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15 February 2019



smoothly. We look forward to announcing the winning house at our College Assembly next Tuesday.

Following our Mass on Tuesday this week, we commissioned our Senior Class of 2019 into leadership and witnessed their shared commitment to the year. Congratulations to our elected student leaders:

Co-Captains:	Paige Mackie and Celine Aswad
Liturgy Leader:	Darelle Nguyen
Social Justice Leader:	Natasha Lai
Cultural Leader:	Kenisha Dsouza
Sport Leader:	Shenaya Salgado
Kelly House Leader:	Marie Inoncillo
Lambert House Leader:	Evey Sinclair
MacKillop House Leader:	Adriana Lokhorst
Woods House Leader:	Fariala Ndaya

Leadership is a topic that generates much discussion. We hear a constant narrative in the media at the moment where leaders are advocating the building of walls – and with it – the dividing of nations. Sr Melissa Dwyer wrote of this last week in the Catholic Leader,

For months we've heard United States President Donald Trump talking endlessly about his wall between the US and Mexico. With the Brexit debate there is talk of reintroducing borders in parts of Ireland. Added to this, since 2001 (the lifetime of our Year 12s) walls have been built to divide more than 30 countries around the world. Even in our own neighbourhoods we are told that the higher the fence, the safer we are...

At World Youth Day in Panama, Pope Francis reminded us, to not create walls but rather to build bridges.

This call to harmony, to unity, is the journey we are each called to walk.

We are called to build bridges in our families, in our work places, in our communities and in our daily lives. We build bridges when we give a positive interpretation to the actions of others. We

Principal's Message

It is a pleasure to be back in our community and to share two important occasions this week: the interschool swimming carnival on Monday and our Mass to Bless the School Year on Tuesday. I am grateful for the well wishes that I received wishing me a speedy recovery and to the College Leadership Team (Mr Anthony Stevens, Mrs Dona Archer and Mrs Linda Brandenburg) for ensuring a positive start to the school year for our community.

Thank you to Mr John Boumford for his organisation of the interschool swimming carnival and to our House Leaders for a spirit filled day. It is always lovely to have parents join us for some or all of the time at our carnivals, and we are most grateful to the Our Lady's College staff who ensure that the day runs

build bridges when we choose to turn the other cheek rather than seek revenge when people hurt us. We build bridges when we affirm someone for their efforts rather than point out their shortcomings.

Such actions align with Jesus' model of leadership – to be people of service. We are reminded of this in act of the washing of the disciples' feet at the Last Supper. Such an act of service showed respect for others through practical witness. We see this also lived out in a homegrown Australian example of St Mary of the Cross MacKillop. The sisters recall a story of a difficult matter to be resolved for a rural convent. Mary went to visit – but seeing that the sisters were engrossed in conversation solving the matter, went to the kitchen to cook a meal. Mary knew that that this act would meet the greatest need in that moment. This was one of many examples of acts of service that Mary provided – and in doing so, she is a fine example of a person who chose to build bridges.

Our Year 12s have encapsulated an understanding of bridge building in their Leadership Pledge when they said,

"We will strive to shape a community that is unified, supportive and accepting. We will work as a team to embrace our school values of compassion, service, justice and integrity as we encourage and inspire all to strive ever higher.

We will create a sisterhood that is strong and empowering and demonstrate the belief that girls can, indeed, do anything."

In 2019, let us strive to be builders of bridges, not walls, in our daily encounters with one another. Let be ever more conscious of the need for us to be united, and ready to have open minds and hearts to accept the good of the other – so that indeed we let no obstacle deter us from proceeding with courage!

Teaching and Learning

On Monday, we held our annual College Swimming Carnival. Thank you to the organisers (especially Mr John Boumford) and all workers for the preparations and the successful running of this carnival. The girls were particularly energetic as they motivated their House groups with great spirit on the day.

Our College Diary mentions briefly the types of homework, but it is important to see how students view homework. In Mathematics particularly, it is essential that students see homework as a means to absolutely master a required skill so that progress beyond the skill can happen in the subsequent lessons. Students who tell parents how long they've been working, rather than what they've achieved, risk doing "time" rather than meaningful "homework". The object of the homework is the learning, not the spaces filled with ink. Ask your daughter to explain her work to you when checking their homework and you can quickly determine how successful her efforts are in this area. Rather than just remembering facts, they should be looking more deeply at the work to determine patterns and styles so that this can add more meaning to their learning.

In classes, teachers are outlining the Learning Intention and, with the students, determining the Success Criteria. This means that your daughter should be able to tell you WHAT they have been learning in each of their classes and HOW WELL they

are going in achieving the expected learnings. Ask them - frequently.

Year 11 students will soon start working on their iSMART goals to inform their study behaviours this term. Essentially, they must identify an area (or two) of priority and determine strategies to assist with achieving success in this area. After identifying the strategies to success and listing the support people to who can assist, students set about making steps toward achieving their goals. The place of homework and revision can also play an important part in this discussion. Academic Mentors are crucial in the conversation between students, parents and your daughter's teachers.

The Queensland Curriculum and Assessment Authority (QCAA) has made provisions for students to "bank" credits for external courses so that they can be included in the count for Ranks and QCE's in Year 12. This means that students, who privately study music, languages or other approved subjects with exams, can apply to have them added to their official results from QCAA. Students are directed to negotiate with their private teachers about the entry of qualifications, as schools have no authority to act on any external certification. As well, some students choose to sit for the External Examinations held for the QCAA at the end of their final year. Over the past number of years, we have had students who sit for language exams to take advantage of the extra BONUS RANK points offered by various universities and to boost their OP results. Students in Year 12 wishing to complete this exam must make contact with me directly to apply for this opportunity. Exams are available in a number of languages covered by Saturday school classes in many parent communities. Many of our highest achieving students from last year used bonus rank points to enhance their rankings which, in turn, guaranteed their first choice TAFE options.

The curriculum at Our Lady's College is designed to be flexible – allowing students the time to "add-on" components to their learning. We have an impressive number of senior students who are able to take advantage of this flexibility to include School Based Traineeships and TAFE qualifications. Again, in 2019, we are partnering with external providers to increase the resources available to students. Currently, in Year 12, we have an external provider (Binnacle) offering the Certificate III in Business being delivered onsite during class time.

Later in the year, when the registrations for the enhanced studies programs (and other similar programs) become available, more of our students will be able to avail themselves of this opportunity.

Alternative Learning Programs

Some of the options mentioned above result in a variation to a student's timetable. Some students are involved in alternative programs, both within and outside the College, and this results in extra study lessons throughout the week. Students who are affected are given a personalised letter explaining that they will be provided study periods in Ad Altiora Place to support this alternative program.

Assessment Schedules

Assessment schedules for all years are available to students in electronic form via the College's Student Portal and this

information is available to parents in the Parent Portal. When these have been checked, they will remain as the final version as reference for parents and students. If you note any variation or discrepancies, please alert the College. At all times, the dates provided directly on actual Assessment Items are the official dates for draft and submission of assessments.

Year 12 students will have a smaller exam block in the second last week of this term with final details being distributed closer to that date. Year 11 interim assessment item dates were published last year and will be confirmed within the next week or so with the Year 11 cohort, as the final checking of the new syllabus subject timings takes place.

Have a great week.

Anthony Stevens
Deputy Principal

Community Matters

Spirit Day and Inter-House Swimming Carnival

On Friday of Week 2 the Year 12 cohort organised a Spirit Day activity during lunch time to encourage all students to embrace their House Spirit ahead of Monday's Swimming Carnival. The Year 12 Student Leaders organised a small-scale scavenger hunt that stimulated interaction between the different year levels as well as giving students the opportunity to earn precious McKnoulty Points for their House. The theme of fun and enthusiasm was once again ignited at the Swimming Carnival on Monday of this week. All participants are to be commended on their determination during their races. We all wait in eager anticipation for the announcement of the winning house.

Friendship Day and Red for Rosies Day

This Friday, the SRC organised a Random Acts of Kindness Challenge for Our Lady's College students to remind them of the importance of being friendly to every member of our community. Each year the SRC organise an activity like this one, near to or on Valentine's Day in recognition of the valuable relationships the students have with one another. I certainly enjoyed, all the students who thanked me at the end of my lessons and witnessing the high 5s while walking to class. On this day, the Year 11 and 12 Pastoral Care Classes held activities to raise funds for Rosies Street Van, red accessories wore worn and sweet treats were on sale. Congratulations to all Year 11 and 12 students and their teachers for a well planned and executed fundraiser.

Parent Afternoon Tea

This afternoon, Year 11 and 12 Pastoral Leader Phil Parkinson and Guidance Counsellor Anna Wallace hosted an afternoon tea for parents of students in Year 11 and 12. The event aimed to provide an opportunity for parents to discuss strategies to support their daughters over the next 12 months. Thank you to Phil and Anna for their organisation of this activity.

Friendship Lessons

Pastoral Care lessons and the Big Sister Program are ways that we nurture the growth of social skills in the younger students of Our Lady's College. It can be emotionally challenging to find

a young woman who is struggling to find her people or having issues within a group of friends. As a staff, we work hard to be supportive and offer advice. Students and parents have unfortunately been inundated, by the media, with unrealistic expectations of friendships based on images of lifelong BFFs and more recently #rideordie. Western Australian educational writer Linda Stade suggests that there are 5 key points that tweens and teens need to know when it comes to friendship:

1. Friends serve a purpose
2. Having friends is different to being popular
3. Friendships are only as good as your boundaries
4. Conflict in friendships is normal
5. Most friendships don't last forever

To read the full article please click on the link below:

https://lindastade.com/truth-about-friendships/?fbclid=IwAR096I_eEU7i3c2zm4LdGfBbvp472vG3WeHTudRqbDhkHe9CC0eody8G0FI

Dona Archer
Assistant Principal
Student Wellbeing

In the Tradition

Opening Mass/ Commissioning Ceremony

Our Opening Mass this week was led by Bishop Ken Howell who reminded us of the importance of our mission through baptism. Bishop Ken spoke of many of the values that were a focus for our opening assembly of the year. The Eucharist was followed by the Year 12 Commissioning Ceremony in which the Seniors made their pledge to the Committee.

Thank you to the many students and staff who contributed to making this occasion a lovely celebration. Particular thanks to our special guests, Sr Genevieve and Sr Chris, Professor Joanne Blanchfield, President of the Past Pupils' Association, Board and P and F members, as well as the Principals of Mary Immaculate and St Elizabeth's.

Rosies

Year 12 students will be attending training on Monday 18 February after school for the Rosies Outreach Program. This program can be a challenging experience (as well as a rewarding one) and it is important for students to be well prepared to make the most of this outreach.

In God's love,

Linda Brandenburg
Assistant Principal
Religious Education



Campus Minister

St Josephine Bakhita

Last Friday, 5 February, marked the feast day of St Josephine Bakhita (1869-1947), an Italian Canossian religious sister active in Italy for 45 years, after having been a slave in Sudan. In 2000 she was declared a saint by the Catholic Church, and is venerated as the patron saint of Sudan and human trafficking survivors.



Rosies and TRICARE

Thank you to the generous Year 11 and 12 students who have taken the opportunity to register for some outreach service in the wider community.

We have had eleven girls nominate to complete Rosies training and volunteer with the outreach team on a Sunday night during the first semester. Training is after school this Monday 18th February. The opportunity to volunteer for TriCare visits is still open.

Prayers Please...

We have all been touched by the many images and stories of the floods which have devastated the Townsville region and inland areas of our state. Our thoughts and prayers are with those who have been impacted by these floods and the many people who are providing support on the ground.

Congratulations to our staff members Basia Vreugdenburg and Celeste Amos who have welcomed grandsons to their families this month. May Theo and Hamish be blessed with good health and abundant grandmotherly love.

Blessings,

Kay Holmes
Campus Minister

Guidance Counsellor

Change is a fundamental part of the school experience. Year 7s and other new students are adjusting to the school environment and all students are transitioning to new year levels, classes, teachers and reconnecting with friends. Challenges can accompany change, and this provides parents with an opportunity to play an important role in supporting their child.

Practical ways parents can support their child through the changes of the new school year are:

1. **Be available** at a certain time during the afternoon or evening to hear about your child's day. Listen, rather than trying to fix problems or provide advice. If you are asking "How was your day?" and getting the standard reply of "Fine", try asking again later, or ask in a different way. This blog post offers some ideas for alternative questions.
2. Help your child **make self-care a priority**. Getting enough sleep, eating regularly and well, and exercising promotes learning and helps to manage

stress. When we are busy or have a change in routine, these things can be neglected. Regular bed times and wake up times, screen-free time before bed, packing a lunchbox the night before and planning times to exercise will help your child take care of themselves.

3. **Organisation is key!** Parents of Year 7s may need to help their child more, for example by helping to prioritise homework. If your child frequently forgets key items (e.g. lunchbox, diary, pencil case) it might be helpful for them to have a copy of their timetable at home to check at the beginning of each day. They could even write a list of items they need every day to check off in the morning.
4. **Create a great study environment at home.** If you have space, a study area or desk in your child's room is ideal. Otherwise arranging for a homework time in which the house is quiet (as much as possible!) is helpful.
5. Encourage your child to **seek out new opportunities**. There are many sporting, cultural and academic groups running throughout the school year including choir, drone club, games club, cultural dance, drama club and trimester sports. Being part of school groups will increase your child's connectedness to the school and help them to meet new people.
6. **Communicate** with the school. If you are worried about how your child is managing at school contact your child's Pastoral Leader. Knowing a young person's strengths and difficulties helps us to support them at school.

Change, uncertainty and transition are a part of life. While changes can be challenging, navigating successfully through these times of transition allows young people to become more adaptable and resilient.

Wellbeing Resources

Managing with Change

The following resources were used to write this article:

Coping with change: teaching adaptability will help kids grow (Martin, 2013)

<https://theconversation.com/coping-with-change-teaching-adaptability-will-help-kids-grow-19726>

Starting High School: how to support your child (Stade, 2019)

<https://lindastade.com/starting-high-school/>

Generation Next YouTube Channel

A number of interesting presentations are available to watch on the Generation Next YouTube channel. Recent presentations cover anxiety in children and eating disorders in young people.

<https://www.generationnext.com.au/resources/generation-next-youtube-channel/>

Career Resources and Information

Our Lady's College subscribe to the Options Career Information Bulletin. The Bulletin is a fortnightly publication that contains a wealth of career related information for students. There is a snapshot of the types of information included in the Bulletin below, the full Bulletin has been emailed to students in Years 10-12.

Australian Defence Force Information Sessions

Stay informed about important upcoming Queensland and National ADF events and information sessions by visiting the Defence Jobs website. View the specific events information link for more details including: location, times and to book your tickets. Further information about these events and Army Reserve Information Sessions can be accessed on the ADF Facebook site.

Upcoming Events:

18/02/2019 Women in Defence Information Session
Brisbane

Visited myfuture lately?

For those who don't know, myfuture is Australian's career information service. It's free and you sign-up and enter a user name and password when you first visit the site. You log-in for subsequent visits.

The site contains information on courses, occupations, industries and institutions. The My Career Profile function on the site is a career questionnaire you use to develop your career profile which is then matched with jobs you may be interested in. The Career Bullseyes provide lists of jobs that relate to the study areas you enjoy. The site has over 60 case studies of real people in a range of jobs.

USQ: Get Writing Prize

Are you the next Shakespeare or J.K. Rowling? If you are a high school student in years 10-12 with a passion for writing poetry or short stories this competition is for you! Enter to win \$100 and a one-on-one mentoring session with a current USQ English literature or Creative and Critical Writing Student. For more information visit the Get Writing Prize website.

Are you creative?

One important way to explore a creative career is to find out how other people have entered this career field. The Queensland University of Technology's Art/Work Online follows the career and study pathways of seven individuals working across varied roles in the visual arts sector: the curator, arts worker, artist, gallerist, art installer, educator, and conservator.

Tax File Number - when do I need one?

A Tax File Number (TFN) is a unique number issued by the Australian Tax Office (ATO). It is required for:

- Starting work (including part-time and casual jobs)
- Lodging a tax return
- Applying for Commonwealth Government financial assistance such as pensions and other benefits

- Applying for the Higher Education Loan Program (e.g. HECS-HELP, FEE-HELP) and VET Student Loans when you start your university, TAFE or college study.

The easiest way to get a TFN is to:

- Complete an online application form from the ATO website
- Print a summary of your application which includes your application reference number
- Make an appointment for an interview at a participating Australia Post Office
- Take the summary of your application and proof of identity to the interview within 30 days of completing your online form

Visit the ATO website for details about this process.

Year 12 students intending to apply for tertiary study in 2020 should apply for their TFN this year to avoid any delays early next year.

HECS-HELP: things to keep in mind...

If you are studying at a public funded university or an approved private university or college, you will be offered either a Commonwealth Supported Place (CSP) or a fee-paying place. A CSP is a Commonwealth Government subsidised place. Students with a CSP (called Commonwealth supported students) only pay a 'student contribution' instead of the full cost of their course.

The Commonwealth Government has several financial assistance programs to help students meet the cost of their tertiary education. The HECS-HELP scheme is one of these programs. It is a loan scheme for eligible Commonwealth supported students. Through this scheme, students can defer payment of their student contribution until they are earning a specified amount (called the compulsory repayment threshold). They then repay their loan through the taxation system.

For more information about HECS-HELP, visit the Australian Taxation Office website or Study Assist website.

Find out about Gap Year options?

Are you thinking of taking a break from study after Year 12? This time off study, has become known as a 'Gap Year'. You might decide to take a gap year to:

- Have a rest from study
- Work to earn money for further study, buy a car, travel, etc.
- Take time to explore your career options
- Concentrate on an activity (e.g. sport, music, art).
- The following are some upcoming Gap Year Program Events you could consider when you start planning your Gap Year:

Upcoming Events:

13/02/ 2019	World Education Program: Information Session <i>Brisbane</i>
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14/02/2019	Southern Cross Cultural Exchange: Information Sessions <i>Online</i>
26/02/2019	LetzLive: Gap Year Information Session - Brisbane <i>Brisbane</i>
14/03/2019	Southern Cross Cultural Exchange: Information Sessions <i>Online</i>
05/06/2019	World Education Program: Information Session <i>Brisbane</i>

QUT: High School STEM Internships

QUT's high school STEM internships invites high-achieving Year 12 students to apply for the opportunity to expand their skill sets and explore future career ambitions with like-minded peers. The rigorous two-month program develops students' technical, leadership and critical thinking skills through a suite of on-campus practical learning, professional development and external assessment. The feature of the program is a week-long experience in QUT's state-of-the-art science and engineering facilities where students work in small groups on a research project of choice based on the work of leading QUT STEM experts. As an intern, students will be treated like a real QUT undergraduate, enjoying student campus life, accessing facilities and online resources, and undertaking practical and written assessment to prepare them for university as a new generation STEM leader. For more information regarding dates, costs, eligibility and to apply, visit the QUT high school STEM internships website.

UQ's undergraduate health website

This website has the following useful resources for students interested in a health science career.

- Information on health science study areas
- 2019 Health Study Guide
- A link to the Health Blog

Anna Wallace
Guidance Counsellor

Middle Leaders Report

Science Department News

This year is shaping up to be a busy and exciting year for science at OLC. We begin the year by attending the annual 2019 QUT Science and Engineering Challenge. It is designed for students to learn about engineering through people in the industry and take part in hands-on activities. It offers students a wonderful opportunity to gain an insight into the world of the practical scientist and engineer and the skills they use to solve problems. We wish the student's luck in the competition.

Also, I am pleased to announce the 2019 UQ Science ambassadors and STEM Club Leaders: Erin Horan, Blessy Mathew, Maddison Prigge, Beth Allen, Ella Gilbert, Anna Tran, Nikki Nguyen, Tina Phan and Isabella West.



These enthusiastic young women will strive to raise the profile of science within our school. They will support science at OLC by advertising events and activities, holding National Science Week activities, and sharing their experiences with students in all years.

The staff at Our Ladies College staff strive to inspire young women to be engaged in STEM. We look forward to offering the following STEM clubs this year. Students are encouraged to check notices to find out more information.

- Chemistry of Cosmetics
- Drones
- Robotics and coding
- Murder Under the Microscope
- Cipher Math Chats
- Green Heart Schools Student Environmental Leadership
- STEM Mentor Projects

Mathematics and Science Support

When: Tuesday and Wednesday Mornings 7.30am -8.30am Week 2 – Week 8

Who: EVERYBODY IS WELCOME!

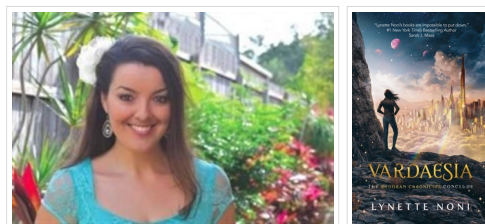
What to bring: Bring questions you are struggling with and assignment work.

Where: R 2.1

Cassie Boisen
Science, Mathematics and Numeracy Middle Leader

Ad Altiora Place:

A Book Launch for fans for the Medoran Chronicles by Lynette Noni



Fans of Lynette Noni are invited to the launch of the final book in The Medoran Chronicles. It's taking place at Mt Alvernia College Kedron on **Tuesday February 19**. Riverbend Books will be there to sell copies of *Vardaesia*, and Lynette will be

available for signing books at the conclusion of formalities. It's free, just RSVP at the link below.

All details are here:

<https://www.mta.qld.edu.au/event/varadaesia-book-launch/>

Patricia Buckley

Teacher-Librarian/eLearning Middle Leader

Brisbane Parents & Friends

Please find attached invitation to a Parent Evening with Guest speaker Br. Damien Price.

Carmel Nash OAM

Executive Director

Catholic School Parents Qld

Annerley Stephen's History Group

The Annerley Stephens History Group Inc. is holding our Stories of Stephens II conference at the Marymac Conference Centre in Ipswich Road as a follow-up to the very successful 2016 Stories of Stephens local history conference and the subsequent publication of the book "Stories of Stephens".

As a result of support from Councillor Ian McKenzie and the Lord Mayor's Suburban Initiative Fund, we are able to offer 22 bursaries to attend the conference to students. The bursaries will give free entry to the conference and cover the costs of lunch and morning and afternoon tea on 23 February, the day of the conference. Please find attached flyers for the Conference, bursary information, and a list of papers to be delivered on the day.

St Laurence's College Open Day

Please find attached information for Open Day Thursday 28 February 2019



College Newsletter and 2019 Calendar

Access our College Newsletter and 2019 College Calendar via the College website

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

Important Dates and Deadlines

16 February – Saturday	Rd 2 Tennis
19 February – Tuesday	Excellence Awards – College Hall 11am
20 February – Wednesday	College P&F Meeting – Boardroom 7:00pm
22 February – Friday	New Families Welcome Dinner – 5:45pm
23 February – Saturday	Rd 3 Tennis
26 February – Tuesday	College Board Meeting – Boardroom 7:00pm Senior Drama – QPAC 6:30pm
28 February – 2 March	Choral Camp – Qld Conference & Camping Centre 179 Gold Creek Rd Brookfield
2 March – Saturday	Rd 4 Tennis
3 March – Sunday	Rosies Outreach
5 March – Tuesday	Mother/Daughter Breakfast
6 March – Wednesday	Ash Wednesday Rd 1 AFL/IC/JTF/SVB
6 – 8 March	Year 8 Camp

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