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14 July 2017

Visitors' Day



Visitors' Day Friday 21 July
 9am - 10.30am

A vibrant and engaged community. Our Lady's College nurtures each girl academically, socially, physically and spiritually.
 Your daughter will be encouraged to enjoy a love of learning by our highly dedicated staff and our small class sizes ensure individual and personal attention.

Invest wisely in your daughter's secondary education.
 Phone today to register for our Visitors' Day.
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into preparing the reports, the report is only as good as the subsequent conversation that it generates – the focus always being that the student has done her very best. There are a number of factors that influence student outcomes, one of the most significant being feedback. I encourage parents to take advantage of the interview process so as to delve more deeply with your daughter(s) about her learning and opportunities for further growth. Bookings for interviews are possible via the School Portal and the PTO icon.

This Term we **welcome to staff:**

Ms Clare Michelsen who is covering Ms Geraghty's classes while she is on long service leave. Any queries about Vocational Education and Business can be directed to Mr Gordon Stacey who is our Acting Curriculum Leader for this area during Ms Geraghty's absence.

Congratulations!

- Tayla Doyle, recipient of the Pierre De Coubertin Award for Our Lady's College this year. This award is presented to students who display the Olympic ideals of fair play and sportsmanship. You can find a link to the article in the local Quest paper via our Facebook page below.

<https://www.facebook.com/OLCAnnerley/>

Principal's Message



Welcome to Term 3.

I trust that all families had an enjoyable break over the holidays.

Semester 1 reports were available on the School Portal for downloading on Monday July 3, and **Parent/Teacher/Student Interviews** are scheduled for July 25. While a lot of time goes



- Phoebe Welch has been selected to travel to Los Angeles, California with District Studios dance team. After an overwhelming amount of entries around the

world, District Studios dance team has qualified to represent Australia to compete with 30 other countries on the World Hip Hop International stage at World of Dance Los Angeles Finals 2017.



Upcoming Events!

Monday 17 July – **Inter-House Athletics Carnival** held at QEII, Nathan. Parents are welcome to visit and watch the girls throughout the day.

Tuesday 18 July – **Awards Morning Tea** – parents of award recipients are invited to join us for this ceremony. Please ensure that you RSVP to the College office to assist catering arrangements for morning tea.

Friday 21 July – **Visitors Day** – we are interviewing now, students currently in Year 3 for Year 7 in 2021. If you have a daughter in Year 3, 4 or 5, please contact the office to arrange an interview time and to book into Visitors Day.

Sunday 23 July marks the beginning of **Catholic Education Week**. We will have student representation at St Stephen's Cathedral for the 2.30pm Mass. During this week, we welcome Mr **David Lawrence**, international choir conductor. David will run **workshops** with our girls. St Laurence's College and three local primary schools St Elizabeth's, St Sebastian's and Mary Immaculate will join us for a **concert on Thursday 27 July**.

Tuesday 25 July – **Parent/Teacher/Student Interviews**
- **Year 10 Subject Information Night**

Wednesday 2 August – **External Review** – Every five years marks a visit by an external panel to review educational and compliance elements of the College for the government. Thank you to the parent, student and staff representatives who have agreed to meet with the panel during the day.

I look forward to meeting with families at one of the many upcoming events.

Shalom

Paula Goodwin
Principal

Community Matters

Welcome back to Term 3 and the beginning of a new semester. At lunchtime today our last Spirit Day for the year was held, this was dutifully lead by the Year 12 House Leaders. The House Leaders once again came up with a unique way to prepare the student body for Monday's Athletic Carnival. A reminder that normal school hours apply for all students on this day (no early finish for Year 11 and 12) and that the students will be transported to and from the carnival via charter bus. Students are to wear their PE uniform to and from school on this day.

At the end of last term, the Year 11 student body began their preparation to lead the school in 2018. A part of this process involved a presentation of the Year 12 Student Leader roles, as there will be some changes from the current system. The changes have been founded through a process that involved consultation and feedback from students, staff and the Parents and Friends.

Year 12 Student Leader roles from 2018 will be:

- 2 College Captains
- Cultural Committee Leader
- Liturgy Committee Leader
- Social Justice Committee Leader
- Sport Committee Leader
- Kelly House Leader
- Lambert House Leader
- MacKillop House Leader
- Woods House Leader

Lucy Toumbas, Year 11 Pastoral Leader, will continue the process of developing the whole cohort for leadership of the college as well as outlining how students can nominate their interest for these roles.

On Friday morning 21 July, we will be holding a Visitors' Day from 9am. This day provides prospective families with an opportunity to see the school in action on a tour led by our Year 12 Student Leaders as well as an opportunity to hear from members of the College Leadership Team. Thank you in advance to the staff and students who will assist in the implementation of this event.

A reminder that in Term 3 there is an expectation that all students in Years 10, 11 and 12 will wear the College Blazer as their outer garment to, from and at school in the cooler weather. Chocolate coloured tights are an option instead of the socks on colder days. These are available for purchase from the uniform shop. The school jumper is to be worn with the sports uniform on colder days.

Please be aware that there have been some changes made to the Canteen Menu in Term 3. The most up to date menu has been placed on the Parent Portal. If your child has any specific dietary requirements that need to be catered to please encourage her to speak to our Canteen Convenor, alternatively you can contact her via the school telephone system.

All the best for the fortnight ahead.

Dona Archer
Assistant Principal
Student Wellbeing

In the Tradition

Year 11 Reflection Day

On Monday 24 July, Year 11 students will have their annual Reflection Day. There will be no formal classes on this day and students will be working in the hall after PC. This day will be facilitated by Michael Fitzpatrick who will assist the students to explore an understanding of servant leadership. This concept is the basis of leadership structures within Catholic Education including our Student Leadership Team. Michael encourages the girls to recognise leadership in themselves and acknowledge this in others. The feedback from students about this day is always positive.

In God's love,

Linda Brandenburg
Assistant Principal
Religious Education



Campus Minister

COMMUNITY WEEK

During Community Week (also Refugee Week), the Mission and Cultural Committees celebrated the diversity in our community by hosting a multi-cultural dance performance and pizza lunch. The girls raised \$220 which will go to supporting the legal aid clinics which offer pro-bono support for refugees to make protection claims.

NAIDOC WEEK

During the holidays, we acknowledged NAIDOC Week providing an opportunity to recognise Aboriginal and Torres Strait Islander history, culture and achievements and to acknowledge and celebrate the contributions that Indigenous Australians have made to our country and our society. I was privileged to be in north western Australia at the time, where many schools have significant indigenous enrolments. They celebrated enthusiastically with events and activities held throughout their communities. The theme for NAIDOC Week, Our Languages Matter, emphasises the role that Aboriginal languages play in cultural identity, linking people to their land and water and in the passing on of Aboriginal history, spirituality and rites, through story and song.

PRAYERS PLEASE...

In acknowledging NAIDOC Week, we pray that we may appreciate the wisdom of the indigenous elders and work towards reconciliation and right relationships with Aboriginal and Torres Strait Islander Peoples.

Blessings,

Kay Holmes
Campus Minister

Guidance Counsellor

Adolescent sleep and mobile phone use

During adolescents, the brain is undergoing significant growth and developmental changes, and sleep is a vital part of this process. Research suggests that ideally teens should be sleeping for a minimum of 8.5 to 10 hours per night, with suggestions that the brain development occurring during this time may call for more sleep than in childhood. Lack of sleep can have a profound impact across all areas of development, including physical and mental health, social relationships, behaviour, memory, learning and attention.

In addition to the daily expectations placed on adolescents such as study, work, sport and extra-curricular and family activities, technology is having an impact on the amount and quality of sleep that adolescents achieve. Research suggests that the light emitted from electronic devices, particularly the blue light given off from screen use, negatively impacts the release of melatonin in the brain, affecting the onset of sleepiness. With research suggesting that adolescents are more affected by these light emissions than adults, resulting in greater suppression of melatonin in the brain and therefore reduced sleep onset and quality.

A recent longitudinal study of Australian high school students has found that poor sleep quality, associated with late-night mobile phone use, was associated with a decline in mental health, including self-esteem and coping ability, and an increase in depressed moods. This research found that adolescents who reported less restricted access to mobile phone use, i.e. greater night time mobile phone use, had higher levels of depressed mood, externalising behaviours and lower self-esteem and coping abilities. The article suggests that night time phone use, such as social media and messaging activity, disrupts sleep in two ways, the light emitted from the screen disrupts the brains natural sleep rhythms, and notifications and messages increase the brains cognitive and emotional arousal.

General recommendations suggest that an hour prior to going to sleep we stop using electronic media, and that creating a physical barrier by removing mobile phones and media sources from bedrooms at night can be a valuable way to promote change. Any decision like this in a family will be better facilitated with family discussion and parental role modelling of proposed changes.

Source: Vernon, L., Modecki, K.L., & Barber, B.L. (2017). Mobile Phones in the Bedroom: Trajectories of Sleep Habits and Subsequent Adolescent Psychosocial Development. *Child Development*. doi:10.1111/cdev.12836

Year 7 updates

After a successful trial in term 2, the year 7 chill out zone will continue every Thursday at lunch time throughout term 3. This will be a place where students can engage in semi-structured activities with one another, supporting peer connections and engagement. If you feel your daughter would benefit from attending this activity, please feel free to mention it to them at home. Girls will also be informed of this opportunity through their regular lessons and notice boards at school.

Year 10 updates



To finish off term 2, the year 10's had the opportunity to explore university life, touring the Griffith Nathan Campus. This was a great afternoon excursion after a morning discussion about career's and future study options. Students received their QTAC prerequisite guides that will help them consider senior study selections with knowledge of tertiary prerequisites. We also explored useful websites in considering, preparing, and planning senior study selections and career pathways.

Year 12 updates

This term I will be speaking with the year 12's about career pathways and QTAC submissions. All year 12 students are also welcomed and encouraged to make a time to meet with the guidance counsellor for further information in this area. Students may access this support through student services.

Career Information

The options career bulletin provides current career related information and can be downloaded from the OLC Blog, and is emailed to all year 10 – 12 students. Edition 11 shares information on course and institution updates and open days, career Expo dates, information on career exploration and useful websites, and details for Australian defence force information sessions. Information about financial assistance and scholarships, TAFE options including upgrading, dual degrees/awards, and credit transfer options, gap year programs, study skills information (BCC library homework help, common mistakes, and procrastination tips). This resource is a wonderful one stop information point for all current study/career information.

Kelly Worrell
Guidance Counsellor

Middle Leaders Report

Mathematics Matters



On the second last day of Term 2 our Year 7 and Year 8 students spent two thirds of the day engaged in Mathematics. As part of our Community Week program they completed an Inter-House Mathematics Team Relay challenge and worked with 'World of Maths Pty Ltd' to complete a variety of challenges that showcased the use of Mathematics in real world problems. It was wonderful to watch the students apply their mathematical understanding and skills, drawing on various concepts to solve problems.

Meanwhile, our senior Mathematics B students spent a great deal of Term 2 applying laws of trigonometry, differentiation and integration to complete a report centred around the partial or complete reconstruction of a 'Oldtime' rollercoaster; a concept recognisable to anyone who visited Luna Park in Melbourne recently, finding it closed for maintenance and a partial rebuild.

Our Morning Maths sessions will recommence on Tuesday and Wednesday mornings (7:30am-8:30am) in **Week 3**. These sessions allow students to refine their mathematical skills by providing them a space to work with others, individually or with staff on the maths of their choosing. For further information regarding these sessions please contact Mrs Kate Brims via email at kbrims@bne.catholic.edu.au.

Kate Brims
Mathematics and Numeracy Middle Leader

Year 12 News

Senior Formal 2017



On Thursday 22 June at Hillstone St Lucia, the most anticipated event on the Year 12 calendar was held, the 2017 Senior Formal.

The arrival of the limousines at the clock tower, signalled the beginning of the evening as the Year 12 girls and partners stepped onto the red carpet to be greeted by staff, family and friends. The cameras flashed as proud parents watched their daughters arrive amongst compliments on their stunning dresses, glamorous hairstyles and fabulous but excessively high heels.

Mocktails and canapes were enjoyed until on cue, the code word "fountain photo" came from Mrs Amos and the Year 12 girls gathered for a group photo before entering the Rosewood Room.

After the girls formally introduced their partners to Mrs Goodwin and the Leadership Team, Patricia and Ellie officially welcomed everyone to the event and Katlin read grace, the guests enjoyed a three-course meal and quality time with the professional photographer, who capturing all the glamour of this special evening.

The DJ's playlist kept everyone on the dance floor most of the night, despite the pain from dancing too long in high heels. Mrs Amos' words from the formal etiquette classes, "you never remove your shoes at a formal occasion", resonated with the girls, so they danced on, weathering the pain with a smile.

The end of the evening came too soon and it was, before we knew it, time to say goodnight. The thankyou's were made, the last song was played and the senior formal for 2017 was concluded. The girls exited the Rosewood Room, holding their dress trains in one hand, their photo booth pics in the other, thrilled with how the evening had gone. They were all now heading home, well, that's what they told Mrs Goodwin!

A big thank you to the formal committee Ashley, Nancy, Amy, Ellie, Charity, Ruby, Emily, Elly, Patricia, Josephine, Kaitlin and Tayla who assisted Mrs Amos with making this a truly memorable evening.

Celeste Amos

Pastoral Middle Leaders Year 12

School Leaver survey

2017 Early School Leavers survey

The Queensland Government is conducting its annual statewide survey of students who left school in Years 10, 11 and prior to completing Year 12 during 2016. The Early School Leavers survey is a short, confidential survey that collects information about what young people are doing the year after leaving school.

Between July and August, students who left school in Years 10, 11 and prior to completing Year 12 last year can expect to receive an invitation to complete a web-based survey or a telephone call from the Queensland Government Statistician's Office to complete the survey. Please encourage them to take part.

For more information, visit the link below or telephone toll free on 1800 068 587.

<http://www.education.qld.gov.au/nextstep/>

UQ News

UQ & Duchesne College Open Day

The University of Queensland will be holding its Open Day on 6th August 2017.

Duchesne College, a Catholic women's residential College with the grounds of The University of Queensland, will also open its doors on this day allowing students and parents the opportunity to view the College and speak to staff and students about living within a large University campus.

Please find attached a flyer for your information

College Newsletter and 2017 Calendar

Access our College Newsletter and 2017 College Calendar via the College website

<http://www.ourladyscollege.qld.edu.au/>

Important Dates and Deadlines

17 July - Monday	Inter-House Athletics, QSAC, Nathan
18 July - Tuesday	College Awards Assembly & Morning Tea – College Hall Parents & Friends Meeting 7:00pm Board Room
19 July - Wednesday	Sports Rd 6 NB/S/JV
21 July - Friday	Visitors' Day
23 – 29 July	Catholic Education Week
24 July - Monday	Year 11 Reflection Day
25 July - Tuesday	P/T/S Interviews 3:30 – 6:00pm Market Place 7:00pm Year 10 Subject Evening 7:30pm
26 July - Wednesday	Sports Rd7 NB/S/JV
31 July - Friday	Year 11 Biology Excursion

Absentees

Please Phone: 07 3426 8095 prior to 9.00 am daily

Email Link: www.ourladyscollege.qld.edu.au

Absentee Email: absenteeOLC@bne.catholic.edu.au

Or via the Parent Portal