



OUR LADY'S COLLEGE

ANNERLEY

newsletter

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7 May 2021

Principal's Message



This weekend we celebrate Mother's Day. It is a time when we stop to acknowledge the immense contribution of women for their selflessness in nurturing their children and

families, for their ability to multi-task, and for their wisdom. **Happy Mother's Day** to all the mothers and carers in our community!

Mother's Day is also a time to reflect on the importance of strong, courageous and capable women, who forge their own paths and make well-informed choices. This is what we focus on encouraging in the young women of Our Lady's College.

A recent article in *The Educator*, comments on a new report analysing Australian and New Zealand PISA data from 2015 and 2018. **The report reveals girls at single-sex schools outperform girls from co-ed schools on academic measures, social and emotional outcomes, and other aspects of students' well-being.**

Further analysis and investigation by the Alliance of Girls' School revealed that compared with girls from co-educational schools, girls from single-sex schools outscored girls at co-educational schools on every academic measure and reported higher academic aspirations. The study also found that girls from single-sex schools have 35% higher intentions of completing a degree or doctorate.



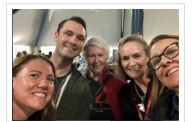
Girls scored up to 10 percentage points higher on academic tests of science, mathematics and literacy and the same percentage on measures of science knowledge and confidence. Additionally, girls achieved up to 7 percentage points higher on measures of reading evaluation and reflection and locating and understanding information.



Our **Year 9 Camp** this week, was purposely shaped to provide activities that catered to building confidence, resilience and self-motivation. As educators dedicated to empowering young women, the camp required our students to engage in team-work and leadership. They needed to be resourceful and tenacious. Thank you to Ms Madonna Witham, our Year 9 & 10

Pastoral Leader who organised this wonderful opportunity and to Ms Karen Chandler, AP Student Wellbeing, who supported her along with the Year 9 Pastoral Team of Mrs Brims, Mr Forster and Mrs Holland. This was a wonderful opportunity for our students.

On May 15m from 10am to 1pm, we celebrate the giftedness of our students and the many opportunities available to them at the Our Lady's College at the **College Open Day**. We thank you for supporting this day by:



- Assisting at the P & F barbecue
- Transporting and/or supporting your daughter at performances
- Encouraging friends or family who have a daughter in Years 2 to 6 to attend the day to learn more about our vibrant community and to meet our professional and dedicated staff.

Please remember that if you have a daughter in Years 3-6, we are interviewing now: contact Angela Zaugg, our Enrolments and Marketing Officer on 3426 8000.

Shalom
Paula Goodwin
Principal

Teaching and Learning

Parent Teacher Student Interviews and Meetings

Parent/Teacher/Student Interviews were conducted last week in the Alma Block classrooms. The rooms were abuzz with rich conversations about supporting your daughters in their learning. There were some parents who made contact because, for various reasons, they missed the deadlines for bookings for this evening. Whilst we are unable to accommodate bookings after the deadlines, we were able to remind parents that they are welcome to make direct contact with their daughter's teachers via email to arrange a discussion at any time throughout the year.

Year 11 Parent and Student Information Evening

After the P/T/S Interviews, parents of Year 11 students were invited to attend a meeting in the hall to discuss emergent issues related to their daughters' journey in the new QCE system.

Topics discussed included:

- appearance and make-up of the QCAA courses at various levels,
- assessment – types, timing and conditions,
- reporting – when to expect these and what will be reported
- AARA - illness and misadventure processes

NAPLAN online

Families are reminded that this coming week is NAPLAN week. As outlined in the last newsletter, students in Years 7 and 9 will complete four tests over the testing period. Students will require their school laptop to be well-charged on these days, headphones and a pen/pencil as well as their normal equipment for lessons following the tests. Limited opportunities for missed tests will occur.

Assessment

Senior courses in UNIT ONE are nearing completion and our junior subjects head towards various modes of assessment. As assessment across the year levels continues, students are reminded of the responsibilities regarding submissions and completion of tasks. This information is documented in the Student Diary. Senior students must take particular note of the requirements governed by QCAA and the urgency of correct supporting documentation and communication with the school.

Year 7 Elective Subject Rotations

Year 7 students will begin their Trimester 2 elective subject rotation next week. New timetables will be issued to the Year

7 group on Monday morning ahead of their first lessons in the new rotation.

Seeking Assistance With A Growth Mindset

Imagine a mountaineer sending a text and asking for help. "Help!" or "I can't make it!" understandably comes from a place of frustration. "Help, I've tried to open the door. The deadlock is broken on the door at basecamp and I can't get out!" sends a clear message that they aren't giving up, but require specific help to take the next step. If your daughter requires specific help with their work, then ensuring that they communicate clearly what steps they are up to, what they have attempted and, hopefully, where the blockage occurs will give them the skills to solve the current issue and any future ones they will encounter in life. This skill is important in any situation, whether parenting, work or study. Reinforcing this mindset at home helps to place your daughter for greater success.

Have a wonderful fortnight ahead

Anthony Stevens
Deputy Principal

Community Matters

School TV Raising Girls

I share two articles from our SchoolTV platform in the spirit celebration of Mother's Day this Sunday 9 May.



Raising Girls

Because you're my mother

College activities and groups – Ever Higher

Perhaps your daughter has come home sharing stories about her involvement in lunchtime activities and groups? The college boasts a wide range of co-curricular activities, available to every student, and facilitated in welcoming and inclusive environments. Students are encouraged to participate regardless of their age, prior experience or skill level.

These activities provide opportunities for students to:

- Develop and build friendships
- Develop and build positive relationships with staff
- Learn new skills
- Look after their health and wellbeing
- Work in teams and develop leadership skills
- Build their confidence and creativity
- Develop a sense of belonging within our community



A special thank you also goes to our college staff who volunteer their time to facilitate these activities and groups.

Karen Chandler
Assistant Principal
Student Wellbeing

In the Tradition & Campus Minister

Mary MacKillop Awards

At last week's assembly six girls were given awards for their generous service and support given to PC class or college activities, peers or new students, or their diligence and optimism. Congratulations to Grace Hill (Year 12), Rebecca Matapula (Year 11), Claire Franco (Year 10), Isla Williamson (Year 9), Lucy Sparshott (Year 8) and Emily Brimblecombe (Year 7).



Prayers Please...

As Mother's Day approaches we honour those who give birth and nurture us. May our loving God bless mothers that they be nourished and strengthened in their life-giving, nurturing roles. Happy Mother's Day to all the mums in the Our Lady's community.

In God's love,

Linda Brandenburg
Assistant Principal
Faith & Mission

Kay Holmes
Campus Minister

Guidance Counsellor

Mindfulness

Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally." Kabat-Zinn (1994).



Mindfulness is the most scientifically researched form of meditation that trains our minds to focus attention on the present moment. This focus helps calm our minds and stops our thoughts wandering to topics that make us feel stressed or from what we are currently doing. Practicing mindfulness can assist us to be more aware of our thoughts and feelings, enabling us to manage them in a positive way rather than simply reacting to them. Amongst adolescents, this increased self-and social awareness can lead to an improvement in empathy, building positive relationships and better social skills.

In the classroom, research shows that mindfulness can reduce a student's sense of stress and improves attention, making it easier for students to take in new information. According to Smiling Mind (2020), students who regularly practice mindfulness demonstrated better emotional regulation, academic performance, lower rates of depression and anxiety and better social skills than their peers who did not.

SchoolTV, available through the Our Lady's platform and parent portal, is a great resource for learning more about mindfulness and its benefits. As well as short educational videos, the site also has links to practical, easy to use resources such as guided meditation apps. See the link below:

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

If meditation is not your thing, try these short mindfulness activities to bring your mind back to the present moment:

- Mindful colouring – in a calm environment, colour mandalas or your picture of choice, focussing all your attention on the task at hand.
- Five things – look around you and intentionally observe your world to focus your mind on the present moment. Use your senses to notice five things you can see, hear, feel, and/or smell.
- Mindful music – listen to a calm piece of music and notice how many instruments you can hear, name them.

- Sorting thoughts – sort stressful thoughts into facts/ reality and opinion/possibility. This can help you decide how much attention to pay to a thought and problem solve solutions if necessary.
- Mindful eating – pay close attention to the food you are eating, to the texture, taste, smell. Count how many times you chew. This works particularly well with chocolate!

Jennifer Watson
Acting Guidance Counsellor

Year 7 Camp Report

It was a chilly morning on Thursday 22nd April when the Year 7 cohort of Our Lady’s College gathered at the Deck Café. The day had finally arrived for Year 7s to venture forth on their inaugural camp at the QCCC Campus at beautiful Brookfield. Our hosts, Murray, Carolyn and Charlotte made us feel most welcome.

We gathered on arrival to have our sleeping quarters allocated, and after sausage rolls for morning tea, we all enthusiastically participated in an exciting icebreaker session facilitated by Mrs Ferguson. We then reflected on “*Where we have come from and where are we going*” and completed a series of short activities with randomly selected groups, with the objective of getting to know other students in our year level. The transition to high school can sometimes be tricky, especially getting to know a range of people, so these activities were designed to get us interacting with those students we perhaps have never met before in a social setting.



After lunch, we welcomed Ms Goodwin, Ms Chandler and six of our Year 12 leaders: Mi Mi, Ngan, Charmi, Mae, Charlotte and Ellie. Our wonderful school leaders ran a series of group rotational activities, focusing on the school values of Service, Integrity, Justice and Compassion. Despite the late afternoon being rather chilly and overcast, with intermittent drizzle, a few brave souls, not to be deterred, ventured into the pool! Beach volleyball was a very popular option and warmed everyone up. Girls also had time to work on creating their camp bags as a memento as well as a range of crafting activities, such as creating name bracelets, necklaces and thank you cards for our senior girls. It was lovely to see all our girls not only interacting

beautifully with each other, but with our senior students and staff.

On Friday, everyone was up bright and early for a delicious breakfast of pancakes, as well as tidying their cabins and packing and stowing gear before meeting Harry and Lara from Character Builders. Harry and Lara led our cohort through a range of confidence and team building activities, including water-based activities and obstacle courses. We also reflected on the history of the Kokoda Track and the sacrifices made by those brave Australians in those most difficult of conditions. We reflected on the Australian values of friendship, adaptability, loyalty, commitment and teamwork, before embarking on a challenging stretcher bearing activity, which necessitated girls working as a team, toughing it out, demonstrating high levels of cooperation and patience to negotiate a series of challenges. Thanks to Mahlia for her great camera shots of this event.

Our thanks to everyone involved in our wonderful Year 7 camp! We all arrived home safely, quite exhausted, but thankful for the opportunity we had all enjoyed together. Thanks to our hosts at QCCC, Murray, Carolyn and Charlotte and their team who worked hard to make our camp a terrific experience. Thank you to all those “behind the scenes” who worked to make the Year 7 Camp a reality – to Mr Vince McDonald who handled the bookings, Ms Vreugdenburg for her ongoing administrative support, Ms Courtney who assembled first aid kits and support materials, and Ms Haywood and Ms Buckley in the library for their technical assistance.

A special thank you to the teachers who attended: our College Administration Team, Mrs Goodwin and Ms Chandler, our dedicated Pastoral Care Teachers, Ms Ferguson, Ms Cavanagh, Mr Sauvage and our Learning Support teacher, Ms Wuoti, all of whom gave generously of their time and talents. Thanks also to our school leaders for their valued contribution and most importantly, to our wonderful Year 7 students, who maintained excellent levels of courtesy and cooperation throughout the camp, and who tackled every activity with enthusiasm and a spirit of generosity and appreciation.

Well done Year 7!

Leanne Morton
Pastoral Middle Leader Year 7 – 8

College Newsletter and 2021 Calendar

Access our College Newsletter and 2021 College Calendar via the College website

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

Important Dates

09 May – Sunday	Mother’s Day
12 – 13 May – Wednesday & Thursday	NAPLAN – Year 7 & Year 9
15 May – Saturday	Open Day
18 May – Tuesday	College Assembly

Absentees

Please Phone: 07 3426 8095 prior to 9.00 am daily

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

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

Or via the Parent Portal