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Issue 1, Term 1 - 24 February 2022

From The Principals

We would like to welcome you all back for 2023 School year. We hope and pray that you all enjoyed your summer holidays and are ready for an exciting and rewarding academic year ahead. It is our greatest pleasure to serve as the principals of this wonderful College, and we are excited to work with each and every one of you to ensure that our students receive the best possible education and support.

At St Charbel's College, we believe that education is a collaborative effort that involves all students, parents, and staff members. As such, we encourage open communication between home and school, and we are always available to answer any questions or concerns that you may have. Whether you need to discuss your child's progress, share a concern, or simply learn more about our school, we are here to help.

This year we proudly introduced our two new Assistant Principals. Mrs Joanne Mansour Assistant Principal of Secondary who has been a member of Saint Charbel's College for over 25 years, and has held the role of Director of Mission since 2017 and Mrs Jana Al-Kazzi Rizk Assistant Principal of Primary who has been a member of Saint Charbel's College for 22 years and has previously held the leadership role of Advisor to the Principal from 2014-2016. Together as one team, we aim to advance the College both academically and strategically with our amazing team of teachers, staff and of course the continual

support of our parents. The students of our College are our main focus as we consider the best education we can possibly offer. Our aim this year will be to strive to improve wherever possible to bring out the best possible potential in all of our students.

We opened our school year with a beautiful whole school mass on St Maroun's Feast Day, celebrated by Rev. Fr. Assaad Lahhoud, Rector of the College. St Maroun is the Patron of our Maronite Catholic faith and we pray that St Maroun together with the intercession of St Charbel guides and leads us to a successful year at St Charbel's College.

This past week we proudly celebrated the 2022 High Achievers Ceremony in which the Dux award was awarded to Christian Hazim with an ATAR of 98.45. 2nd place was awarded to Catherine Haddad with an ATAR of 98 and 3rd place to Salim Chidiac with an ATAR of 97.70. We are very proud of all our students, especially the ones who had received an ATAR above 90 as well as those students who received Band 6's in their HSC subjects. We would like to wish each and every one of our 2022 students every success in their future endeavours and hope that they remain proud of having been a student of St Charbel's College, continually carrying with them the pride of their Maronite Catholic faith and heritage. Most importantly, we pray that the Holy Trinity with the intercession of St Charbel our Patron Saint, constantly guides and protects all of our students as they embark on a new journey in their lives.

We would like to bring to your attention that we are aware that many of you will be preparing for your summer vacation in Lebanon. We ask that you give serious consideration to your travel plans. Our commitment is to the children of our College and poor attendance reflects poor education. With the new requirements of attendance

stipulated by the NSW Education Standards Authority, it will be much harder to take unnecessary leave. We are only able to give permission for a maximum of ten school days. We ask that you reflect on the importance of your child's education before making any decision. As outlined above, our best interest is for our students' wellbeing which is why we strongly advise all parents to communicate with your child's teachers at school before any plans are made to book plane tickets for extended holidays.

We implore St Charbel to constantly assist us so that our College always moves in the right direction academically as well as keeping us strong in our faith and conviction, united in the true traditions of our Maronite upbringing and heritage. May this year begin and continue to be rewarding for each one of us as we look forward to working and meeting with each and every one of you.

Fr Michael Sandrussi & Fr Anthony El-Kazzi
Co-Principals

From His Excellency Bishop Antoine Charbel Tarabay

The Australian Law Reform Commission (ALRC) is conducting an inquiry into religious freedom for faith-based schools and other educational institutions as part of its consideration for changes to anti-discrimination laws. These laws currently provide some exemptions for faith-based schools.

However, the current proposal will remove existing religious freedoms being put forward, before any religious protections are put in place. This inquiry was supposed to occur only after a religious discrimination bill had been passed through parliament.

Please see below suggested communication to be shared via your usual channels:

Changes to anti-discrimination laws must go hand-in-hand with laws to protect religious freedom

“Education is integral to the mission of the Church to proclaim the Good News. First and foremost every Catholic educational institution is a place to encounter the living God who in Jesus Christ reveals his transforming love and truth.” – Pope Benedict XVI

The Australian Law Reform Commission (ALRC) is conducting an inquiry into religious freedom for faith-based schools.

The proposed changes would remove or restrict the ability of Catholic schools to prioritise the employment of staff and enrolment of students from our faith background, and operate/teach in accordance with our Catholic ethos.

Please ensure you stay informed. The Consultation Paper on Religious Educational Institutions and Anti-Discrimination Laws can be found on the ALRC website.

You can also ensure your voices are heard. Your feedback is important and will help to shape laws that enable Catholic schools to continue to offer high quality, faith-based education.

There are several ways you can voice your concerns:

- Providing feedback on the ALRC consultation paper by submissions via their website (www.alrc.gov.au/inquiry/anti-discrimination-laws/) by 24 February 2023.
- Providing your opinion in an online survey at this link by 24 February 2023: https://alrc.qualtrics.com/jfe/form/SV_3gw1k6J8iZBCpbE
- Emailing the Federal Education Minister the Hon. Jason Clare MP (jason.clare.mp@aph.gov.au), asking him to help protect faith-based schools in Australia.

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 40 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](http://www.jumprope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started or click on the QR code on the keyring the students bring home next week. www.jumprope.org.au/parents

The jump rope program will begin on **Wednesday 1 March 2023** where the 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 on **Wednesday 29 March 2023**, 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!

Mr. Matthew Ryan
Sport Teacher K-6 and Jump Rope for Heart Coordinator



From Assistant Principal Primary

Dear Parents,

Welcome to the new academic year at St. Charbel's College! We hope this newsletter finds you and your families well and ready for another exciting year of learning and growth.

As we begin this academic year, we would like to remind everyone of the College's mission to provide an exceptional educational experience that encourages academic excellence, personal growth, and a commitment to serving others. Our dedicated staff are here to support each student on their individual academic journey, and we encourage students strive to achieve their personal goals.

Thank you to all the parents that took the time to attend our information sessions. It was great to meet most of you in person as we build this partnership between home and school. For those of you who were unable to attend you can view the presentation of the session via the link provided:

<https://www.youtube.com/live/bnm1WXmZmtM?feature=share>

I wish to remind parents that the St. Charbel's College uniform policy is in effect for all students. Students are expected to be in full school uniform at all times. Please refer to the student diaries for further information. Thank you to all the parents and students who are always adhering to the policy and making sure that the uniform is always worn in a neat manner and with pride.

We are excited to begin this new academic year and I look forward to working together with all of you to create a vibrant and inclusive learning community. Thank you for your continued support of St. Charbel's College.

Sincerely,

Jana Rizk
Assistant Principal- Primary

Message From Primary Learning Support

Dear Parents, Carers and Friends,

My name is Diana Usanmaz, and I am the Head of Learning Support for the Primary sector of the College. I appreciate the wonderful welcoming experience I have had thus far as I join the St. Charbel's College family. Getting to know the children has been lovely. Their smiles are bright, and their spirits are high. I cannot fathom how delighted I am to be able to work in the Learning Support team to support our children at the college with evidence-based intervention practices.

I have had many roles in my career as an educational practitioner, beginning as we all do in the classroom. I have previously held the title of Curriculum Coordinator, Stage Coordinator, Head of Campus, Director of well-being and most recently, Head of Learning Support.

Intervention and diverse learning are more than a passion of mine; it is the pedagogy I follow. All our students have a right to access the curriculum, and it is up to us to give them the opportunities to learn as their peers. As such, the Learning Support Department aims to collaborate with you, the parents and carers, as well as the teachers, leaders and external support agencies to place the best possible intervention processes so each child can access the curriculum and learning.

To achieve this, our aim in the Learning Support department is to make adjustments to move the barriers blocking our children (St Charbel's children) from reaching or performing academically, socially, emotionally and physically. Hence, learning may be modified, simplified or organised in various ways. Taking on the theory of Universal Design for Learning to incorporate a Multi-Tiered System of Support (MTSS) framework is the model we aim to follow.

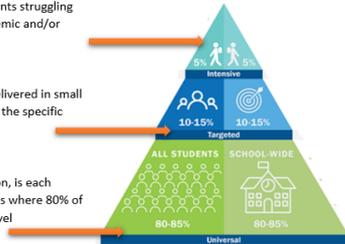
Why Multi-tiered System of Support (MTSS)?

All students benefit from instruction in an inclusive whole school setting incorporating evidence-based teaching strategies. This is known as Universal Support or Tier One. Some students need help to grasp the concept or understanding at a universal level (classroom teacher intervention) and may require and receive targeted Tier 2 instructional support. Alternatively, some students may have more in-depth intervention and may need and receive targeted Tier 3, 1:1 Instructional Support.

Tier 3 intervention is intensive support for students struggling with significant learning gaps and needing academic and/or behavioural support.

Tier 2 intervention is at stage/grade level and delivered in small group settings. The learning is designed to meet the specific needs of students with similar learning barriers.

Tier 1, or core/universal differentiated instruction, is each student's daily grade-level instruction. This Tier is where 80% of our students should be (meeting grade grade-level)



In an educational context, when students receive the same content, not all will achieve in the same way.



Our Learning Support department aims to consult and collaborate with the families, staff, and external specialists in partnership to provide evidence-based intervention and remove the barriers or obstacles that may impede our children's learning. By working together, we can give your child (our children) the best possible education.



Ideally, we would like to live in a world where all have the same access to and equitable opportunities for education.

Kind Regards,
Mrs Diana Usanmaz
Head of Learning Support (K - 6)

Primary Pastrol Care

On March 15th Year 5 & 6 will be attending a Pastrol Care incursion which targets positive relationships with their peers.

For more information please click on the link below.

<https://www.unleashingpersonalpotential.com.au/positive-peer-relationships>

Mr Christopher Tanza
Pastrol Care Coordinator

Sydney Academy of Chess

SYDNEY
ACADEMY
OF CHESS



CHESS!!

Learn to be a chess champion! Coaching for students at St Charbel's College (Punchbowl) is held on **Friday** from **1:25 PM - 2:05 PM**.

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 now enrol online: <https://sydneyacademyofchess.com.au/payment> and Enter the code: **J9K4XEG6PW**

For all enquiries please e-mail office.sydneyacademy@gmail.com or call us on 97451170

Year 8 School Farm Visit

The Year 8 students enjoyed being the first to plant some herbs in the school garden beds as part of their farm to fork program in Food Technology. They nourished the garden beds with fertiliser and planted mint and oregano as a first step to establishing a herb and vegetable garden which will be used as part of the students cooking practical. The students are also planting their own seeds at home and watering / observing these as part of their assessment task. Happy gardening Year 8!



Europe History Tour April 2024

A SCC Europe History tour is planned for April 2024.

This is an exciting opportunity for students who will be in Years 10, 11 and 12 in 2024 (ie students who are currently in Years 9, 10 and 11) to travel and explore the fascinating histories of 20th century Germany and ancient Rome. It will be the first time in 6 years since the last SCC Europe History tour.

Previous SCC Europe History tours in 2015 and 2018 included 25 students and 6 teachers who explored the histories, cultures, sites, landscapes, peoples and foods of the countries visited. The previous tours, the travel company we are using - Libertus Travel, provides a tour manager for the whole 2-week duration of the tour.

The planned April 2024 tour will include Germany visiting Munich, Nuremburg and Berlin and learning about the rise and fall of the Nazis/Third Reich and Cold War Germany. Then we will fly to Italy and visit the ancient towns of Pompeii, Herculaneum and Rome including a day at the Vatican, St Peters Basilica and the Sistine Chapel.

There will be an information night on Monday 13th March starting at 6.30pm in the Mary MacKillop Room where a representative from Libertus Travel will outline the tour details and answer any questions. If your son or daughter is interested in going on the Europe tour in April 2024 they must return the Expression of Interest permission slip by Friday March 10.

If you have any questions about the tour you can email Mr John McKelleher at: jmckelleher@stcharbel.nsw.edu.au

Mr John McKelleher
Head of HSIE

From The Wellbeing Team

10 TIPS TO HELP YOU

Cool Down ^{when you feel angry}



- ✓ Step away and change your focus.
- ✓ Take slow, deep breaths, zooming all your attention to your breathing.
- ✓ Squeeze then relax your muscles.
- ✓ Count to 20 (or 50 or 3629 or more).
- ✓ Move! Walk, run, or crazy dance it out.
- ✓ Tell yourself to "chill out" or to "take it easy".
- ✓ Stop and think before you speak.
- ✓ Stand on one foot. Then the other, for as long as you can.
- ✓ Use humor (not sarcasm).
- ✓ Go outside and get some fresh air.

WholeHearted School Counseling

Building Mental Wellbeing

1. Get healthy: be active, eat well, and get enough sleep

A healthy, well-nourished, and rested body provides the foundation for your mind to function at its best. A balanced diet, making sure you get regular exercise and a consistent bedtime go a long way to helping.

2. Keep learning: challenge your mind and seek out new things

Stimulate your brain and keep it engaged with new ideas and experiences – it could be as easy as doing daily sudoku, taking an online tutorial or listening to an informative podcast.

3. Show kindness: give back, show gratitude, and bring joy to others' lives

Studies have shown when you do good, it delivers a bigger happiness boost to you than the person you're helping! Volunteer, help a neighbour or just send a thank you note to someone.

4. Connect more: develop relationships, stay connected, and care for each other

Feeling connected to groups of people and having social interaction is hardwired into our DNA – without it we don't feel as good. Try spending more time with family and friends, having lunch with co-workers, or just chatting with the person serving you at a café.

5. Take notice: be mindful, stay in the moment, and experience the world around you Daily life can be busy and stressful. Take a

moment to stop and focus on the present. This is called mindfulness and has a powerful effect on your mental wellbeing.

6. Embrace nature: Step outside, connect with the natural world, and take care of the planet. Research proves that spending time in nature has big benefits for your wellbeing. Not to mention other health benefits like building your immune system and lowering blood pressure.

From The Career's Department

I would like to take this opportunity to welcome you back to another school year. I hope you all have had a great break and look forward to an exciting term 1.

The aim of Careers education is to help students develop the skills that are needed to evaluate potential career paths. The choices they make in school have long-lasting impact on their career. The aim of the Career meetings is to provide students with the skills, knowledge, and encouragement to get the most out of their desired career path.

Please feel free to contact me via the school office or email if there are any Careers related issues you would like to discuss.

Careers in the Spotlight

How to become a Midwife

Midwives are healthcare professionals who specialise in pregnancy, labour, and birth, providing antenatal and postnatal advice. They monitor, care for and support women and their babies, as well as their partners and families.

Midwives may work in hospitals (in wards, delivery suites, clinics, operating theatres, or special baby care units), in the homes of expectant and new mums, or community clinics. They are part of a care team and often work with other midwives and nurses, doctors and surgeons, social workers, and health visitors.

If you're great with people, love babies and are looking for a diverse and challenging career that's all about creating connections, forging trust and multitasking, midwifery could be worth considering.

About you:

- Excellent people skills, kind, caring, and compassionate
- Passionate about helping people
- Good communication and observation skills

- Organised and able to multi-task without losing focus
- Willing to work long hours and do shift work
- Can remain calm and positive in stressful situations
- Strong emotional intelligence and mental strength
- Enjoys working in a team environment
- Committed

The job:

- Examining and monitoring pregnant women
- Assessing care requirements and writing care plans
- Undertaking antenatal care in hospitals, homes and GP practices
- Referring women and their babies on to doctors or other specialists and services if required
- Performing screening tests
- Providing information, emotional support and reassurance to women and their partners
- Taking patient samples, pulses, temperatures and blood pressures
- Caring for and assisting women in labour
- Monitoring and administering medication, injections and intravenous infusions during labour
- Monitoring the foetus during labour
- Advising and supporting parents about the daily care of their newborn babies including breastfeeding
- Helping parents to cope with traumatic births, sick babies, miscarriage, termination, stillbirth and neonatal death
- Writing records
- Tutoring student midwives
- Identifying risks in pregnancies, labour and postnatal situations

How to become a Midwife

You will need to complete an approved university-level qualification and register with the Australian Health Practitioner Regulation Agency (Ahpra).

Step 1 – Complete Year 12 with a focus on English and Maths. Biology, Chemistry, and Health may also be useful

Step 2 – Study an approved university-level qualification, usually a Bachelor of Midwifery. You can see a full list of approved qualifications [here](#).

Step 3 – Apply for general registration as a Midwife with Ahpra.

Step 4 – Start working as a qualified Midwife.

Step 5 – Consider undertaking further training and endorsements.

Find out more here –

<https://www.nursingmidwiferyboard.gov.au/>

<https://www.ahpra.gov.au/>

Frequently Asked Questions (FAQs)

What options are there for career progression?

There are extra qualifications and training you can take after becoming a Midwife to further your skills. You might also like to consider moving into a different field, such as nursing, or even upskilling to become a Doctor.

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

Yes, you will need to complete a university-level qualification and register with Ahpra in order to practise as a Midwife in Australia.

Where do Midwives work?

Midwives don't just work in hospitals; they can also work in private and specialist clinics, in community health services, and more.

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

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

1. Consider studying a health-based VET qualification while at school – this will give you a head-start on your studies, and could even be used to gain entry to a university degree in some cases.
2. See if you can find work experience in any health-based setting, such as a hospital, doctor's office, aged care home, or community health clinic. This will help you build valuable skills and get a taste for a career in this field.
3. Talk to a Midwife to see what a day in their life is like. If you don't know anyone, see if you can watch videos or documentaries about a career in construction or as a Midwife.

Happy Careers Searching

Mrs Dianna Chedid
Careers Coordinator

Upcoming Events

Monday 27 February

- Year 11 & 12 Elective music excursion

Tuesday 1 March

- Primary Jump Rope for Heart

- SRC assembly Year 7-12

- Primary Swimming Championships-
Conference 2

Friday 3 March

- Year 8 Spirituality Day

- Year 11 & 12 Visual Arts Excursion

Monday 6 March

- Primary school Vision checks

- Year 11 Pastrol care incursion

Tuesday 7 March

- Year 7 Vaccination

Wednesday 8 March

- Pupil Free Day

Friday 10 March

- SRC Leader's Day- Year 7-12

Monday 13 March

- Year 7-12 Vision Checks

Tuesday 14 March

Year 7-12 Vision Checks

Tuesday 15 March

- First day naplan years 3,7 & 5
- Year 11 & 12 Textiles Excursion
- Year 5 & 6 Pastrol care incursion

Wednesday 16 March

- Naplan- Year 3 Reading and writing Catch-up
- Naplan- Year 5 Writing

Friday 17 March

- Feast of St Patrick
- Naplan- Year 5 Reading
- Naplan- Year 9 Reading
- Naplan- Year 7 Catch-up reading
- Naplan- Year 9 Catch-up Writing