OPPORTUNITY TO LEARN.

Remember That NO ONE IS PERFECT.

Don't compare yourself to what you see in the media.

Focus on the things you have control over & can change.

Choose friends who treat you how you want to be treated.

Create. Build. Cook. Bake. Garden. Do Art.

Do more of what helps you feel good about yourself.

LOOK in the MIRROR & tell yourself, "I love you."

BE YOUR OWN BEST FRIEND.

Make choices that stay true to what you value.

Learn & practice healthy ways to cope with stress.

Don't compare yourself with others. You are unique!

READ!

Laugh! Play! Have Fun! Get busy!

Say positive affirmations.

Get to work on the chores & other responsibilities you have been putting off.

PRACTICE GRATITUDE.

FOCUS ON THE POSITIVES & BE OPTIMISTIC!

FORGIVE OTHERS. FORGIVE YOURSELF.

Take slow, mindful breaths.

exercise!

Practice daily hygiene.

Resolve conflict peacefully & use I-Statements.

ASK FOR HELP & SUPPORT.

HAVE A GROWTH MINDSET.

Remind yourself that your bravery is stronger than your fear.

FOCUS ON SOLUTIONS, NOT PROBLEMS.

TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Set goals & work towards them, step by step.

Get enough sleep.

SAY, THANK YOU WHEN SOMEONE COMPLEMENTS YOU.

DRINK PLENTY OF WATER.

Say what you want, need & hope for.

Try again when something doesn't work out the way you hoped it would.

Be responsible for your choices at school & at home.

SAY, THANK YOU WHEN SOMEONE COMPLEMENTS YOU.

COMPLETE YOUR SCHOOL ASSIGNMENTS.

DO random acts of kindness.

HELP OTHERS.

Give yourself a hug.

Start a new hobby or sport. Join a club at school.

SPEND TIME WITH CARING ADULTS.

Limit how much time you spend in front of screens.



# Library News

We would like to wish all the Grandmothers, Mothers and Aunties in our College Community a Very Happy Mother's Day! Thank you to all those special women in our community who take time to share books with their children and give them the gift of reading. The Library Staff value your support and appreciate working in partnership with you to encourage our children to become lifelong readers.



I had a Mother who  
read me the things  
That wholesome life to the boy heart  
brings-  
Stories that stir with an upward touch.  
Oh, that each mother of boys were  
such!  
You may have  
tangible wealth untold;  
Caskets of jewels and coffer of gold.  
Richer than I you can never be –  
I had a Mother who read to me.

**From The Reading  
Mother by Strickland Gillian**

# 2020 Important Dates

## 2020 Term Dates:

Term 2 dates: 27 April until 26 June 2020

Term 3 dates: 20 July until 25 September 2020

Term 4 dates: 12 October until 8 December 2020

## Term 2 Important Dates:

**Tuesday 26 May:** Year 7 Allwell Exam

**Wednesday 27 May:** Year 9 Allwell Exam

**Sunday 31 May:** Pentecost Sunday

**Monday 8 June:** Queen's Birthday Public Holiday

**Tuesday 9 June:** Year 7 - Year 10 Exams Commence

**All students return to face-to-face learning as of Week 5  
Monday 25 May 2020.**



# Important Reminders

## REMINDERS

- Students must arrive to school no later than 8:25am
- Students are not to leave school before 3:10pm. Early leave must be with permission granted by Year or Stage Coordinators. Exceptional circumstances require a note from parents.
- Ensure correct uniforms are worn
- Boys to have regulation haircuts
- No coloured bands to be worn around necks or on wrists
- Years 3-12 students to have their diaries signed when required
- Parents to make appointments to speak to teachers or the Principal.
- Playground supervision starts 8am and ends 3:30pm.

## **P&F Uniform Shop Opening Hours:**

Fridays: 2:00pm - 3:00pm

**SALE: ALL OLD Primary School Uniforms  
Reduced to Clear**