



OUR LADY'S COLLEGE

ANNERLEY

newsletter

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13 November 2020

Principal's Message



P & F and Board News

Last week, the College Board and the College P & F held their respective final meetings for the year. The acquittal of the College goals for 2020 formed part of the proceedings of the evening and are available via the link below.

Thank you to the outgoing P & F Committee: Mr Paul Gilbert (President), Dr Jacque Boon and Mrs Michelle Kennedy (Secretary) for your dedication and support of the Our Lady's College community over many years. We remember with great gratitude your tireless efforts at working bees, sausage sizzles, and the myriad of activities that promoted opportunities for parents to connect with the College. Thank you.

Mr Tim Geraghty has accepted the position of P & F President for 2021 and is supported by an encouraging committee.

Our College Board for 2021 is chaired by Mrs Cathy Lutve and Mrs Tracey Williamson continues as Secretary.

Congratulations

At assembly this week, we acknowledge long serving staff. Congratulations to:

Mrs Klein for 10 years
Mrs Macknish for 15 years
Mrs Brims for 20 years
Mrs Holmes for 30 years
Ms Geraghty for 35 years

Vale Mrs Maureen Twomey

This week, we mourned the loss of Mrs Maureen Twomey. Maureen was a vibrant woman, an engaging and innovative educator, and a much-loved librarian and e-Learning Leader until her retirement two years ago. Shortly after announcing her retirement, Maureen was diagnosed with cancer. She bravely battled this illness and remained connected with our community via social media and until recently, relief work. Maureen was instrumental in the design of our resource centre, Ad Altiora Place. She wanted the space to be engaging and welcoming for our girls, and judging by the energy and high patronage, her vision has come to fruition. Vale, Maureen, from the OLC family.

Paula Goodwin
Principal

Teaching and Learning

As the weeks of this term skate by so quickly, we find students, and families, under the expected stresses of assessment completion, celebrations, rites of passage and the distant 'rum-tum-tum' of Christmas waiting in the wings, ready to move centre stage.

Yes, this is the COVID year, but it is important to understand that not all stress is bad, and that not all stress is the same. The lead up to assessment provides a stress that allows us to perform at our best. Like the nervous tension before walking on stage to perform, just before the starter's gun at the pool, and even little children on Christmas Eve, stresses help us to prepare for important activities and mark the significance of big events in our lives. It is important to talk with learners about the role that stress plays in the preparation leading up to important events.

Stress tells you that you should be preparing – revising, studying, rehearsing. Students who develop calendars, lists and act on them in a timely fashion reduce their stress naturally.

The Year 12 students had their last QCAA External Exams on Thursday. Some students in the state will conclude their exams next Tuesday. Next week, they will have important rites

of passage in Graduation and Awards. Year 10 students will experience their first “exam block” from the 23rd November for three days. This is an important opportunity for students to experience the conditions and expectations for all senior assessments. For example: students who are unwell will need to provide satisfactory evidence from a medical provider in order to be able to complete assessments. As well, the exams expect skills and content knowledge across all of Year 10 rather than the current topic.

As all year levels prepare for finalisation of assessment, it is important to discuss the role that stress plays in preparation for assessment and the strategies that can reduce stress with your daughters. Knowing that you have a plan that addresses the assessments is a BIG start. This is all a part of the GROWTH mindset that is so important to success. Be careful to focus on the solution rather than the stress itself. If you don't have a solution and coping strategies, it won't go away by itself.

Next week, we will have our Academic Awards Ceremony for Year 7 – 11 on Thursday.

Unfortunately, COVID restrictions prohibit us from having an open invitation to parents because of space restrictions in the hall. Our plans are that this event will be videoed and made available for parents to be able to watch through the Parent Portal. We look forward to a time when we can once again welcome the wider community to our College events.

Have a wonderful fortnight.

Anthony Stevens
Deputy Principal
Teaching and Learning

Campus Minister

Mary MacKillop Awards

Five girls were awarded Mary MacKillop Awards at this week's college assembly. Congratulations to *Fana Mehary, Bethany Shaefer, Abbi Pugh, Grace Pursey* and *Oanh Tran* who were honoured for their generous community service to various outreach projects and/or their dedicated commitment to their studies.



Year 7 community service project

Sr Chris Symonds RSJ came to the college assembly this week to receive the proceeds of the Year 7 drive for the Gate Ministry - six boxes of goods and \$475. This project supports those

leaving prison with a ‘blue bag’ containing toiletries and basic items to successfully transition back to the community. Sr Chris was reminded of the students’ real and active love by the scripture verse she’d heard that morning.

‘If a person who was rich enough in this world’s goods saw that one of his brothers or sisters was in need, but closed their heart to them, how could the love of God be living in that person? My children, our love is not to be just words or mere talk, but something real and active.’

John 13: 17-28



Prayer's please

We were saddened to hear of Maureen Twomey's death on the weekend. Maureen was the Teacher Librarian here at Our Lady's and retired two years ago. May God's comforting embrace surround Maureen's friends and family in their grief.

Blessings,

Kay Holmes
Campus Minister

Guidance Counsellor

Oral Presentations

It is normal for students to feel nervous or anxious about oral presentations. Being able to speak up and share information and ideas is a valuable skill for students to develop. In Term 4, Holly Robinson (Provisional Psychologist, QUT Caroline Chisholm Centre) and I have been running a public speaking group at lunch time. The aim of this group is to increase students' confidence when giving oral presentations.

Common worries or fears students have about public speaking include making mistakes, others noticing the physical symptoms of anxiety (e.g. shaking, sweating) and not feeling confident with what they have written. These fears can be managed so students are able to complete the presentation.

To increase confidence when presenting to the class students can:

Practice: practice the presentation as much as possible. The more familiar you are with what you are saying, the easier it will be to manage your nerves. Practice in front of a mirror, to your family, friends, even your pets!

Helpful self-talk: “This is scary, but I can manage”, “It will be over in 5 minutes”, “I’ve done this before, and it went ok”

Visualisation: visualise sitting in the classroom, being called to give your presentation, speaking calmly and the audience responding positively. If you imagine making a mistake, visualise recovering from the mistake and completing the presentation.

Be organised: at least one day before, prepare your palm cards and double-check that the visual and audio components of your presentation are working.

I wish students all the best for their oral presentations and assessments this term!

Anna Wallace
Guidance Counsellor

Absentee Email: absenteeOLC@bne.catholic.edu.au
Or via the Parent Portal

St Pius X Project

For the past four weeks eight year 8 students have been journeying to St Pius X at Salisbury in what is becoming a strong and fixed partnership. These keen technology students were tasked with developing their own lesson around a particular software application and teaching it to four rotations of Year 5/6s students.

This project started last year, and it's pleasing to see that Covid19 has not stopped it, merely delayed it to Term 4.



College Newsletter and 2020 Calendar

Access our College Newsletter and 2020 College Calendar via the College website below.

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

Important Dates and Deadlines

19 November – Thursday	Awards Ceremony
20 November – Friday	Year 12 Graduation
23 – 25 November	Year 10 Exam Block
27 November – Friday	Year 10 and 11 Finish
1 December – Tuesday	Year 7 2021 Orientation Day
2 December – Wednesday	Year 9 Reflection Day
4 December – Friday	Term 4 Concludes

Absentees

Please Phone: 07 3426 8095 prior to 9.00 am daily

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