



# OUR LADY'S COLLEGE

ANNERLEY

Newsletter

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13 March 2020

## Principal's Message



Over the past fortnight, we have celebrated International Women's Day, the achievement of personal bests in the interschool swimming competition, and our Year 8 students have attended their camp at Tallebudgera on the Gold Coast. The HEART Club (Homework and Assessment assistance) has become quite popular, and our Year 9 and 10 Debating Teams have presented their first debates in the QDU (Queensland Debating Union) competition. It has been a busy but productive time.

The Our Lady's College spirit shone at the CaSSSA Swimming Carnival. Our girls cheered and enjoyed the dances presented by each school. Thank you to

- Mr Patrick King for his organisation of the squad,
- Bella West (Sports Captain) for engendering school spirit through choreographing and helping to teach the Year 7s the dance,
- Mr Ryan Forster for supervision and guidance of the Swimming Squad at morning training,
- Mrs Celeste Amos, Ms Holly Triggs and Ms Kate Unicom for accompanying our Year 7s to the Sleeman Sports Centre, and to
- Our P & F for supporting the sporting opportunities in the school by funding a swimming coach at Yeronga Pool through Term 4, 2019 and the beginning of this year, as well as funding the breakfast for the Swimming Squad prior to the competition.

- Congratulations to our Year 7 students who brought home a pennant for second place for their age group.

Paddle Boarding, surfing and fencing were among the activities enjoyed by our Year 8s at Camp this year. Thank you to:

- Mrs Anita Macknish, Year 7 & 8 Pastoral Leader for her time in organising the Camp for the girls;
- and to our generous staff who supported the Camp:
- Ms Cassie Boisen
- Mrs Marion Holland
- Mrs Rennaye Klein
- Mrs Kate Brims, and
- Mrs Tina Ellis.

This year, Anna Tran (Social Justice Leader) and I had the privilege of attending the Brisbane Catholic Education International Women's Day Breakfast. Anna has summarised the lessons learned from this year's speaker – an inspirational woman who acted in a very MacKillop way. At 22 years of age, she saw a need for women in Nepal and has spent her life trying to do something about it.

Shalom,

**Paula Goodwin**  
**Principal**

## Reflection by Anna Tran, 12 Woods

*Sunday 8 March was International Women's Day (IWD) which celebrates women's achievements throughout different fields of work, but also a call to action for gender parity. This year's theme for IWD is Each for Equal, which draws from the idea that together we can make change happen. Last Friday, I was invited to attend an IWD breakfast hosted by Brisbane Catholic Education. Here, we were reminded that women are not only celebrated on this one given day, but the movement continues all year-round.*

*During the event, there were four panelist members each from various fields of work which discussed numerous topics around IWD such as fair pay, domestic violence, women in leadership*

and many more. During the Q&A, I was appreciative that a couple of men saw this as their opportunity to ask how they could lift women in their line of work. This set an excellent example for male students who also attended the event.

The highlight of the morning was a story shared by Stephanie Woollard, the founder and CEO of Seven Women. Woollard shared a story of how seven disabled women working in a tin shed in Kathmandu were able to become seven strong leading role models in their community. The women were struggling to make a living, and this sight broke Woollard's heart. Despite being a student with just \$200 left for her holiday, Woollard made the tough decision of donating this sum to the group. Although \$200 is viewed as only a small amount for a holiday, the money went a long way in educating the women on producing goods. Twelve years later, more than 5000 women have come out of the project educated, trained and employed by Seven Women. During this Lenten season with Project Compassion, we can mirror Woollard's actions by keeping in mind that the smallest donations can go a long way.

## Teaching and Learning

Year 12 students are approaching the end of UNIT THREE in their respective courses. By now most, if not all, students will have completed IA1 and soon, all will have completed their IA2 assessment pieces. Students in Mathematics and Science subjects, as well as Visual Art, will need to ensure constant supervision of this content as these will also be in focus for their EA (External Exam) in October/November.

Our Year 11 students are quickly approaching their first set of assessments in their respective courses and, as expected, students are finding the new syllabuses to be challenging and intensive. Fortunately, our teachers have been preparing, meeting and participating in all possible professional development offerings to optimise student learning and, whilst hard work is still "hard work", our students seem to be bearing up well. It is important that parents are keeping a watchful eye on how their daughters are travelling in their new courses. Mentoring meetings are being conducted and Academic Mentors are on the lookout for students' welfare. If you have concerns, please contact the Pastoral Leaders, Academic Mentors or Mrs Anna Wallace, our College Counsellor. I look forward to seeing parents at our combined Year 11 / Year 12 Parents Information Night next Tuesday in the College Hall at 7pm.

## SENIOR EXAM BLOCK

As previously communicated by direct email to parents and students, Year 12 students will have a mini exam block on Tuesday 24th and Wednesday 25th March to support their assessment planning and submissions. Year 11 students will have their mini exam block on Monday 23rd to Wednesday 25th March.

## SENIOR SCHOOLING UPDATE

The Queensland Curriculum and Assessment Authority (QCAA) have created a range of resources (via link below) for families and schools to explain the system and what it means for their students. If you missed these links last year, or wish to revisit,

please follow the link below. Importantly, on this page is a link to the QCE Policy Handbook. This is the manual where all the rules and procedures are listed that every secondary school in Queensland must follow to offer senior schooling. This outlines everything from assessment regulations, special provision and external testing, through to what must be in place for your daughter to receive her QCE. This is intentionally made available for public viewing of parents and students.

<https://www.qcaa.qld.edu.au/senior/new-snr-assessment-te>

Best wishes for the weeks ahead,

**Anthony Stevens**  
**Deputy Principal**  
**Teaching and Learning**

## Community Matters

### Attendance Matters

In 2020, Brisbane Catholic Education is encouraging all schools to meet the challenge of 90% of students attending school 90% of the time. Our Lady's College staff, particularly the Pastoral Care team, will be reviewing the practices we have in place to encourage high levels of attendance. Currently these include meeting with students who have fallen under the target, communicating with parents and devising strategies for improvement. We will reward students who have achieved attendance above 98% and year level cohorts with high attendance. Over the coming week, we encourage you to have a conversation with your daughter about the importance of attendance and arriving at school on time. Should students need to leave school due to illness, they should report directly to Student Services and the staff will contact parents, to organise for them to be collected. It is not appropriate for students to directly contact parents to arrange pick up when they are unwell.

### Year 8 Camp

Last week, students from Year 8 went on a three-day camp to Tallebudgera. The aim of this camp was to encourage students to solidify friendships that they have formed but more importantly to encourage teamwork. I sincerely thank Anita Macknish for her organisation of this important activity and thank the teachers involved; Ms Boisen, Ms Holland, Ms Klein, Ms Brims for their support and supervision of students during that time.

### SRC Badges

At this week's College Assembly, we presented the Semester One Student Representative Council (SRC) members with their badges. I would like to congratulate the following students on their selection by their Pastoral Care class to be a member of the SRC. The girls have 'hit the ground running' by supporting a Harmony Day initiative next week. We thank each one of these girls for their commitment to the school community and leadership of events and initiatives at OLC.

SRC Representatives Semester 1	
<b>Year 7</b>	
<b>Kelly</b>	Elouise Skapin
<b>Lambert</b>	Aila Stanley
<b>MacKillop</b>	Elyssa Carreon
<b>Woods</b>	Evie Cherry
<b>Year 8</b>	
<b>Kelly</b>	Maisie Fullerton
<b>Lambert</b>	Kamela Lado
<b>MacKillop</b>	Catarina Chu
<b>Woods</b>	Lucy Korman
<b>Year 9</b>	
<b>Kelly</b>	Sang Vu
<b>Lambert</b>	Harshini Srinivasan
<b>MacKillop</b>	Grace Klein
<b>Woods</b>	Ava O'Shea
<b>Year 10</b>	
<b>Kelly</b>	Mikaylah De Guzman
<b>Lambert</b>	Lillie Koeleman
<b>MacKillop</b>	Emilia Misi
<b>Woods</b>	Hayley Ballard
<b>Year 11</b>	
<b>Kelly</b>	Sandra Ukello
<b>Lambert</b>	Natasha Brahne
<b>MacKillop</b>	Justine Reyes
<b>Woods</b>	Ola Sapun
<b>Year 12</b>	
<b>Kelly</b>	Erin Horan
<b>Lambert</b>	Saarsha Lucas
<b>MacKillop</b>	Elaina Mullins
<b>Woods</b>	Madelyn Prigge
<b>Captain</b>	Ella Gilbert
<b>Captain</b>	Nikki Nguyen

**Tina Ellis**  
**Assistant Principal**  
**Student Wellbeing**  
**(Acting)**

## In the Tradition

### 2019 Magazine

The 2019 Magazine was handed out to students this week (the eldest in each family). 2019 Year 12 students are invited back to the College to collect their copy.

### Staff Book Club

Each year at Our Lady's College, a group of teachers meet regularly and discuss a chosen text for the year. Last year the group explored "Flora MacKillop – a Truly Blessed Mother" which provided a fascinating glimpse into the life of Mary MacKillop's mother. Reading and discussing the faith-filled life of Flora MacKillop showed us a woman of amazing strength and perseverance. She endured poverty, grief and disappointment in life but maintained hopeful loving relationships with those around her. Flora MacKillop never had a home to call her own but still managed to be a wonderful mother. This year the Book Club will be exploring Father Julian Tenison Woods, a fascinating priest and renowned scientist. Father Woods has been described as a controversial personality, so it should be an interesting study.

### KLA Report

#### Developing Skills in Religious Education

Religious Education has as its core focus learning about our faith and developing religious literacy, but there is also an opportunity to complement the literacy initiatives of the College. Data that identifies key literacy needs for each year level, is used by teachers of Religious Education to best direct their teaching. Teachers explain and model genres for students and provide additional attention to any area of importance e.g. use of capital letters, sentence structure.



Recently Mrs Bruce, Miss Brett and I spoke with the Yr. 9 students about modelling Academic Integrity and becoming self-directed learners. There are key skills that will be essential for students as they enter Senior Years and the staff endeavour to help the girls learn these skills in the Junior classes. Academic Integrity is presenting work that is clearly a product of your own efforts as well as avoiding plagiarism and collusion. Students also should be aware that they need to develop independent skills in scaffolding responses for themselves and taking more responsibility for proof-reading their own work. The more opportunities we give students to practice and improve these skills, the more effective their transition will be to Senior Secondary. Students should not be heavily reliant on staff to complete their tasks.



Year 10 students need to make the most of their current year to develop the skills needed for the General Subject – Study of Religion. Religion and Ethics, the other option, is an Applied Subject with less academic rigour. For some students taking Study of Religion is essential to have enough General Subjects to qualify for an ATAR. Year 10 students will be given advice to assist with choosing an R.E. subject in Year 11, but it is important they apply themselves as best they can, to have wider choices.

**Linda Brandenburg**  
**Assistant Principal**  
**Faith and Mission**

## Campus Minister

### MARY MACKILLOP AWARDS

Attention: this week's College assembly six awards were presented to Isabella West, Alice Kay and Isabel Flack for their commitment and service, particularly at the recent interschool swimming carnival. Alyssa Wooster, Emalata Aholelei and Lucy Sparshott were honoured for the compassionate and kind support they have shown to their peers. Congratulations girls.

### PROJECT COMPASSION

Some classes have made a very generous start to their collections – \$125 was raised in the first collection. Congratulations to the MacKillop House for leading the charge. A second collection will be held next week. Keep up the good work.

### TRICARE VISITS

The senior students have started their Tricare visitations. Lots of excited chatter could be heard yesterday between the residents and visiting students as they played games, did puzzles or had their nails painted.

Unfortunately, the COVID-19 virus has resulted in some stringent measures to prevent cross infection. While we have restricted contact with those who have travelled or are feeling unwell, public outings and visits to the centre by volunteers have now been suspended until further notice.

### ROSIES

Our first group of volunteers attended their outreach experience two weeks ago and returned enthused and inspired. The Year 12s are accepting donations which will be distributed to patrons on later visits. They are seeking razors, small deodorants, toothbrushes, small size tubes of toothpaste, small hand sanitiser, cup noodles, muesli bars, blankets or sleeping bags. Any support you can offer would be appreciated.



PRAYERS PLEASE...

Having celebrated International Women's Day on Sunday 8 March and acknowledged it in our community this week, let's remember all women in our prayer ... those who provide us with inspiration and support, and also those struggling to live their full humanity.

Blessings,

**Kay Holmes**  
**Campus Minister**

## Guidance Counsellor

It's that time of the term when the workload increases, and assessment due dates are looming. Increasing workloads can increase our stress levels. My role as Guidance Counsellor is to provide a relaxed and confidential space where students and/or parents can discuss with me any area of concern. This includes problems such as feeling stressed or down, having difficulty focussing, problems managing anger, anxiety about tests or exams, or coping with conflicts. The following are strategies I often use in my work when a student is feeling stressed or overwhelmed.

1. **Identify the signs and triggers of stress.** Signs may include getting headaches, being irritable or snappy, an upset stomach and tense muscles. Triggers might include late nights, assignment deadlines, or seeing certain people. If you can identify the triggers you might be able to help your child to remove them or anticipate the triggers and put in place some strategies to help your child manage them.
2. **Encourage your child to spend time with people they care about** and who care about them. Sharing a problem with someone can be helpful, even if they aren't able to solve it for you.
3. **Practice relaxation.** It is important to find daily activities that are calming and relaxing. Activities might include going for a walk, listening to music, having a bath, or doing a progressive muscle relaxation. There are free relaxation apps listed below.
4. **Look after your health.** Looking after yourself includes getting enough sleep each night (9 hours is the ideal for an adolescent, but 8 may be more

realistic), eating a healthy diet, and exercising regularly.

5. **Take notice of your self-talk.** When we are stressed sometimes we have unhelpful thoughts that make us feel even more distressed. Unhelpful thoughts are those that focus on the negative aspects of a situation, or those that place unrealistic demands on yourself or other people. If you notice your child has developed some unhelpful patterns of thinking, try to challenge them by encouraging them to look at the situation from another perspective, or explore other explanations. Ask your child: "Is there another possible explanation?" or "What would you say to a friend if they were in this situation?"

## Relaxation and Wellbeing Information

*Smiling Mind* and *Calm* are apps where you can download programs on key aspects of Mindfulness Meditation. Go to the website to download the app at the link below.

<http://smilingmind.com.au/>

*The Australian Psychological Society* has a range of tip sheets available on their website. One of these tip sheets addresses stress.

<http://www.psychology.org.au/>

**Anna Wallace**  
**Guidance Counsellor**

## HEART Club for Homework

Our Lady's has been very lucky to be able to secure the services of some highly dedicated past students to work with current girls in a number of different areas. The HEART Club for homework help runs three afternoons a week, and Kenisha Dsouza, Paige Mackie and Olivia Anderson will be in Ad Altiora Place to support students from 3 – 4 pm Monday through Wednesdays. Celine Aswad and Ruby Parker will be relief tutors, so there should always be someone available.

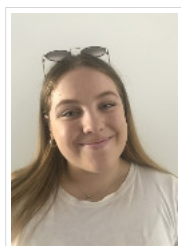
Jorja Horton, Jada Kynoch and Alice Hill are working with girls in the sporting arena, coaching, training and mentoring teams playing term one sport. They travel with the girls to games and are a great addition to the OLC support staff.

We have added Debating to our list of co-curricular activities and Olivia and Ruby will be meeting students to help them refine their research, structure and presentation skills. We are excited to include this activity under the supervision of Mr David Lyon.

Here are introductions in their own words.

### Olivia Anderson

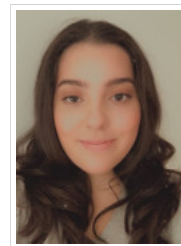
My name is Olivia Anderson and I am currently in my second year of a double degree in a Bachelor of Laws and a Bachelor of Government and International Relations at Griffith University. While at OLC, I loved debating, music and humanities subjects such as English, Legal



Studies and Religion. I particularly love writing and editing essays.

### Celine Aswad

I'm Celine Aswad and I graduated from Our Lady's College in 2019. I am currently studying a double Bachelors Degree of Nursing and Public Health at the Queensland University of Technology, as it's my goal to become a Midwife. I am also part of QUT's auditioned A Capella ensemble. I currently work at Woolworths as a Front End and Fresh Service Team member. I enjoy music, singing and watching movies. I spend most of my time with family and friends and love a relaxing day in front of the TV.



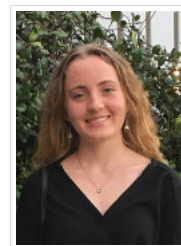
### Kenisha Dsouza

My name is Kenisha and I graduated Our Lady's College last year. I am currently studying a Bachelor of Design and Information Technology at the Queensland University of Technology. During my time at Our Lady's College I attended the after-school homework help program often, which helped me when I felt a little lost or unsure about my studies. I am coming back to high school to help other students in Mathematics, Science and Art.



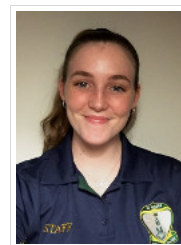
### Alice Hill

I'm Alice Hill, a past pupil of Our Lady's College and the Junior Touch Football Coach for this trimester of CaSSSA Sport. In 2018, I was House Captain for Woods, and continue to pursue my love of sport. I am studying a Bachelor of Sport and Exercise Science at QUT. I have also become a member of the Brisbane Broncos staff. I love being in a sporting environment and hope to pass on some expertise and passion this year to the participants at OLC.



### Jorja Horton

I'm Jorja Horton, the Junior and Intermediate Volleyball coach for 2020. Last year I coached the Junior and Open teams, with the seniors making finals and the juniors winning the premiership. I graduated from Our Lady's College in 2018 and was College Captain during my time at the school. Currently, I study a Bachelor of Education, majoring in Special Education at Griffith University, and mentor the first-year students coming into the course through the Mentoring Program.



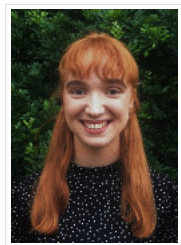
## Natasha Lai

Hi! I am Natasha Lai, and I graduated Our Lady's College in 2019. During my time at school, I excelled in the areas of science (particularly Chemistry and Physics) and math. At the end of 2019, I received an OP 1. I would love to share my experiences and help younger students at OLC to achieve their goals



## Paige Mackie

After serving as College Captain and graduating in 2019, I am now studying a Bachelor of Laws (Honours) at QUT. I am passionate about politics and social justice and will be representing my electorate in the Queensland Youth Parliament this year. I also enjoy ballroom dancing and reading in my spare time. My favourite school subjects were Modern History, English, and Biology, but I am looking forward to helping students from all grades with all subjects at HEART Club.



## Ruby Parker

I have just returned from a gap year after an 11-month trip around the world. I graduated in 2018, and as Social Justice Captain, I implemented changes across the school community. Combining my passion of social justice and reading, I am working towards a double degree of Human Services and Creative Industries, majoring in Creative Writing at QUT. I'm excited to be back at OLC, coaching the Year 10 debating team, and helping out with Homework Club after school.



## Jada Kynoch

As a past pupil of Our Lady's College, it is a pleasure to be the Opens AFL Coach for Trimester 1 of CaSSSA Sport. I am currently studying a Bachelor of Biomedical Science and work as a medical receptionist. Through my experiences in my chosen field, my interests include encouraging healthy living in safe environments, which I will strive to achieve with the students of OLC this year.

## Ad Altiora Place

### Lost property in the Library

The library lost property in the library is full of water bottles, hats and other items such as books and pencil cases. We would encourage students to come and check our box and take away any items that belong to them. We also encourage parents to put names on items, so they are easily identified.

### Trouble Shooting Monitor Printing issues

Students should not be leaving their laptops in battery saver mode constantly. Crucial updates to the Windows environment

and the Microsoft suite won't happen while the laptop is in that mode. This means over time, small updates build up, which interferes with the network printing system. If you experience any issues when trying to print, see library staff for help.

## CBCA Notable Books announced

On Tuesday February 25, The Children's Book Council of Australia announced its Notable Lists. We have many of the books on the Older Reader list (18 out of the 20), and a large number of the Younger Reader List (12 of 20). These are currently on display. Students who like to see what is being touted as the best books released in Australia in the last year are welcome to come in and borrow them. The shortlists will be announced on March 31.

## New Books arriving!

We are about to receive a delivery of new books! Keep an eye out for exciting titles that will be on display soon, and available for borrowing.

Happy reading, researching and studying.

### Ad Altiora!

**Mrs Buckley, Mrs Hayward and Me Le**

## International Women's Day



On Monday 9th March the College's Benenson Society recognized International Women's Day. The Society's Captains, Charmi Cortez and Ngan Nguyen, addressed a large gathering of students from all year levels on domestic and family violence. You can read their speech below. At the conclusion of the presentation girls were offered the opportunity to sign a condolence card for the family of Hannah Clark and her children and were given a purple ribbon to wear to recognise International Women's Day.

### Speech by Charmi Cortez and Ngan Nguyen:

*Today is International Women's Day, a global celebration of the social, economic, cultural and political achievements of women. This day has been celebrated for over 90 years in Australia and has become an opportunity for us, the future women in our society, to build support for women's rights and to inspire action to create meaningful change.*

*The first step that we can take toward creating change is to recognise the risks and dangers women face each day. One of the most prominent issues women face is domestic violence, where, on average, one woman a week is murdered by her current or former partner. This statistic is not just a number. This is reality. Just two weeks ago, Hannah Clarke was murdered by her former partner, in Camp Hill, in an act of shocking*



domestic violence. Devastatingly, her children were also killed in the accident.

It was discovered that Ms Clarke's former partner had shown signs of domestic violence throughout their relationship and was later put under a domestic violence order, meaning it was illegal for him to interact with her in any way that could be hurtful or threatening. Despite this, the order failed to protect Ms Clarke and her children.

This is only one example of domestic violence in our world. Females, no matter how old or young, are faced with this reality of physical, sexual, verbal, emotional, social and spiritual abuse each day. It is our role as females to say women should never have to experience this; **not now, not ever.**

We must learn from this horrible incident. Recognising signs of a violent partner can help reduce the possibility of entering an abusive relationship. Controlling, manipulative and obsessive behaviours are several characteristics of a potentially violent partner. Some red-flags of an abusive partner include: controlling minute aspects of your life such as dictating who you can hang out with or how much money you can spend; humiliating you in front of other people, putting you down and making you feel worthless; and constantly threatening to blackmail or hurt you. Hannah Clarke endured these damaging behaviours, but you don't have to; **not now, not ever.**

As young women, it is vital to educate ourselves about domestic violence as it can help us help each other. If you ever find yourself in a situation where you feel threatened and scared or know someone around you who could be endangered, know that there are countless people you can contact for help. The first step is to reach out and tell someone you trust.

This is our future. We don't want a world where women live in fear; we don't want a world where women feel threatened; we don't want a world where our sisterhood is in danger because of domestic violence. As women of tomorrow, together we say, **not now, not ever.**

03 April – Friday

Term 1 concludes

## Absentees

**Please Phone: 07 3426 8095 prior to 9.00 am daily**

**Email Link:** [www.ourladyscollege.qld.edu.au](http://www.ourladyscollege.qld.edu.au)

**Absentee Email:** [absenteeOLC@bne.catholic.edu.au](mailto:absenteeOLC@bne.catholic.edu.au)

**Or via the Parent Portal**

## College Newsletter and 2020 Calendar

Access our College Newsletter and 2020 College Calendar via the College website at the link below –

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

## Important Dates and Deadlines

19 March – Thursday	St Joseph's Day
20 March – Friday	Harmony Day Concert
24 – 25 March	Year 12 Mini-Block Exams
27 March – Friday	Year 7 Big Day Out Year 12 Biology Excursion
29 March – Sunday	Rosies Outreach Visit
31 March – Tuesday	College Assembly
01 April – Wednesday	Year 12 Formal