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Issue 6, Term 2, May 2021

Principal's Message

Term Two is well underway with teaching and learning continuing both inside and outside of the classrooms. Thank you to you, the parents and students for returning to Term 2 professionally and maintaining levels of enthusiasm and participation as the term progresses. I thank our teachers for the planning that they have put into the diverse learning experiences for our students.

The NAPLAN tests for Years 3, 5, 7 and 9 are being held from 11th May to the 14th of May. NAPLAN tests the types of skills that are essential for every child to progress through school and life. Our students have been adequately prepared by their teachers for those tests through their curriculum programs. NAPLAN tests don't define a student's worth or value. They do, however, help us to gain some understanding of student performance and growth in learning, which is helpful information as we seek to be effective. Have we been practising for NAPLAN? While there may be some familiarisation with the type of questions, our main preparation is the ongoing quality teaching and learning that has been taking place. We don't teach to the NAPLAN – we teach well so that students grow in their understanding, learning skills to be able to find their place in God's world and their security in Him for eternity. Inside that framework we celebrate student growth and reflect on areas where we can do better, we hope that the results will reflect this.

On 7th May we had the opportunity to recognise our mothers at our Mother's Day Mass, we celebrated Mother's Day with both a mass and morning tea provided by our always very generous

Parents & Friends Committee. It is always a pleasure to meet and greet parents, most particularly at a time of honour to our mothers. A mother is someone to shelter and guide her children, someone who loves with warm understanding and patience. The role of a mother on Earth is symmetrical to the role of our Blessed Mother in Heaven, her children turn to her in trust and hope. I hope and pray that all our mothers enjoyed their special day and that our Blessed Mother will continue to watch over each and every one of you and your families.

It is hoped that all parents will continue to support our teachers and children throughout the remainder of the busy term in the lead up to the end of Semester 1. Please continue to have positive conversations with your children about what is going on at school and what they are learning in order to encourage them to always try their best.

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.

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. Unfortunately rumours circulate in the community, most often based on incorrect information. In order to avoid this 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.

Finally, 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

Principal

Director of Primary

A morning tea for Stage 2 parents with College Leadership was held recently. Approx. seventy parents attended, which was a wonderful response. There was a lot of discussion and valuable feedback was given, which will be shared with Stage 2 parents soon. We are hoping to hold a morning tea for Stage 1 parents at the end of the term. Details will be sent home once a date is confirmed.

Enrolment interviews for Kindergarten 2022 were held at the school last week. Enrolments have now closed for Kindergarten next year and the school is in the process of finalising the applicants. Parents who were involved in the interviews will hear from the school by the end of the term.

A reminder that there is no official changeover date for the winter uniform so students can start dressing warmly for the colder weather as soon

as they feel the cold or parents believe it's needed. Saouma's now has a woollen vest for boys to wear with their uniform. The vest is ideal for changeable weather and is a great option for boys who do not feel the cold and who refuse to wear a jumper in the colder weather. The vest will keep their chest warm and they can add a cardigan and/or jacket if needed.

A reminder to please label your children's belongings with their name and class. I appreciate parents find it frustrating when your children lose clothing which is very expensive. However, it is also frustrating for staff who constantly find clothing lying around with no name and they are not claimed despite staff asking repeatedly if anyone owns them. Any items with names are returned to their owners. Items without names are sent to the P n F uniform shop once a few weeks have passed and no-one claims them. Unfortunately if we don't do this, the pile of lost property just grows and becomes unmanageable.

NAPLAN exams took place this week for students in Years 3 and 5. The exams are a requirement of the government and take place annually in May. The staff do not see the exam papers beforehand so they prepare the students by teaching the usual curriculum. Results will be sent home to parents later in the year.





Ms Maree Kelly

Director of Primary

Year 9 Duke of Edinburgh Camp

What an amazing experience camp was for our Year 9 students.

The Duke of Edinburgh program is a leading award for youth development, empowering all young Australians aged 14-24 to explore their full potential and find their purpose, passion and place in the world, regardless of their location or circumstances.

Our students and teachers were placed in foreign and challenging circumstances, allowing them to use skills associated with stewardship and practicality to get through. Thank you to our dedicated staff for their commitment on the three day camp – Mr. Ghanem, Mr. Zada, Mr. McKelleher, Miss El-agma and Mrs. George –Loulach.

Students dug deep to implore physical stamina along with resilience to endure harsh conditions and be able to finally say “we made it”. Despite the many tears, cold nights and long motivational conversations, students truly engaged with the requirements of this camp and made us proud of their efforts.

As we hiked for hours on end, students realised their strength in difficult times and pulled through for one another. It was a joy to witness our students persevere for themselves and their group members. Our Maronite Catholic values were definitely at play, as students were considerate of each other’s needs and used positive affirmations to get each other over the line when they encountered difficult moments.

Year 9 had the opportunity to bond with each other and their teachers in an environment outside of the classroom. This experience indeed strengthened their appreciation for each other and for the care of our amazing staff at St. Charbel’s College.

I would also like to thank Mrs. George- Loulach for planning this event and encouraging students to go on with the Duke of Edinburgh program. We will be cheering you on from the sidelines.

Year 9 Camp



Mrs Josephine Katrib

Year 9 Coordinator

Secondary English Coordinator

Year 12 Standard English students have been graciously invited by Ms. Machaalani and the other Year 12 Standard English teachers to Monday afternoon workshops to assist them with any additional English needs they may have. Please encourage your students to attend if they are in this course.

Year 7

Year 7 English students have been studying fairy tales this term. Some students took advantage of an optional extension task to write their own tale using a hero, heroine and villain they created. This charming response is from Alana Mokbel of 7R. Please read it and enjoy!

“A Librarian’s Dream Lunchtime: A Fairy Tale?”

by Alana Mokbel

I dragged my bag out of the door--another day at work, and yet I am still dreading it. Don't get me wrong-I love books, but work in the library is extremely boring—hardly anyone comes. At the busiest peak of the day, there would be about three people who forgot to complete their homework that was due to the next lesson.

“Oh, the joys of working in a high school library..” I thought. Then I remembered—Crystal was working today! She keeps me company. She only works two days a week, Monday and Friday. Other days, she is busy in her house working as a hypnotherapist, but at least I had someone other than Big Jim making a ruckus in the Science novel section.

I got to work and sat in my chair, as usual. Nothing extraordinary about that morning...except when Crystal bolted in yelling, “Guess what?!”

“What?” I answered, curious.

“I figured how to get more kids to the library!” she announced.

I scoffed, “This is a high school, not Science Fiction!”

“I’m well aware,..” She replied.

“What’s your game plan?” I finally asked her.

She started by saying that she’s a hypnotherapist. I am known for a few rescues in my history, which we both clearly already knew, but she wanted to highlight that point anyway. She continued by saying that I could use my secret power of super strength and she could hypnotize the kids into coming into the library!

So like our plans at the start of Book Week, I came in dressed as a superhero (none of the students knew I was a superhero-- they think they are too mature to believe that), and Crystal came in as a businesswoman. Within her briefcase was the clock and the bell.

I waddled behind her in my tight black leggings as her beautiful, soft, brown hair swished as she walked with a perfectly straight posture, pretending to hand out fliers that read: ‘A video game competition will be taking place in the library at lunch, hope to see you all there.’

We had made the kids line up outside and called them in one at a time. The teachers on duty looked bored from the immense

amount of students missing from the playground.

We called in the first kid and I held down his shoulders as Crystal hypnotized him. It was a fascinating process and I observed the actions of every kid as Crystal hypnotized them. Time flew, and a good five minutes before the bell rang the library was jam-packed with students, but last in line was the school’s biggest bully and worst nightmare. I gripped his shoulders down anyway but right away he fought me, as I had expected.

“What are you doing?!” he hissed.

I hesitated, “Um...” I knew I couldn't say we were hypnotizing him, so I had to think of an excuse.

“Hurry!” he pressured us.

“We are massaging your shoulders so they don't get tight playing the video games!” Crystal blurted out.

Don't ask me why, but Big Jim had believed it.

“Umm... whatever...” he answered, frustrated.

Before I had even blinked, he was pacing the library asking his mates what book they recommend. The first series to go was the Tomorrow series and the Ellie Chronicles by John Mardsen.

Then it was the Alan Tucker section!

After that Morris Gleitzman had vanished!

...And it had worked like a chain reaction, book after book, shelf after shelf, and the line got bigger by the second! The bell was ignored and all everyone wanted to do was borrow a book. I felt proud.

Crystal looked at me and grinned, “This one is going into the history books.”

Alana Mokbel - Year 7

Mrs Jennifer Fletcher

Secondary English Coordinator

Primary Religious Education Coordinator

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

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.

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

We were lucky enough to have our Mother's Day Mass this year, celebrating with our amazing mothers and students.

Kindy also performed a Mother's Day song and our lovely P & F Committee also organised a wonderful morning tea for our Mothers.

Month of May



Mrs Michelle Elia

Primary Religious Education Coordinator

Beat the Cold War

"Let's THRIVE & succeed in helping others BEAT THE COLD WAR this winter"

We are collecting items such as beanies, scarves, blankets, gloves, toothpaste, toothbrushes, bars of soap, socks & feminine hygiene products. Please continue to donate!

Collections for the High School will be on Wednesday & for the Primary School on Friday. Thank you!

Beat the Cold War



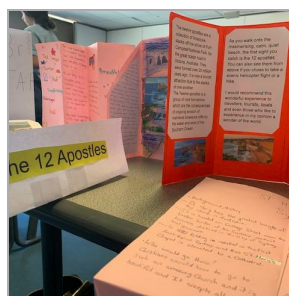
Miss Jessy Elagha

Secondary PDHPE Teacher

Year 7 Geography

Year 7S spent their free time at home, working on their beautiful brochures about their chosen Australian Landmark for geography. Colours, drawings, and factual information filled our papers. We were asked to answer questions regarding our Australian landscape. We all thought that it was such a fun way to learn about geography as well as learning about the different landscapes of our beautiful country Australia. Overall, they turned out astounding. Completing this activity was the perfect way to learn about our chosen landmark. It's only been a few weeks in and we already learned that geography isn't about studying an atlas, rather it's about learning in a fun way and letting our artistic talent fulminate. We represent Ms Gee and our wonderful class of 7s.

Geography



Mary Lichaa and Chanel Ayoub

Year 7 Students

Year 12 Business Studies

Year 12 Business Studies students attended a presentation at Bayti. Students covered the syllabus topics of Operations, Human Resources, Finance and Marketing as Bayti as the case study. The food was delicious and everyone was grateful for the experience and the knowledge gained by the owners Najee and Priscilla.

Bayti



Mrs Andrea Panteli

Secondary HSIE Teacher

Secondary CAPA

It always gives me great pleasure to move around the classrooms in the CA TAS and witness the wonderful work being completed by our students and their teachers. The knowledge and skills being developed in these subjects is rewarding and can be a path to many careers. We try to give students experiences beyond the classroom and engage with inspiration to enrich their work.

On Monday August 3rd, Year 9, 11 and 12 Textiles travelled down to Surry Hills to participate in a fashion drawing workshop at the Whitehouse Institute of Design. Students were taught fashion drawing, an important method of communication used in the Fashion Industry. Leanne Whitehouse the founder and Director of the Institute taught the group geometric analysis of the face and nine head tall fashion figure, to complete a professional fashion drawing. Leanne also shared wonderful stories of life in the world of fashion in places such as Italy and France with designers such as Dior and Valentino. Upon completion of the workshop, students were awarded a certificate and two students were awarded the Young Designer award which is a scholarship for a 3 day fashion drawing workshop during the winter or summer holidays. Students now have a wonderful skill that is in demand in the fashion Industry.

Around the classes in the CA and TAS students and teachers continue to learn and create.

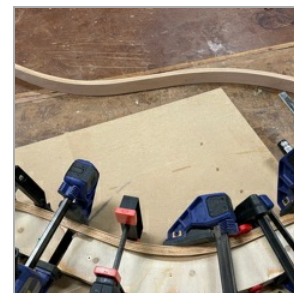
The year 9 Visual Art students inspired by the urban environment are painting large canvases.

Year 9 Drama are working on play building and making shapes of everyday objects with their bodies. The group photographed below are mid scene in the jungle. Year 9 food technology

are busy making survival biscuits as part of their Food Equity unit. Year 9 Information software technology are designing and coding using a program called Unity. Photographed below are the students building the environment or world for their games. Year 9 Industrial technology have completed the chopping boards (photographed below) and now in preparation for their next project. Year 9 Textiles Technology students have almost completed their journey inspired wall hangings which will be entered into two state wide competitions. YEAR 8 Engineering technology continue to develop their pinball machines (which actually work). Year 8 Art sculpted amazing clay work creepy hybrid creatures.

Our junior musicians continue to develop their performing and composition skills. Music HSC students will be performing for friends and family early in term 3. Look out for the invitation to save the date. Stay tuned for more amazing work from our talented students and teachers.

CAPA



Mrs Maryrose Maatouk

Secondary CAPA Coordinator

Year 4

Mrs Cullinan turned our Year 4 students into "History Detectives". They explored historical objects from the "mystery box" and learned about the lives of child convicts.

Year 4 History Detectives



Ms Giuseppina Badrous

Year 4 Teacher

Parents VPN Information

Dear Parents / Carers,

As you are aware, our students from Years 5-12 require a laptop for use in their daily classroom activities. The BYOD program has proven to be highly successful in engaging students with their subjects. The College provides a secure wireless network that allows students to connect to the internet in order to access a range of online tools and services. A growing trend amongst our students in the use of VPN's however, has unfortunately negated their online security and privacy.

What is a VPN?

A Virtual Private Network (VPN) creates a secure connection between two devices, allowing the exchange of data or information to happen privately using the internet. VPN's are designed to protect your privacy when online, especially when you're logging on from a public space such as a shopping centre, public library or airport. When using a VPN, your information is securely encrypted, and your computer will interact with the web as if you're connected elsewhere. In other words, you browse the web anonymously. While VPNs can provide online privacy and digital anonymity, VPN technology is widely used for other purposes - some of which are illegal.

VPN's attempt to override their school's web filtering

Many parents have purchased reputable, paid VPN services in good faith in order to protect their children online. Some students however, have installed free VPN tools on their laptops for alternate reasons. The College's WiFi will block social media and inappropriate content, and as a result

some students have attempted to use a VPN app or website to access blocked content. All VPN's installed on student devices must be disabled while at school. VPN's on student devices will restrict student access to the College Wifi network. The St Charbel's College web filtering system identifies installed VPNs as an attempt to bypass our security.

VPN's can be used to mask illegal activities

Whilst the primary purpose of a VPN is to provide security and anonymity, unfortunately they are also used by some, to mask illegal activities such as stealing online content from streaming services. Many teenagers like to access content, such as US Netflix, that is only available within the USA, so they use a VPN based in the USA to make it seem like that is their location. VPN's may also be used for more sinister purposes such as purchasing illicit substances.

Risks of installing free VPN's

Some of the issues relating to free VPN's include:

- VPN's could be infected with malware related to advertising, as free VPN's rely on advertising to make money.
- Free VPN's can be used to track your online activity for various purposes
- VPNs can often fail at unblocking content such as Netflix or Disney+
- You might find that free VPN services slow down your internet connection speed on purpose as a way to encourage users to sign up for their paid versions.
- Free VPN providers need to make money, and many do this through a steady stream of pop-up ads. This is not only annoying but can also slow down your connection speed.
- Some free VPNs can hijack your browser and redirect you to other sites without your permission.

For further reading, please visit the following websites: <https://www.vpnmentor.com/blog/free-vpns-are-not-safe-to-use/>
<https://www.familyzone.com/anz/families/blog/vpn-apps> <https://www.addictivetips.com/vpn/dangers/>
<https://parentinfo.org/article/what-are-virtual-private-networks>
<https://nordvpn.com/blog/online-safety-kids/>

I encourage you to discuss the use of free VPN's with your child if they are using their personal learning device at school. If you have any questions

regarding the use of VPN's, please feel free to contact me via email: vpapa@stcharbel.nsw.edu.au

Mr Vince Papa

Head of Learning Technologies

Career News

Please navigate through the College's Library 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 Dentist - Help people smile with confidence

What do Dentists do?

Dentists are medical professionals who diagnose, treat and help prevent diseases and problems with people's teeth and gums. They perform surgeries and procedures on patients in order to correct problems, such as fillings, fitting implants and crowns, deep cleaning procedures, and more.

If you are kind and empathetic, can handle any problem that comes your way, and are dedicated to improving people's health, becoming a Dentist could be ideal for you.

The job:

- Diagnose dental diseases
- Perform examinations on patients
- Perform surgical treatments and procedures to fix issues with teeth and gums
- Develop treatment plans for patients
- Educate patients on dental care and health
- Prescribe medications and treatments
- Administer and monitor anaesthetics during treatment
- Lead teams of other dental professionals, including Dental Assistants and Hygienists
- Deal with patients who may be anxious or scared

Lifestyle Impact: Moderate

· Part Time opportunities: Average – 63% of Dentists work full-time, meaning there is some opportunity

for part-time roles (source: joboutlook.gov.au).

· Average hours for full-time workers: 42 hours a week, which is average (source: joboutlook.gov.au).

· Dentists' salary (average) \$180,000* per year (Source: com.au). *Salaries vary depending on your skills and experience.

· Future career growth: Strong (Source: joboutlook.gov.au).

Dentists are most in demand in these locations:

This is a medium-sized and growing industry, with around 11,900 workers in 2019 (source: joboutlook.com.au). There are opportunities available for dentists across the country, especially in rural and regional areas where medical professionals are less common.

Performing examinations and procedures for patients will require you to work on-site, so opportunities to work from home are extremely limited.

How to become a Dentist in Australia

You must complete a Bachelor-level qualification in order to work as a Dentist in Australia. The course you take must be accredited with the Australian Health Practitioner Regulation Agency (Ahpra), and you will need to register with the Dental Board of Australia before you can start working.

Step 1 – Complete your high school certificate and take subjects such as English, Maths, Biology, and Chemistry.

Step 2 – Study a relevant Bachelor-level qualification at university. Most courses require you to sit the Universities Clinical Admissions Test (UCAT) for entry, as well as undertaking an interview. Some courses include: Bachelor of Dental Science at CSU Bachelor of Dental Health Science at Griffith Bachelor of Dental Surgery at the University of Adelaide Bachelor of Science/Doctor of Dental Medicine at the University of Sydney

Step 3 – Once you have finished your studies, you must register with the Dental Board of Australia before you are allowed to work as a dentist.

Step 4 – Make sure you renew your registration annually and complete 60 hours of Continuing Professional Development (CPD) activities over a three-year cycle.

Step 5 – Consider upskilling

or specialising in a particular area with a postgraduate degree, such as: Doctor of Clinical Dentistry (Orthodontics) at the University of Sydney Graduate Diploma in Clinical Dentistry (Conscious Sedation and Pain Control) from the University of Sydney Doctor of Clinical Dentistry at UQ Doctor of Clinical Dentistry at UWA

Find out more here –
<https://www.dentalboard.gov.au/>
<https://www.ahpra.gov.au/> <https://www.ada.org.au/>

Frequently Asked Questions (FAQs)

What do Dentists do? Dentists diagnose and treat a variety of dental problems in patients.

Which industries employ Dentists? Dentists are most commonly found in the Healthcare and Social Assistance industries.

Do I need to go to university to become a Dentist? Yes. You will need to complete an approved Bachelor qualification before you can get your registration and start working as a Dentist.

What are 3 things I can do right now to help me become a Dentist? If you're in high school and you'd like to find out if a career as a Dentist is right for you, here's a few things you could do right now:

1. See if you can get work experience in a dentist's office or other health-related setting. This can help you decide whether or not the career is right for you and can help you start building connections.
2. Browse courses and make sure you know the entry requirements for the course you would like to study. A lot of them have certain subject prerequisites, such as Maths or Chemistry, and other extra entry requirements such as a UCAT score and interview.
3. Talk to a dentist and get an insight into what a day in the life is like. They may also be able to provide you with some tips when it comes to choosing a degree or a place to work.

Happy Careers Searching!

Mrs Dianna Chedid

Careers and VET Coordinator

Library Corner

Congratulations to Mary Said of Kindergarten P who has completed her Reading Log! Each week Kindergarten students are invited to record the book they read from the library. Students

can then review the book using a simple emotive scale. We are thrilled to see so many of our Kindergarten students using their reading logs and we thank all our parents and carers for supporting this initiative.



Saint Charbel's College Library

IMAGINE. DREAM. EXPLORE. LEARN. GROW.

May is a special month set aside each year to nurture our relationship and devotion to Mary, the Mother of God and Our Mother. We have created a beautiful display in the library to remind our students to pray the Rosary each day. Saint John Paul II declared the Rosary to be his favourite prayer. We also encourage our students to read from the book display about Our Lady and come to know her better by learning about her life.

We have also been celebrating the wonderful women who play a significant role in the lives of our students. In May pay tribute to the grandmothers, mothers, aunts and sisters who help take care of our students and guide them through their lives. May God Bless all of these important women.

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

Librarians

Counsellor's Corner

6 Strategies for Respectful Relationships

When our kids ignore us, stomp their feet, slam the door, or say “NO!”, it gets under our skin in a way that few other things can. Whether they are toddlers or teens, we want respect – and we want it NOW!

“THAT’S IT! I’VE HAD ENOUGH. YOU NEED TO SHOW ME SOME RESPECT!”

It’s more than a little ironic that we often demand respect in such a disrespectful way. So when our children are disrespectful, what are our options? Here are 6 suggested routes to respect:

1. Get our Relationships Right

When our children feel safe, secure, and understood, they tend to behave in respectful ways. Of course they’ll still push boundaries from time to time. That’s what children do as they develop and grow. But when relationships are right, we can have constructive conversations with them about limits rather than disrespectful confrontations.

2. Model it

We have to be respectful ourselves. Whether that means we ask more rather than telling, or we use our manners more, or speak more politely. The more respect we show, the more our children will learn what respect looks like and feels like. And they will copy us.

3. Stop Disrespect When it starts

When we spot disrespect – whether towards siblings, school friends, or ourselves – we need to stop it right there, at the start. And we need to do it clearly, directly, but respectfully.

4. Encourage Perspective

Ask them, “How did mum/dad/sibling/friend feel when you behaved like that?” Invite them to take another person’s perspective to develop empathy. Then problem-solve better solutions for the future.

5. Encourage Helping

It’s hard to be disrespectful

to someone you are helping. The more our children help others, the more compassionate they’ll be. Remember, however, that forcing a child to help is disrespectful. And when someone is forced to do something, they usually don’t have the change of heart we are looking for. It needs to be freely chosen, with our gentle guidance to encourage it.

6. Get them out of BED and using their OAR


We can encourage them to get out of BED and have them use their OAR – that is, get them out of Blame, Excuse, and Denial, and get them showing Ownership, Accountability, and Responsibility. If they are disrespectful, don’t take their excuses. Don’t let them blame the other person. Refuse to accept their denial. Kindly, clearly, and directly help them to own it, be accountable for it, and make responsible decisions in the future.

Respectful relationships are a two-way street. And our children need some respectful guidance to stay on track. It takes effort. But as we get our relationships right with them, they begin to trust us and become open to our influence. Then, we experience the rewards of those respectful relationships.

Mrs Jennifer Harsch/Ms Helena Paras

Counsellors

Chess!



SYDNEY
ACADEMY OF 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 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
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(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)



Canterbury Bankstown Council

Community_Safety_Outreach_A5_WEB.pdf

[https://stcharbel.schoolzineplus.com/_file/media/498/
community_safety_outreach_a5_web.pdf](https://stcharbel.schoolzineplus.com/_file/media/498/community_safety_outreach_a5_web.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](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

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



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"> doorknobs handles light switches phones tablets touch screens tables hard-backed chairs 	<ul style="list-style-type: none"> remote controls keyboards desks toilets sinks/basins car steering wheel car seats floors walls ceilings window blinds curtains

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

Upcoming Events:

Friday 14 May:

Year 8 Spirituality Day

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

Monday 17 May:

2022 Year 7 Enrolment Interviews

Year 8 Arabic Excursion

Tuesday 18 May:

Year 11 Food Technology Incursion

Friday 21 May:

Year 11 History Debating Competition

2021 School Leaders Awards