



OUR LADY'S COLLEGE

ANNERLEY

Newsletter

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28 February 2020

Principal's Message



Last year marked 50 years since Neil Armstrong and Buzz Aldrin walked on the moon. In order to achieve this feat, an enormous team of people – engineers, mathematicians, computer technicians, designers ... and so forth, was required. To work as a team, there needed to be high trust, high capability, flexibility, courage and collaboration. These are capacities outlined as desirable by employers.

Along with these capabilities, employers identify personal qualities required to do these roles successfully – one of which is tenacity. This was the focus on my Excellence Assembly speech this week as we celebrated the girls' achievements. Tenacity is about so much more than not giving up on a goal. It's about pushing through barriers of doubt and self-limiting beliefs, and most importantly, having the willingness to persist despite all odds. The Latin virtue: Firmitas – "tenacity" – means strength of mind, and the ability to stick to one's purpose at hand without wavering.

The movie, "The Martian" was used to highlight this quality. The focus was on a severe weather event that separated Mark Watney from his team on Mars and how he copes when he is left alone there. The story shows courage in the face of incredible odds. Rather than fall apart and give up, Mark works through the challenges one step at a time. Contemporary psychology would call this GRIT, a growth mindset or positivity.

Our Lady's College School TV

Though hopefully never the extreme of "The Martian" scenario, we know that challenges, in many forms, can come our way. Equipping our girls with tools for tenacity and resiliency is an

important part of wholistic education. This year Our Lady's College has subscribed to School TV to assist in supporting this important area. It has bite-size videos of interviews conducted by Dr Michael Carr-Gregg with leading experts and researchers, an interactive quiz, fact-sheets, articles, suggested apps, books, as well as other websites and videos. There are five main categories of content, called "Series" and these each contain multiple topics, including: Cybersafety; Mental Health; Healthy Body; Positive Parenting; and, Special Reports. The link below allows you to peruse archived editions. I commend this resource to you.

<https://ourladyscollege.qld.schooltv.me/>

HEART Club 2020



I am also delighted to announce further academic support available to the girls: **HEART** – Homework, Enrichment, Assignments, Revision and Tuition, is supported by past students who are studying at university. Conducted in the College resource centre, Ad Altiora Place, from Monday to Wednesday (3pm to 4pm), this opportunity adds to the huge variety of opportunity for personalised support available for students to assist them in their learning. Supporting the girls this year we have: Natasha Lai; Paige Mackie; Kenisha Dsouza, Olivia Anderson, and Summer Stiller.

At enrolment interviews, one of the top wishes parents have for their daughter is that she grow into a confident young woman. Supporting the girls to be tenacious and resilient is

an important contributor to that goal. Our key messages and support structures, through homework assistance and external resourcing, are contributors to that goal. This week we congratulate our tenacious students who we celebrated at our excellence assembly. We commend your results, and we pay tribute to the work, commitment and strength of character that you have shown to achieve this.

Tenacity is the embodiment of *Ad Altiora*! As we engage in this new school year I asked the girls to consider: how tenacious are you?

Shalom,

Paula Goodwin
Principal

Teaching and Learning

We have had much to celebrate in the last two weeks. Firstly, we acknowledged the Year 12 students as leaders of the student community for 2020. At our Opening Mass they were inducted as they recited a pledge that they had written, and they received their Seniors' badges. The Student Leadership team also received their badges on this day. Congratulations to all of these girls—we are enthused with your vision for student leadership at Our Lady's College for the year. The morning was a wonderful celebration of all that is good in our community. A delicious morning tea was provided by teachers and students from our Home Economics Department under the leadership of Mrs Holland. Thank you to all involved and especially to the girls for their amazing singing during the Mass.

As well, we recently awarded our students from 2019 with Outstanding Work Practice, Academic Excellence and Outstanding Academic Excellence awards from their Semester Two Report results. Recipients of these awards are listed below this article. It was great to, once again, join with parents and families from the community to celebrate these achievements.

Towards the end of this term, Year 12 students will be engaged in a formal examination block lasting for two days. This will occur from Tuesday 25 March and Wednesday 26 March inclusive. Due to the nature and constraints of the new QCE system, Year 11 students will undertake assessment immediately upon the available time in the unit. Where possible, we will also provide a block opportunity to support their assessments. The assessment dates have already been flagged in the Assessment Calendars made available to every senior student via their access to the Student Portal and, for parents, via the Parent Portal. These Calendars contain the latest information available about assessment dates within the school. Please note: students must attend their scheduled exam times without fail. Further information is available in the student diaries.

It is important to note that QCAA does not support the movement of senior assessment times to cater for family trips or other non-urgent appointments. Where students do not attend assessment items and have no valid reason, they forfeit the opportunity to achieve a result in that assessment piece. This will affect their results in Units One and Two and will stop them receiving a final result in Units Three and Four. In cases of illness

and misadventure, there are allowable mechanisms in place to support students. It is imperative that students and parents contact the school on the date of any assessment where a student may have an issue which prevents them attending.

Students in Years 11 and 12 have been assigned an Academic Mentor to assist with their study preparation and goal setting for the year. Mentors at this time are from the Pastoral teams, school support and College Leadership Team. Students have been working on their goals for this term and should make contact with their mentors in the coming week in order to seek assistance with thorough and consistent preparation for the coming exam block.

Absences

There is a great deal of debate over the benefits of taking "time out" to regroup, complete tasks or other reason. It should be noted that any time absent from classes places students at risk of achieving less. A missed lesson in class that would just "make it all make sense" can set students back unnecessarily. Students who miss classes for valid and unavoidable reasons, should know that they need to catch up rather than expect someone else to make allowances for their absence. Students who take days off because they need a break may be displaying signs of disengagement which can have damaging flow-on effects. If your daughter is asking to take days off, please talk with our Pastoral staff and counselor before saying 'yes'.

Testing

There are a number of standardized tests that the students undertake that assist the College greatly with our fine-tuning of support for our students. Our Lady's College has been enjoying impressive and wide-ranging success in our results which would not be possible if we were "flying blind", so to speak. Currently, students are participating in PAT-R and PAT-M tests, as well as Writing analysis. The online National Assessment Program - Literacy and Numeracy (NAPLAN) Testing will occur in May and this will again be in electronic format, not paper.

The results of all of the above, work together to create powerful knowledge about your daughters so that we can develop programs that are tailored to the actual abilities of the students – reducing the risk of underachievement or disengagement. All students who are enrolled in Years 3, 5, 7 and 9 or their equivalent, in all government and non-government schools will be tested for NAPLAN. Year 7 and 9 students at Our Lady's College will sit responsive tests which will cover the areas of language conventions, narrative writing, reading and numeracy

It is important to impress upon your daughter that, while this is "just another test", it does assist the school to deliver the personalised care and attention that Our Lady's College is very proud to be able to provide for your daughters.

There has been a cultural change moving up through the schooling years. Media outlets have helped to politicise NAPLAN as an onerous event that damages our children's self-esteem because some students do not do well. After years of hearing the same messages through the media cycles, the agenda eventually sinks in. Whilst testing for testing's sake is never productive, NAPLAN does provide much good information that helps to complete the picture of how to offer

the very best support to students. Whilst parents receive an overall report, it is the fine-grained data that parents and students never see that offers a treasure trove of strategies to assist our students to produce the excellence that we all look for.

These coming months will be a very intense and tiring time for students and parents. Calm and gentle preparation ensures that we all have the best resources available to bring out our students' best.

Outstanding Work Practice Awards

Year 8

Hayley Buenvenida, Niamh Clark, Maisie Fullerton, Angela Jones, Alejandra Rodriguez Hannouf, Bethany Schaefer and Isla Williamson.

Year 9

Charlotte Dobson, Lily Halpin, Laura-Lye Kauffman, Anneliese Lagos, Merry Mathew, Kim Nguyen, Ava O'Shea, Madelyn Polk, Abbi Pugh, Harshini Srinivasan and Meron Wesedom.

Year 10

Katie Alinsod, Hayley Ballard, Hannah Blain, Jessie Bowness, Katelyn Crane, Kiandra Dsouza, Mariel Fernandez-Maldonado, Nina Flores-Rodriguez, Sophie Fouts, Ashlyn George, Stella Gutzke, Imogen Howe, Hannah Moss, Laugena Oshana, Ishaya Salgado and Mary Wilikai

Year 11

Ellie Anderson, Tara Atigi, Charmi Cortez, Grace Hill, Ardhra Joshy, Mi Mi Le Nguyen, Ngan Nguyen, Tina Nguyen, Charlotte O'Shea, Jo-Ann Pham Nguyen, Justine Reyes, Rafaela Rodriguez-Hannouf, Mishka Sarswa, Chi Vu, Lucia Vu and Mae Williamson

Year 12

Beth Allen, India Boon-Scown, Ella Gilbert, Erin Horan, Shalom Latu Mulumu, Blessy Mathew, Elaina Mullins, Nikki Nguyen, Madelyn Prigge and Anna Tran,

Certificate of Academic Excellence

Year 8

Ebony Blakeney, Niamh Clark, Vanessa Do, Lucy Eckhold, Matilda Fawcett, Maisie Fullerton, Angela Jones, Manya Kapoor, Gabriela Rodriguez Hannouf, Marah Seufale and Bridget Voigt.

Year 9

Alexandra Garrigan, Teina Hemara, Laura-Lye Kauffman, Anneliese Lagos, Merry Mathew, Kim Nguyen, Ava O'Shea, Keira Peirce, Madelyn Polk, Vithusha Ramesh, Mila Scott, Harshini Srinivasan, Sang Vu, Meron Wesedom and Nirushi Yathukulan

Year 10

Katie Alinsod, Hannah Blain, Kiandra Dsouza, Imogen Howe, Hannah Moss, Laugena Oshana and Mary Wilikai

Year 11

Natasha Brahne, Emily Dodd, Mi Mi Le Nguyen, Tina Nguyen, Jo-Ann Pham Nguyen, Keitha Pouhila, Justine Reyes, Alexandra Sapun, Mishka Sarswa, Chi Vu, Mae Williamson and Hannah Woinarowski.

Year 12

Beth Allen, India Boon-Scown and Ella Gilbert

Certificate of Outstanding Academic Excellence

Year 8

*Alejandra Rodriguez Hannouf
Parker Schatz
Isla Williamson*

Year 9

Charlotte Dobson

Year 11

*Grace Hill
Ngan Nguyen
Rafaela Rodriguez-Hannouf
Lucia Vu*

Year 12

Blessy Mathew

Anthony Stevens
Deputy Principal
Teaching and Learning

Community Matters

Year 7 Immunisations

The Year 7 Immunisations will be conducted today as per the College calendar.

Welcome Dinner

A welcome dinner will be held this Friday for our new Year 7 students and their parents in the Hall on the Mary Immaculate Primary School grounds between 6.00 – 7.45pm.

Year 8 Camp

Our Year 8 students will be going to Tallebudgera on the Gold Coast for their annual camp. Pastoral Leader, Anita Macknish, has planned a very enjoyable three days of fun and teamwork activities. We wish the Year 8s a wonderful time away with a change of routine. Please contact Anita, should you require any clarification with this event.

Year 12 Leaders Soireé

The Year 12 Student Leaders will be attending a Young Women Leaders Soireé at St Rita's College at Clayfield next Friday afternoon, 6 March 2020. There will be a guest speaker providing an inspirational session about young women as leaders.

A timely reminder about building resilience

All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that children either have or don't have; it's a skill that children develop as they grow.

Resilient children are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.

What is resilience?

Resilience is the ability to cope with tough times by applying your inner strength and engaging support networks. Resilience can enable you to face difficult situations and maintain good mental health.

Coping with challenges

Stress and setbacks are a part of life, and you can't avoid them. A series of challenges, or a traumatic situation, can be hard to deal with. If you know you can cope with adversity, that can give you the confidence to get through tough situations.

Coping strategies can enable you to deal with stress and maintain a sense of control in your life. There are many different ways of coping with stress and everyone is different, so it's about finding something that works for you. Anything that is not harmful to your health and wellbeing could be worth a try, such as:

- taking time out to relax
- exercise or meditation
- breaking a challenge down into small, achievable goals
- celebrating achieving your goals
- keeping a journal
- thinking about the big picture

Strengthening resilience

Resilience enables you to better cope with challenging situations and helps with your mental wellbeing. You can build your resilience by:

- knowing your strengths and keeping them in mind
- building your self-esteem — have confidence in your abilities and the positive things in life
- build healthy relationships
- knowing when to ask for help
- managing stress and anxiety levels
- working on problem solving skills and coping strategies

Sources:

Healthy WA (*Coping skills (resilience)*), ReachOut.com (*Building coping skills*), Beyond Blue (*Building resilience*)

Parent Information and Student's Medical Information Update

As the new school year commences, it is important for us to confirm contact details with you so that we have good lines of communication. This helps us to ensure that we are able to act in your daughter's best interests.

To assist us with this, please review and update your details via the School Portal located on the College website. Passwords and logins have been previously provided. We ask that this process be completed by Friday, 6 March.

The specific areas requiring checking are:

1. **Parent Details** – your address, phone numbers and email addresses. Please ensure that we hold at least one Alternate Emergency contact on file. This is to be someone, other than yourself, who we will contact in an emergency if we are unable to contact you.
2. **Student Details** – medical details. For students with anaphylaxis an epipen is required to be provided to Student Services when your daughter commences the year. Your daughter's Pastoral Leader may contact you if further information is required about medical conditions.

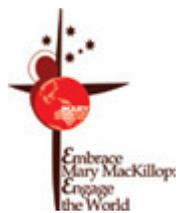
Please be aware that the College uses email as the main source of contact for parents and vital information is sent regularly regarding your daughter's academic and pastoral activities. Please do not unsubscribe to our emails as you may miss out on receiving necessary information.

Tina Ellis
Assistant Principal
Student Wellbeing

In the Tradition

Ash Wednesday

This week Catholics celebrated the start of Lent with Ash Wednesday services. The Liturgy Committee created the theme "Break out of your shell and find yourself within the pieces". Using small plastic eggs the girls offered each student an inspirational quote to guide them during Lent to become better people and to think of others. Receiving the ashes, the girls were invited to "turn from sin and be faithful to the Gospel". Lent is a time of fasting, almsgiving and prayer - three keyways to strengthen ourselves to become the people we should be. For forty days we have the opportunity to prepare ourselves for the highlight of the church year - Easter.





Linda Brandenburg
Assistant Principal
Faith and Mission

Campus Minister

LENT BEGINS

This week the season of Lent began with Ash Wednesday on 26 February, which also marks the beginning of the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allow Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to alleviate poverty, hunger, oppression and injustice.

We encourage you to put your compassion into action this Lent through your prayer, fasting and almsgiving by supporting Project Compassion. Each Pastoral Care class has received a Project Compassion box for their donations which will be taken until Week 9.

Let's Go Further, Together!



MARY MACKILLOP AWARDS

The first awards for the year were made at this week's college assembly. Congratulations to Allison Nguyen, Ardhra Joshy, Rebecca Matapula, Phuong Anh Le, Kamela Lado and Mia Woinarowski who were recognised for their compassion and service to others in a number of ways and/or their commendable application to their studies.

STUDENT PLENARY ASSEMBLY

Last week six students joined representatives from over 20 Brisbane colleges to be part of the Student Plenary Assembly, a lead in to the National Plenary Council to be held later this year and in 2021.

Ngan Nguyen, Oanh Tran, Charmi Cortez, Ellie Anderson, Blessy Mathew and Anna Tran participated in skill development, were addressed by Archbishop Mark Coleridge and in small

groups discussed their ideas of what the future of the church might look like.

Ellie said...

At the Plenary Assembly, we got the chance to use our voices to discuss the improvement and future of the Church. I enjoyed talking about different social and political issues that were raised in my small group. We discussed women's role in the church and how there needs to be female representation in the higher roles.

I am privileged to have been able to have the opportunity to experience something that empowers youth.

Ngan said...

It was such an inspirational experience, where we were able to collaborate about the issue of youth inclusion in the Church and provide ideas on how to engage more activity from young people.

Our group's suggestion to increase youth involvement was to implement groups/hubs for high-school students to collaborate about issues teens face, religious scriptures and other prevalent social issues. This would improve involvement and engagement as well as airing our concerns to the community.



PRAYERS PLEASE...

We were all touched by the tragic events suffered by the Baxter family at Camp Hill this week. We hold all victims of domestic violence in our hearts and pray they can be freed from their suffering.

Blessings,

Kay Holmes
Campus Minister

Guidance Counsellor

Building the Wellbeing Muscle

Wow - somehow we are already in Week 5! This is often the time of the term when assessments and study loads are building, and this can be daunting for students. When we feel stressed or overwhelmed it is easy to neglect the activities that help us to relax and de-stress. Creating positive habits to promote wellbeing can help students navigate more calmly the ups and downs of the school term. Linda Stade has created an A-Z of simple strategies that will help build everyone's wellbeing

muscle in her latest blog post, the A – Z of Positive Mental Health. [The strategies are captured in a lovely poster free to download.](#)

The poster starts with ‘A – Acknowledge the good in your life’. Being grateful for the good things and people in your life is one of the best short-cuts to happiness. One idea to implement this strategy is to each share at the family dinner table something you were grateful for that day. It is a nice way to reflect on your day and also find out something from your child’s day that they may not usually share.

Anna Wallace
Guidance Counsellor

Middle Leaders Report

Science at Our Lady’s College has hit the ground running to a busy start, with years 9 and 10 attending the annual 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. The students thoroughly enjoyed their experience.



This year we welcome Mr Daniel Nash to the Science Department as our new Laboratory Technician. Also, I am pleased to announce the 2020 Year 11 UQ Science Ambassadors: Natasha Brahne, Mishka Sarswa, Keitha Poulia, Emily Dodd, Mae Williamson, Lillian Jones, Justine Reyes, Charlotte O’Shea and Imogen Cole.



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. They have already shown their ability to lead with a fantastic event to celebrate International Day of Women and Girls in Science.



We thank the 2019 STEM Ambassadors for their contribution and leadership in their roles last year. Please see the College Facebook page link to watch a video produced to celebrate their achievements.

<https://www.facebook.com/OLCAnnerley/videos/424945098186317/>

As part of their fundraising, they are presenting to the College a Native Stingless Beehive. Parents and guardians please be aware that native stingless bees do not sting! They are small (about 3-5 mm in length), compact, dark-coloured bees and collect pollen on big balls on their back legs to take back to their hive. They make a small amount of honey which they store in tiny pots. Stingless bees are a vital part of our ecosystem and without them many Australian native trees species would not be pollinated. They are also great buddies to have around the garden as they are fantastic pollinators of fruit and vegetables. We thank the Horan family for their generous supply of the hive.

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.

- UAV Flight Training
- Robotics and coding
- Murder Under the Microscope
- Cipher Math Chats
 - Green Heart Schools Student Environmental Leadership
 - Student Environmental Group
- STEM Club
- Chemistry of Cosmetics

Mathematics and Science Support

When: Tuesday and Wednesday Mornings 7.30am -8.30am Week 2 – Week 9

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

Japanese Student – Iroha Muramatsu

Our Lady’s College welcomes Japanese student Iroha Muramatsu, who has been assisting in the library this past week and a half. She has been extremely helpful with various library tasks, such as accessioning resources, covering and re-shelving. As well, Iroha joined our Year 11 Japanese class, engaging students in conversational discussion. It has been a mutual beneficial involvement – both the OLC girls and Iroha have learned a great deal about each other.

As well during her stay, Iroha designed and created a library display to highlight the Hina Matsuri Dolls’ Festival that runs through March. The students who visit the library have enjoyed

seeing aspects of traditional Japanese culture, and have asked Iroha many questions. Please see accompanying picture of Iroha and her display.

It has been a pleasure to have her in Ad Altiora Place. We will miss her dedication and her happy smile.



Charging Laptops

Too many students are bringing under-charged laptops to school, which interferes with their learning. It is the students' responsibility to charge their laptops overnight, and they are reminded to take care that when they plug in, all connections are solid. The library does not loan out chargers during the day. However, a charging station is available during break times, as long as the student remains with her laptop to keep it safe.



New Non-Fiction titles

The library has just catalogued a number of new non-fiction texts, purchased to support student learning in Science, Geography and History. Students are encouraged to seek help when starting an assignment, as there may be resources about which they are not aware.



Of course, we are always here for any recreational reading needs, or issues with laptops. Please talk to us.

From the Ad Altiora Place staff
Mrs Buckley, Mrs Hayward and Me Le

P&F Invitation

An invitation to the P & F Meetings

The P & F meetings for 2020 will be held on the following dates:

Wed 18th Mar 2020
 Wed 20th May 2020
 Wed 17th Jun 2020
 Wed 15th Jul 2020
 Wed 19th Aug 2020
 Wed 21st Oct 2020

The meetings commence at 7.00pm and usually finish by 8.00pm

All Parents and Carers are members and you are all welcome to attend.

By attending you can meet new parents, gain a better inside into what is happening in the school and show your Daughter that you care about the school she attends.

I look forward to seeing you at the P & F meetings

Kind regards

Paul Gilbert
P & F President

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

28 February – Friday	New Families Welcome Dinner – College Hall
2 – 4 March	Year 12 Exam Block – College Hall
4 – 6 March	Year 8 Camp
4 March – Wednesday	Rd2 AFL, IC, JTF, OIV
5 March - Thursday	Inter-School Swimming Carnival - Chandler
6 March – Friday	Year 12 Student Leader Soiree – St Rita's College College Tour
8 March – Sunday	International Women's Day
10 March – Tuesday	College Assembly
12 March – Thursday	Year 11/12 Parent Afternoon Tea
19 March – Thursday	St Joseph's Day
20 March – Friday	Harmony Day Concert

Absentees

Please Phone: 07 3426 8095 prior to 9.00 am daily

Email Link: In the link below

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

Or via the Parent Portal

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