



OUR LADY'S COLLEGE

ANNERLEY

Newsletter

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27 March 2020



Principal's Message

Perhaps more than ever before in our lifetime has the Easter message of hope that comes with the Resurrection of Jesus been of such great significance.

The world of COVID-19 has thrust many changes onto us in a short space of time. This current situation will have an end. What will be important is how we have made people feel during this period of uncertainty. Maintaining our sense of community and connection has never been as important as it is right now.

Important Information for Year 12 Students

The QCAA has released an update regarding the impact and response to COVID-19. QCAA will remove one internal assessment from the total of four prescribed in each syllabus. Further details about this decision will be communicated by QCAA shortly, but this announcement is designed to provide relief from possible interruptions from COVID-19.

The full release can be accessed from the link below.

<https://www.qcaa.qld.edu.au/coronavirus-updates>

What can parents do to support learning and maintain good hygiene?

- Supporting your daughter to have an appropriate study area.
- Checking with your daughter at the start of the day around what she needs to do.
- Check in throughout the day to see if she is on track to complete her work.

It is important at this time that we remain alert to the risk of infection and continue to take protective action. Please continue to ask your daughter to:

- wash their hands regularly with soap and water, particularly before and after eating, and after going to the toilet;
- use alcohol-based hand sanitiser if soap is unavailable;
- cover coughs and sneezes with a tissue or the inside of her elbow;
- dispose of tissues in the bin immediately.

If your daughter develops flu like symptoms, please:

- keep her at home
- avoid contact with others such as touching, kissing or hugging
- see a doctor or contact 13 HEALTH (13 43 25 84) immediately
- seek medical advice if your daughter has other underlying medical conditions
- call ahead to the medical centre or doctor's surgery, advising of your daughter's symptoms.

Amid the uncertainty that exists at the moment, it was such a positive experience to see our girls so happily engaged in our Harmony Day celebrations last Friday. The message of respect, inclusivity and happiness permeated our lunchtime gathering as girls shared through dance and song their giftedness and friendship. Hope, resilience and a strong sense of community was strongly evident and these positive experiences hold us in good stead as we approach the coming weeks.

We will continue to keep you updated via email and the College Newsletter.

As I indicated in an email this week, we are hoping to move some of our significant events to later in the year, but this will depend on any number of considerations. Notwithstanding, we are mindful of the need to remain positive and to continue to

be hopeful that we can, at some point this year, return to the fullness of College life.

**Shalom,
Paula Goodwin
Principal**

Teaching and Learning

Term Two

As you are most likely aware, Teaching and Learning in Queensland has been impacted by COVID-19. As the Federal and State governing bodies announce restrictions and bans, the College is being informed by QCAA and BCE regarding best practice. With regards to our Senior students, QCAA is considering a range of scenarios in the hope to alleviate the stresses being felt in school communities whilst still ensuring the integrity of the process and want students and families to be assured that they will still receive fair subject results.

Term One Work Practices Reports Online

Term One Work Practices Reports will be available as of 4pm Friday 3 April 2020. This secure site ensures that parents have access to their daughters' reports (as a family) in the one location. While the Parent Portal will store two previous reports for parents to view, a copy of the report can be downloaded and stored or printed for more permanent record keeping by parents. Further details outlining the purpose and publication of these reports will be sent to all families at the end of Term One via the parent/carer's documented email address. Please alert the College of any changes in email address to ensure open and timely communication between home and the College.

Parliament House Visit with Minister Bailey

A few weeks ago, Beth Allen, Isabella West and Mr Stevens were invited to Parliament House to have a lunch, tour and opportunity to speak with Minister Mark Bailey. The reports from the students below speak volumes about this wonderful experience.

"On Wednesday last week, we were given the opportunity to go to Parliament House and explore the beautiful interior of this historic building. Although we felt very out of place in the fancy dining room, we very much enjoyed the delicious lunch. We were lucky enough to talk to Minister Bailey and heard about all the tricks of the trade as a politician. We also got to talk to the students from Yeronga and Milpera and were able to bounce leadership ideas around to further prepare us as leaders for this year. Overall, we are very grateful for the experience and thank those involved for the invitation." – Beth Allen

"Being invited to have lunch with Minister Mark Bailey at Parliament House was amazing. For someone who honestly knew nothing about politics, getting a first-hand insight was an unforgettable experience. The tour throughout Parliament House was fascinating with a look into the Readers' Library and the courtyard. Meeting Minister Mark Bailey was so rewarding; he seemed extremely interested in the future of all the senior students that were in our group and if I had the opportunity, I would so go again!" – Isabella West

Wishing you a safe and blessed Easter,

**Kate Brims
Deputy Principal
Teaching and Learning**

In the Tradition

As we approach the season of Easter we usually focus on the themes of sacrifice and gratitude as captured through Jesus' death and our appreciation of his offering. This year we particularly would find the theme of sacrifice as one of poignant significance.

As many families struggle and we try to deal with the uncertainty of the times, we can find strength in our core values. We can turn to our faith for support, we can appreciate the importance of family and friends and we can find ways to support others and not dwell on our own concerns.

Mary MacKillop faced many struggles in her life and kept an optimistic spirit. I offer you some of her words for encouragement over the coming weeks:

"Be calm and full of hope"

"Let no obstacle deter us from proceeding with courage"

"All will be right with time and a little patience"

Take care and blessings over this Holy Season.

**Linda Brandenburg
Assistant Principal
Faith and Mission**



Campus Minister

EARTH HOUR

Started by WWF and partners as a symbolic lights-out event in Sydney in 2007, Earth Hour is now one of the world's largest grassroots movements for the environment. Held every year on the last Saturday of March, Earth Hour engages millions of people in more than 180 countries and territories, switch

On Friday 27 March, OLC classes turned off their electricity for 10 minutes in each lesson to show their support for positive environmental impact. You can unite with those across the globe who wish to protect our planet by turning off your lights on Saturday 28 March for an hour from 8.30pm.

For more information check the Earth Hour website.



SAINTS PATRICK AND JOSEPH

Two of the great saints of the Catholic tradition were honoured with their feast days last week - Patrick on 17 March, and Joseph on 19 March.

Both faced difficulties and challenges about which they chose to put aside their own fears and preoccupations and rather seek God's meaning and purpose. This shift in attitude, this re-orientation of the heart, is what made Patrick the patron of the Irish and Joseph the patron of the universal Church.

They have some lessons for us as we face current uncertain times.

CORONA VIRUS

The Corona virus outbreak is stirring up anxiety, confusion and major inconveniences. It is a situation in which we can easily overreact and feel fearful.

The most repeated phrase in scripture is "Do not be afraid!" or "Have no fear!" God probably sends us this message so frequently because fear is such a big part of human nature. Fear can keep us safe by alerting us to dangers in our lives, but it can also lead us astray, toward selfish responses. Just think toilet paper!

Let's commit to working together to manage the threats of this virus. Do what you can to:

- Stop the spread
- Take only what you need
- Advocate for the targeted and vulnerable
- Proactively love your neighbour

PRAYERS PLEASE...

We pray with and for those who are directly affected by the Novel coronavirus, especially those in our own community.

*God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light.*

Blessings,

Kay Holmes
Campus Minister

Guidance Counsellor

Keeping Calm in the Face of COVID-19

All of us would have experienced some anxiety and trepidation this week related to COVID-19. COVID-19 is a real threat to our health and daily functioning, so feeling worried or anxious about what is to come is normal.

While anxiety and panic help to protect us and anticipate threats, it is important that we can channel the anxiety into helpful actions. Below are some wellbeing tips relevant to these times:

Keep Your Daily Routines

During times of uncertainty it can be helpful to hold on to the reassuring habits of daily life that we can control. These might be different for each of us, but might include: keeping regular wake times and bed times, eating dinner as a family, exercising, making time to reach out to a friend during the day, taking 5 minutes to enjoy a cup of tea.

Maintain Your Presentation

Continue to take care of yourself by showering every day, brushing your teeth and getting dressed for the day as you usually would. Some schools have even encouraged students who are self-isolating to continue to put on their uniform for school hours while they work.

Stay Connected

This is a time where people may feel increasingly isolated. Don't underestimate the power of connecting with someone else through something as simple as a text message. We are fortunate to live in a time where there are various platforms to stay connected such as Skype, Facetime, messenger, and Zoom. If you don't know your neighbours, now is a good time to reach out and say hello.

Exercise

Your usual exercise routine might have been disrupted recently due to gym and sporting venue closures. It is important to find other ways to exercise daily. Recently there have been many exercise programs being offered online for free. For example, the Down Dog app is being offered for free for everyone until April 1st and free to students until July 1st.

Sleep, Eat Well and Stay Hydrated

This might seem obvious, but stress can disrupt our usual sleeping and eating habits. We may find ourselves eating or sleeping considerably more or less. Eating a balanced diet and getting enough sleep (8 to 9 hours for adolescents) is important for our mental and physical wellbeing.

Keep Productive

Make plans for what you can achieve each day. As a family write lists of activities you can do on your own or together that you can refer to when moments of boredom strike. For students at home this might be an opportunity to learn a new skill, get their room in order or start a project they have been wanting to get done.

Practice Self-Compassion

Our daily lives are changing at a rapid pace. How we were living last week is different to how we are this week and might be very different again in another week. We are all doing the very best we can in a unique, changing and challenging situation.

Look Out for the Good in the World

In any challenging situation there are people that go out of their way to support others through making donations, raising awareness and supporting others in incredible ways. Notice these people and point them out to those around you. Consider what contribution you could make to your community.

Limit Time on Social Media and Watching the News

If you notice you are feeling stressed and anxious consider limiting news watching and listening to 30 minutes a day. This is enough time to hear updates on what is happening, without hearing the same information repeated. Always refer to credible sources, instead of relying on social media to keep you updated.

Reach out for Support

Online Support:

Queensland Health
Beyond Blue
Headspace
Lifeline
Smiling Mind
Mood Gym
The Brave Program

Important Numbers:

Emergency 000
Lifeline 13 11 14

For access to Public Mental Health Services, call 1300 MH CALL (T: 1300 64 2255)

Beyond Blue 1300 224 636

Career Resources

Four steps to achieve your career goals

Patrick Wright from ABC Life interviewed Remya Ramesh who has had a lot of success in her career, and she puts it down to setting good goals. She has just landed a great job in London running the design team of a global tech giant. How'd she get there? Besides working hard, Remya puts it down to setting good career goals. Find out how she did it by clicking here.

Pathways to medical specialisations in a range of health career resources

The My Health Career website has infographics and other information on pathways to ten different medical specialisations. The 'Videos' section of the website has interviews with practitioners involved in primary health care, dentistry, dietetics, medicine, midwifery, optometry, occupational therapy, pharmacy, exercise physiology, radiography and podiatry. Explore more of the resources on this website and subscribe to a regular health careers newsletter.

Dorothea Mackellar Poetry Awards

The Dorothea Mackellar Poetry Awards Competition is now open. Poets are encouraged to take inspiration from wherever they may find it, however, if you are looking for some direction you can use the 2020 optional theme - "We used to live there". The competition is open and closes 30 June 2020. For more information including age categories, how to register and prizes visit the website.

Changes to Tuckwell Scholarship Applications

In light of the Coronavirus (COVID-19) situation, and in recognition of the unprecedented challenges facing school students and teaching staff, the due date for Tuckwell Scholarship applications has been extended by 7 weeks. Also, the Stage 3 in-person interviews will not take place in Canberra in July 2020. The new dates for Tuckwell Scholarship Applications are:

- Candidate Stage 1 applications due 3pm, AEST Monday, 25 May 2020
- Teacher and Head of Year Reference due 3pm AEST, 1 June 2020
- Notification of Stage 1 outcomes - July 2020

Click here for more information on the scholarship application and timelines.

Are you meeting course prerequisites

Click here to see the tertiary prerequisite information by institution including details on prerequisites, assumed knowledge and recommended study for 2021 tertiary entry. You will also be able to find the Year 10 Guide - Meeting Prerequisites in 2022. Check out these prerequisites to be sure that the subjects you are studying will meet prerequisites for the course/s of your choice at the end of Year 12.

Australian Tertiary Admissions Rank (ATAR) updated article

Australian Tertrary Admissions Rank (ATAR)

All states in Australia call their Year 12 tertiary entry score an Australian Tertiary Admissions Rank (ATAR). The ATAR is a number between 0 and 99.95 (highest) with increments of 0.05. The Queensland Curriculum and Assessment Authority (QCAA) provides all Tertiary Entrance data to QTAC who then calculates individual ATARs. If you are applying for interstate courses, the relevant tertiary admissions centre can obtain your ATAR directly from QTAC. You can learn more about ATARs and how to obtain an ATAR statement from the Student Connect website.

QUT 2021 Welcome Guide

The 2021 Welcome Guide is now available. The Welcome Guide includes information on QUT's undergraduate degrees, support services, campuses, and how to apply. Click here to view the guide online.

START QUT Applications Open

START QUT gives you the opportunity to study up to two university units, in the same classes as current QUT students, while completing Year 11 and 12. Applications to study in the START QUT program in Semester 2, 2020 open Tuesday 31 March and close on 31 May 2020. Click here for full details of eligibility requirements, units of study and an application form.

Anna Wallace **Guidance Counsellor**

Middle Leaders Report

Young Australians will face many social, economic and moral challenges in their lifetimes that will impact on their lives and choices. It is critical that students are equipped with the knowledge, understanding and skills that will empower them in the face of such challenges.

At Our Lady's College Business students have been very engaged in different learning experiences that will equip them with this knowledge, understanding and skills. Year 7 and 8 students are being introduced to business concepts and Year 8 is learning more about being informed consumers in society. The Year 8 students enjoyed an informative session with guest speaker Chris Spensley, the Queensland Government Community Engagement Officer, about consumer rights education.

The Year 9 and 10 Business elective Entrepreneurs and Aspiring Lawyers is designed to allow the students to transition effectively into Year 11 as it is linked closely to Legal Studies in the Senior Curriculum.

Elsewhere, the Information Technology classes have been experimenting with their skills. One class is studying coding while the other classes are using their smartphones or College ipads to create videos for YouTube. It is hoped that these videos will be informative to new students in the College.

Finally, as part of their course of study, the Year 12 students in Certificate III in Business are completing competencies that require them to participate in Business projects that are real-life focused. The Year 12 class are currently studying online promotion using social media.

By being engaged in these activities all year levels in their Business classes are gaining the knowledge, understanding and skills to equip them for the 21st Century.

Paula Geraghty
Business Middle Leader

Show your ANZAC spirit

Rest assured Australians will always find a way to remember the dedication of our service personnel.

Instead of attending a large gathering, RSL Queensland is calling on all Australians to honour the service of our Defence forces past and present by standing at the end of their driveways or on a balcony for a minute's silence at 6am this ANZAC Day.

Read more about this call to action here.

College Newsletter and 2020 Calendar

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

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

Important Dates and Deadlines

Our Lady's upcoming events/activities have been postponed due to COVID-19.

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