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Issue 15, Term 4 - 19 November 2021

From the College Principal



In a time when things are ever changing we take consolation in the words of St Paul: *“Jesus Christ is the same yesterday and today and forever”* (Heb 13:8). It is with these words that we

take some time to celebrate the wonderful events have recently taken place in our College with the Christ at the centre. Our Year 3 students recently celebrated their First Reconciliation meditating on this Sacrament as an opportunity to not only focus on *what went wrong* but reflect on *how to show God more love*. It is with this Sacrament of Healing that our children are working towards to receiving Our Lord himself in the Sacrament of the Eucharist. We are looking forward to celebrating this day together, despite the many bumps and curves we have experienced!

The last few weeks have presented their own difficulties, and have asked all of us to be adaptable once again! We appreciate the many words of gratitude and overwhelming support we have received from our community this term. All the decisions that have been made in recent times have been centred on the safety of all concerned. The tireless work of all staff and parents has not gone unnoticed. We pray that the Lord bless all our efforts!

We recently meditated on the Announcement to Zechariah. He was invited to listen closer to God’s voice and through this event we are reminded of the importance of taking time to be silent and meditate on life’s purpose, examining our interactions with our neighbour. It is so important that we think before we speak! Words are very powerful; they can be used for good or evil. Let us find and use moments of reflection to think about how our words may impact God through our interactions with each other.

Rev Fr. Maroun Youssef
Principal

From the Director of Primary School

I would like to congratulate Year 3 students on making their First Reconciliation this week! The students’ behaviour and respect for the occasion was wonderful to see. Many thanks to the Year 3 teachers and St. Charbel’s staff who prepared the students under difficult circumstances: Mrs Sammour, Mrs Koutrodimos, Miss Lumagbas, Mrs Mardini, Mrs Elia, Miss Partridge and Mrs Mansour.

The focus is now on the students’ First Holy Communion on 4 December. Staff and parents are praying that it will be able to go ahead as planned!

Unfortunately, the school has had a setback this week with a positive case. The occasional positive case is part of the process of moving out of the pandemic phase of COVID. Fortunately, with the COVID safety measures put in place, the school was able to open again quickly. The closure was very inconvenient for parents, however, if a positive case is identified, the College needs to follow the NSW Health guidelines and close for a deep clean

as well as contact tracing. These are both time consuming and painstaking processes, which cannot be rushed.

The school has put several safety measures in place to keep your children safe. These include: the class lines and bag placement on arrival being changed, no assemblies being held, the students being given designated areas of the playground to play in at recess and lunch, the students being told not to play with friends or family members in a different grade, new dismissal lines and the canteen closed to avoid students mixing while queueing to buy.

These measures are on top of the teachers being vigilant with reminding the students to use hand sanitizer, not share items and so on. Rest assured that your children's safety is the school's priority and the teachers are doing everything they can to keep your children safe at school.

If the school is open, it means that NSW Health has deemed it safe to do so and your children are expected to be at school, unless a medical certificate is provided. Keeping your children home without a medical reason is in breach of their guidelines.

The staff really appreciate how supportive and understanding many parents have been. They ask that parents support them by keeping their children home if they are sick. The teachers have had to send several children home who arrived at school unwell, which is unacceptable in the current circumstances because we cannot risk a cough, sore throat or headache being COVID.

A reminder that the students should be wearing their school uniform now that they have settled back into their school routine. Please label all clothing items with your child's name clearly marked to help us return lost items to their owner.

Ms Maree Kelly
Director of Primary School

From the Religious Education Department

Congratulations to the Year 3 students who received their First Reconciliation on Tuesday 16 November. This was an important step in their spiritual journey as they experienced God's mercy in this way for the very first time. It was an intimate ceremony where the students were given time to reflect and join in prayer as a class. Thank you to our monks, Year 3 teachers and parents for supporting, guiding, and preparing the students for this soul-redeeming sacrament. We look forward to celebrating this sacrament with the remainder of

our Year 3 students upon their return. We now ask the community to keep the Year 3 students in their prayers as they prepare to receive their First Holy Communion.

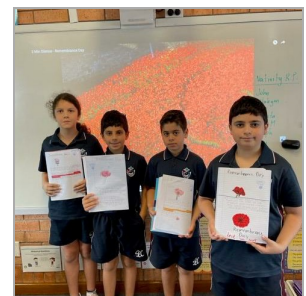
'I was nervous as I approached my first confession, but after speaking with the priest and he guided me, I felt good' – Year 3 Student

Year 3 Sacrament Team



Remembrance Day

4M Class - Mrs Charlotte Souief



From the Visual Arts Department

My visual representation of the poem "A Poison Tree" by William Blake highlights the duality of our

human nature and the consequences of sin, in particular the Deadly Sin of Wrath. I constructed my visual representation in the form of puzzle pieces, a dynamic approach to connect the story, which is an allusion to the Genesis story of Adam and Eve in the Garden of Eden. The vines in the background symbolise how each aspect is integral in communicating the poet's message: that a miscommunication of anger causes personal ruin and sin leads individuals down a path of destruction.

Teacher: Miss N. Loulach

Illustrated by Micheline Tannouri

From the Wellbeing Department

Being kind to yourself / Self-compassion

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.

Self-compassion yields a number of benefits, including lower levels of anxiety and depression. Self-compassionate people recognize when they are suffering and are kind to themselves at these times, which reduces their anxiety and related depression.



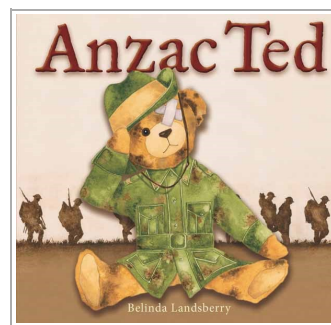
From the Library

Each year millions of people around the world pause for one minute of silence to commemorate those who have fought and died in conflicts since World

War One.

The Armistice was signed on the 11th November 1918 and marked the end of the First World War. More than 60 000 Australians died in this conflict.

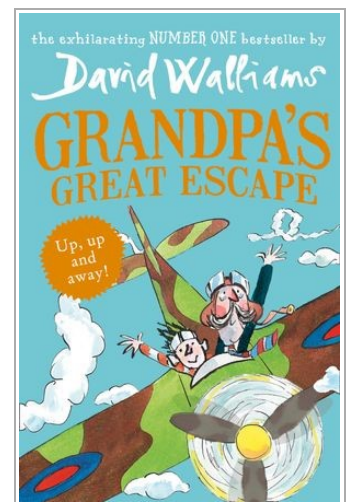
The library holds a wonderful collection of books which help children of all ages explore the themes of war, conflict and peace. Stories help us to understand the past and find our place in the world. Here are two books from our collection which explore the theme of war in an age-appropriate way for Primary School students.



Anzac Ted is a story we often share with our Junior Primary students. It is the beautiful story of a Teddy Bear who goes to Gallipoli and provides company to the soldiers. Anzac Ted is battered and torn, but he has a moving story to tell us about the power

of love and survival.

David Walliams is a very popular author here in the College. Grandpa's Great Escape tells the story of Jack and his Grandpa. Grandpa was a Spitfire pilot in the Second World War and now he believes he must fight again! This story teaches us about the power of memory and the special love between grandchildren and their grandparents.



From the HSIE Department

Over the course of Year 9 History, we have learned about one of the most devastating events of all time: World War 2.

An event taking place between


1939 to 1945, filled with carnage, corruption and pain. Due to this event's major and devastating impact, year 9 is able to learn about this.

However, a method year 9 students have used to learn was not just discussions, but personal responses in the perspective of someone at the time of WW2.

Using 5 sources, a student would choose 1 and pretend that they are an individual during WW2, struggling during this time.


Through this, students gain an opportunity of both learning what has happened during WW2 and gain a higher sense of empathy for individuals during this time.

Ms Ezabelle Ghanem
Year 9 History Teacher



RESPONSE:

Joseph Achmar: The Panzer's mechanics are ringing in my ear as I walk in the deep snow to face our enemy, Russia. Deathly cold encompasses my body, making me fear death to freezing over death to firepower. My fellow companions, all covered in fur coats, nibbling on dry bread offered to us by our generals at home. We were sent here by Adolf Hitler to try and take over the allied power, and although we know it is hard, it is a sacrifice I am willing to make for the honour of my country. My life has built up to this and I know there is no turning back. My name is Ludwig Van Diesel, and I am part of the Nazi Party.



RESPONSE:

Rita Jabbour: As I walk up this dune, the dust fills my eyes, the wind suddenly becomes harsher and harsher. My back is aching, as we have been marching for days on end. My clothes stick to my skin as the heat worsens. All I can hear is the sound of my fellow soldiers' huffs and puffs. The only thing keeping me going is the fact that I'm doing this for my country. For my nation. For my people and for my family. This is only the beginning, I'm not too sure if I will make it back alive, but at least I would've died a hero.

From the Careers Department

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 Personal Trainer *Help people reach their health goals*

What do Personal Trainers do?

Personal Trainers work with individual clients, developing exercise and diet plans to help them reach their health goals. They help people seeking a variety of outcomes, including weight loss, strength, flexibility, general fitness, and even rehabilitation.

If you're fit and active, are a great coach and motivator, and want a job that will help people feel their best, becoming a Personal Trainer could be perfect for you.

The job:

- Assessing a client's current health and fitness level

- Developing exercise plans appropriate to a client's wants and needs
- Providing basic nutrition advice
- Demonstrating movements and exercises for a client
- Teaching clients how to use equipment
- Consulting with other health professionals
- Setting up, monitoring, and cleaning fitness equipment
- Maintaining appropriate workplace health and safety practices

Personal Trainers are most in demand in these locations:

This is a medium sized occupation, with around 24,300 people working as Personal Trainers in Australia in 2020 (source: joboutlook.com.au). There is demand spread fairly evenly across Australia. Most Personal Trainers work in the Arts and Recreation industry.

Personal Trainers can work in a huge variety of locations, including gyms, fitness centres, parks, sporting clubs, lifestyle retreats, hotels, and even from your own home.

How to become a Personal Trainer in Australia

Although it's not strictly necessary, it would be hugely beneficial to complete a VET course if you want to work as a Personal Trainer in Australia.

Step 1 – Complete Year 12 with a strong focus on English and PE.

Step 2 – Complete a relevant qualification, such as:

- [Certificate III or IV in Fitness](#)
- [Diploma of Fitness](#)
- You could even consider a university qualification such as a [Bachelor of Exercise Science](#)

Step 3 – Register for professional membership with [Fitness Australia](#), [Physical Activity Australia](#) or [FITREC](#).

Step 4 – Make sure you have any other qualifications or licences needed to start working, such as indemnity insurance or First Aid qualifications.

Step 5 – Choose a particular area to specialise in, such as weight loss, sports training, rehabilitation, or more.

Frequently Asked Questions (FAQs)

What do Personal Trainers do?

Personal Trainers develop and implement exercise and wellbeing plans based on a client's wants and needs.

Which industries employ Personal Trainers?

Personal Trainers are mostly employed in the Arts and Recreation Services industry.

What options are there for career progression?

You can start out working as a general trainer, then move into a specialised area, such as strength and conditioning, rehabilitation, or working with older clients.

Do I need to go to university to become a Personal Trainer?

No, but you will usually need to complete a relevant VET qualification.

Where do Personal Trainers work?

Personal Trainers are needed all across Australia (and the world).

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

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

1. Volunteer in your community or find work experience in a gym or fitness centre to start building valuable skills and making connections for the future.
2. See if you can talk to a Personal Trainer to see what a day in their life is like.
3. Start working on your fitness and motivation skills – see if you can get a parent or sibling to start exercising with you and cheer them on.

Happy Careers Searching

Mrs Dianna Chedid
Careers Coordinator

2022 Keyboard Lessons

Please see the details below to enrol your child to participate with *Learn Music on Keyboard at School*.

Term dates - 2021 and 2022

2021		
Term 4	Tue 5 Oct 2021	Tue 7 Dec 2021 (Last day of classes)
2022		
NOTES	TERM START	TERM END
Term 1	Years 7 & 12 Commence	Monday 31 January
	Years 1-6 Commence Years 8-11 Commence	Tuesday 1 February
Kindergarten Half Days	Wednesday 2 February	Friday 8 April 2022
	Thursday 3 February	
Kindergarten Full Day	Friday 4 February	Friday 8 April 2022
Term 2	Years K-12	Tuesday 26 April
Term 3	Years K-12	Tuesday 19 July
Term 4	Years K-12	Monday 10 October

COVID-19:

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

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

Coronavirus (COVID-19)

COVID-19 Testing

Who should get tested?

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

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

What to expect when you get tested?

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

What happens after I get tested?

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

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

Where can I get more information about self-isolating?

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


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

How will I get my results?

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

What happens if I test positive?

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



Coronavirus (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](https://www.health.gov.au)

HELP STOP THE SPREAD AND STAY HEALTHY



Australian Government

Authorised by the Australian Government, Canberra

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

© NSW Health May 2020. Image: AFP Photo/2020

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
<ul style="list-style-type: none">• 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

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