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## Issue 5, Term 2, April 2021

### Principal's Message

Christ has Risen. Truly He has Risen! Welcome back to Term 2, I hope and pray that you all enjoyed and had a blessed Easter and peaceful holiday. May this term be fruitful and successful for each and every one of us.

In our first newsletter for Term 2, I would like to warmly welcome our students and staff back to school and wish everybody an abundant term.

I would particularly like to thank our students and staff for their participation and cooperation, in commemorating Anzac Day. The success of such an important event involves the commitment and team effort of all staff, teaching, non-teaching as well as students who thankfully came together to make this a very special day to commemorate Anzac Day as a College and Community.

We at St Charbel's College seek to instil in our students a pride in not only their Lebanese and Maronite heritage, but also their Australian roots and I was very humbled and proud of our students.

I particularly would like to encourage Year 12 students to dedicate themselves to their studies, especially in early Term 3 as their trial HSC exams are scheduled during this time. Now being half way through their last year of schooling, it is never too late to set their goals and aim for their future endeavours.

May is dedicated to the month of Mary, the Mother of God, our eternal mother. St Charbel's College is very grateful for the kindness and generosity

of our mother's in particular. I would like to wish each and every one of our mothers, those present and in spirit a very blessed & Happy Mother's Day. May you be the image of Mother Mary to your children and those around you.

"Never be afraid of loving the Blessed Virgin too much. You can never love Her more than Jesus did."  
Saint Maximilian Kolbe



**Rev Fr. Maroun Youssef**

**Principal**

**Director of RE & Mission**

Thank you to our volunteer Apostles for making our parish's Holy Thursday liturgy very special!



**Mrs Joanne Mansour**

**Director of RE & Mission**

**Archbishop Award**

On 20th April, George Zakhia and Celine Najem had an amazing experience in meeting and having lunch with Archbishop Anthony Fisher, at St Mary's Cathedral. Student leaders from Catholic schools had an opportunity to discuss certain contemporary topics such as the COVID vaccine, homosexuality, and abortion. A very unique and valuable experience for our 2021 College captains!



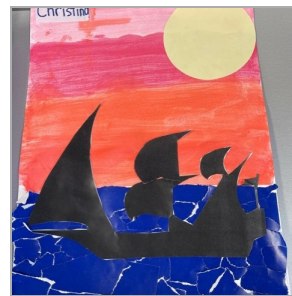
**Mrs Joanne Mansour**

**Director of RE & Mission**

**4M Art**

4M have been sailing away with their Magnificent First Fleet Ship Silhouette art work!

**4M Artworks**



**Mrs Charlotte Soueif/Mrs Rima Tahhan**

**Year 4M Teacher**

**NAPLAN - Years 7 & 9**

NAPLAN – Years 7 and 9

It's that wonderful time of the year when students

in Years 3, 5, 7 and 9 are preparing to sit their NAPLAN tests.

To assist students in Years 7 and 9 with the written component of the test, the Writing Centre will focus exclusively on NAPLAN writing prep in Weeks 2 and 3.

We will focus on Persuasive writing in Week 2, and Narrative writing in Week 3.

The Writing Centre meets Tuesdays from 3:30-4:30 in the Library.

Please encourage your child/ren to attend these sessions, and to keep working with their WordFlyers lessons at their own pace at home to further develop skills they will need to achieve on the Literacy tests.

**Mrs Jennifer Fletcher**

**Secondary English Coordinator**

### **Secondary CAPA Coordinator**

Term two and autumn is in the air with sunny skies and brilliant inspirational colours surrounding us.

Around the Creative Arts and TAS classes, students and teachers are buzzing with energy and deep in their work. As promised, I have gathered information on some of our Alumni and their creative career paths and studies.

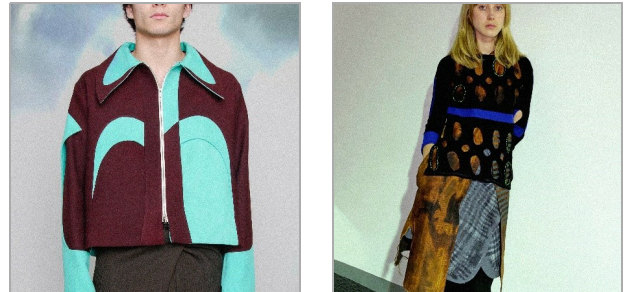
You would remember Andrew Boustani from the class of 2015. Andrew was one of our standout Music students who was chosen to visit the United States and perform as part of the Bankstown TAP program. Andrew was very creative and had an eye for fashion, he has chosen a career in Fashion Design. He completed a Bachelor of Design in Fashion and Textiles at the University of Technology Sydney and completed it with Honours in 2019. Andrew applied for a Masters at Parsons in New York and received a tuition scholarship to study there for two years. This is on hold at the moment due to Covid. Upon completion of his BA collection he was named a finalist for the Carla Zampatti Graduate Scholarship. I have included images of Andrew's work. Keep a fashion eye out for this talented St Charbel's student.

Current St Charbel's CA TAS students are working brilliantly. We have hidden talent in our midst which will be displayed for you in our Annual Creative Arts exhibition and Performances, God willing, in term 4. Major project development and production continues in Visual art, Industrial technology and Textiles and Design with the due

date fast approaching. Textiles 9-12 will be visiting the Whitehouse Institute of Design in Surry Hills on Monday week 3. An exciting day of Fashion Drawing in a wonderful setting has been planned.

Enjoy viewing images of students from Technology, Industrial technology and Textiles at work on their practical projects.

### **Secondary CAPA**



**Mrs Maryrose Maatouk**

**Secondary CAPA Coordinator**

### **Year 10 Mock Trial**

Last Thursday (22/4/21), our Year 10 Commerce students participated in Round 1 of the Mock Trial Competition held by the Law Society of NSW. We competed against Danebank College and were successful in winning Round 1 with a final score of 178-160 which was awarded by a Magistrate. Our students enjoyed the practical experience of running a court case as well as learning problem-solving, critical thinking and debating skills at the same time. We are very proud of our team who competed for their first time against older students on ZOOM and look forward to our next Mock Trial where we will be able to continue to see our students thrive in all their efforts.



Miss Laura Osman

Secondary HSIE Teacher

## Year 11 Economics

Year 11 Economics students working collaboratively to demonstrate the effects of market changes on Demand and Supply for particular products. Don't worry - they cleaned the windows after themselves!



Miss Manelle Michael

Secondary HSIE Teacher

## Career News

I would like to welcome you back to Term 2. 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 a Joiner

What do Joiners do?

Joiners work with wood and other materials and cut, shape and fit parts. They create and repair fittings and structures ready for installation on-site. Joiners typically work in a workshop, as opposed to carpenters who build structures on-site.

If you are hard-working, like to work with your hands, and are mathematically minded, becoming a Joiner might be the perfect job for you.

The job:

- Prepping and cutting timber and other materials
- Reviewing specifications and plans
- Fitting parts to create finished structures
- Measuring exact dimensions to ensure the perfect fit
- Assembling pre-prepared parts
- Repairing existing parts and fittings
- Ordering materials and parts
- Maintaining tools and workshop spaces
- Consulting with project managers and clients

Lifestyle Impact: Moderate

- Part Time opportunities: Low – 88% of Joiners work full-time (source: [joboutlook.gov.au](http://joboutlook.gov.au)).
- Average hours for full-time workers: 44 hours a week, which is average (source: [joboutlook.gov.au](http://joboutlook.gov.au)).
- Joiners' salary (average) \$55,000\* per year (Source: [com.au](http://com.au)). \*Salaries vary depending on your skills and experience.
- Future career growth: Moderate (Source: [joboutlook.gov.au](http://joboutlook.gov.au)).

· You will need to do manual work, so being fit and healthy is an advantage.

Joiners are most in demand in these locations:

This is a small industry, with only around 3900 workers in 2019 (source: joboutlook.com.au). There are opportunities available across the country, with a large share of workers in New South Wales and Tasmania. Joiners are most commonly found in the Construction and Manufacturing industries.

Working as a joiner requires you to be very hands-on, so working from home or remotely is unlikely.

How to become a Joiner in Australia

The most common pathway to becoming a Joiner is completing a relevant VET qualification through an apprenticeship. It may be possible to find work as a Joiner with no qualification, but you'll need to show you have plenty of hands-on experience.

Step 1 – Consider completing your high school certificate and take subjects such as Maths and Trades.

Step 2 – Complete a Joinery apprenticeship. You will get hands-on experience working for an employer while completing a relevant VET qualification. This could be something like a Certificate III in Joinery or Carpentry, or a Certificate IV in Building and Construction.

Step 3 – Make sure you have any other essential requirements covered, such as a White Card.

Step 4 – Start working full-time as a Joiner and continue to build on your skills and experience.

Step 5 – Consider starting up your own business.

Frequently Asked Questions (FAQs)

What do Joiners do?

Joiners cut, shape and fit wooden parts and create wooden structures.

Which industries employ Joiners?

Joiners are most commonly found in the Construction and Manufacturing industries.

Do I need to go to university to become a Joiner?

No. You usually become a Joiner by undertaking an apprenticeship, combining work experience with a relevant VET qualification.

Where do Joiners work?

Joiners typically work in specialised workshops rather than directly on-site.

What are 3 things I can do right now to help me become a Joiner?

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

1. Start working with your hands and making things. You could try building useful things for around the house out of wood, or toys and ornamental pieces.

2. Consider taking a Building and Construction Pre-apprenticeship. This is a great way to get a head-start on your training, and can be completed while you're still at school.

3. Try finding work experience in a building or construction setting. You can decide whether it is the right career for you, as well as start to build networks and connections for the future.

Happy Careers Searching!

**Mrs Dianna Chedid**

**Careers and VET Coordinator**



**Saint Charbel's College Library**  
IMAGINE. DREAM. EXPLORE. LEARN. GROW.

### Library news

This year marks 106 years since the ANZACS landed at Gallipoli Cove. We have been commemorating this important day by reading 'The Anzac Billy' and 'Anzac Ted' to primary classes. Students have also explored our library Padlet online using our selection of online resources. They have also enjoyed colouring in poppies during our lunch time activities.



The ANZAC Billy by Claire Saxby tells the story of a young boy whose father has gone away to fight in World War One. The boy fills a billy can with luxuries like chocolates, warm socks and letters to send to his father for Christmas. The billys were sent on a ship and distributed to help the raise morale of the soldiers at Christmas time. It is estimated that 50,000 soldiers received a billy can for Christmas in 1915. This book is based on a true story and you can read more about it here from the Australian War Memorial: <https://www.awm.gov.au/articles/blog/anzac-christmas-hampers>

Librarians

Counsellor's Corner



## 8 ESSENTIAL TIPS TO HELP YOUR TEEN set effective GOALS

by Big Life Journal

- 1 MAKE CERTAIN IT'S THEIR GOAL NOT YOURS**
  - Teens can easily reject any attempt to be controlled.
  - Allow your teen to set the goal and don't manipulate them into fulfilling your goals for them.
- 2 PARTNER WITH THEM AND SUPPORT THEIR INTERESTS**
  - If what your teen wants to do is safe and reasonable, you have an opportunity to show interest in their passion and partner with them.
- 3 INTRODUCE GOAL SETTING AS A TOOL TO SUPPORT THEIR DREAMS**
  - It's better NOT to force teens to do goal setting or introduce it as a "should" or "must."
  - For example, an effective invitation to goal setting could be, "Sounds like you're interested in improving your Spanish so you can get selected for the school trip to Spain this summer. What a great idea. Would you like me to support you in creating a plan?"
- 4 KNOW WHEN CONVERSATION ABOUT GOAL SETTING IS APPROPRIATE**
  - If a teen is complaining about a task, like having to complete homework, don't initially try a conversation about goal setting.
  - It's more effective to skillfully address their complaint first.
- 5 DEMONSTRATE THEY'RE IN CONTROL**
  - What if your teen is complaining about a situation they see as outside of their control, like a bad grade? This is a great opportunity to partner with your teen by empathising, "Sounds like you're frustrated with your score in maths."
  - Then, point out how they have accomplished other goals on their own.
  - Finally, name what your teen specifically did in order to accomplish this goal. This is important in building your teen's awareness of how effective they already are.
- 6 HELP YOUR TEEN REVISE GOALS TO BE SPECIFIC AND MEASURABLE**
  - Sometimes a goal involves someone else's decision. For example, "I want to make the track team" may ultimately depend on a coach's decision.
  - Instead, help your teen identify the qualities and skills it would take for them to get onto the team.
- 7 EXPLAIN IT'S ABOUT THE JOURNEY NOT THE DESTINATION**
  - We don't want to teach our teens they can't be happy or satisfied NOW, and that they'll only be happy once they reach their goal.
  - Explain to your teen they can be satisfied in all aspects of the goal-setting process. It is the process that can ultimately build a growth mindset.
- 8 HELP THEM SEE A DEEPER VALUE AND BENEFIT TO THEIR GOAL**
  - Goals are more likely to be achieved if one considers the "why" or purpose behind the goal.
  - If we say to teens, "Clearly that's important to you. Tell me more about it," teens are more likely to open up.
  - You can validate your teen's initial reason while helping them see a deeper value and a benefit to their goal.

Big Life Journal - [biglifejournal.com](http://biglifejournal.com)



## CONGRATULATIONS

**Congratulations to the winners of the Easter competition! The entries were colourful, creative and imaginative! Well done to all of the students who participated in the competition.**

**Mrs Galimi and Mrs Cullinan**


**Library assistants:  
Mrs Yammouni, Mrs Wakim and Mrs Akkari**




Mrs Jennifer Harsch/Ms Helena Paras

Counsellors

Chess!



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

### 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 23 April 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.

**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

**CREATIVE KIDS**  
REGISTERED PROVIDER  
CREATIVE KIDS NSW

**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



**St Charbel's  
Ethnic School**  
offers **Arabic lessons**  
for school aged students

**Creative Kids Vouchers  
accepted**

**Classes - Term 2 2021**  
**23 April - 25 June**  
**Fridays 4:30 - 6:30pm**

For more information contact 9740 0999 or  
visit the school website [www.stcharbel.nsw.edu.au/  
community/ethnicschool](http://www.stcharbel.nsw.edu.au/community/ethnicschool)

**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, diarrhoea, 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>
<ul style="list-style-type: none"><li>• floors</li><li>• walls</li><li>• ceilings</li><li>• window blinds</li><li>• curtains</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 3 May - Tuesday 4 May:

2022 Kindergarten Interviews

Friday 7 May:

Mother's Day Mass and Morning Tea

Sunday 9 May:

Mother's Day

Monday 10 May:

Jump Rope for Heart Launch

Tuesday 11 May - Thursday 13 May:

Years 3, 5, 7 & 9 NAPLAN

Friday 14 May:

Year 8 Spirituality Day

Years 3, 5, 7 & 9 NAPLAN Catch-Up