



OUR LADY'S COLLEGE

ANNERLEY

newsletter

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12 March 2021

Principal's Message



Happy International Women's Day!

The theme for this year's International Women's Day was 'choose to challenge'. There are many women who have made immense change in our world, and this year the large number of women receiving the Order of Australia award is testimony to immense determination. Australia has seen many female pioneers and innovators. Our own home-grown saint, St Mary MacKillop, was a woman of vision, courage and advocacy for those in need. Her vision for the education of young rural and struggling Australians has been the cornerstone of the values that underpin Catholic education in our nation today. She was a woman who challenged the status quo of her time and this, at times, brought her into disagreement with some Church authorities. Her values were firmly based in compassion, service and justice. Mary was a woman who acted with great integrity.

These values are the foundation of respectful relationships. When asked at enrolment interviews what parents want for their daughter as she graduates from Our Lady's, the answers are invariably: independent, self-assured with opportunities, assertive, caring and ready to take her place in the world. As we look at the media coverage on the topic of 'consent', it seems that respect is not always the foundation of relationships. Our Pastoral classes reinforce positive relationships, assertiveness, being confident in who you are, and are designed to instil in the girls belief in their own capacity and immense self-worth.

Congratulations OLC Swimmers

At our Assembly this week, we thanked and congratulated the 2021 Our Lady's College Swimming Team on their preparation and efforts in representing us at the CaSSSA Interscholar Swimming Carnival. The girls achieved third place in the Percentage Cup. Thank you to Mr John Boumford for his early morning treks to Yeronga Pool supporting the girls in their preparation. Thank you too, to the College P & F for their support of the Swimmers' Breakfast.

Annual Plan

On Tuesday evening, the College Board met for the first time this year. Mrs Cathy Lutve continues as Chair, Mrs Tracey Williamson as Secretary, together with committee members: Ms Yasmin Ildes, Mr Kevin Twomey and Mr Christopher Voigt. The Annual Plan is included for your interest. This year, the College will compile the School in Community report and begin the process of Master Planning. Parent input will be a valuable component of this documentation. We look forward to collating your ideas in the coming months.

Shalom,

Paula Goodwin
Principal

Teaching and Learning

Year 12

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 revision and mastery of this content as these will also be in focus for their EA (External Exam) in October/November.



Year 11



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 Jenny Watson, our College Counsellor.

Assessment Reminders

It is important for all to remember the process that must occur in matters relating to assessment. There is the perception for some that because the illness or misadventure is unexpected, this places them outside the normal processes and an (unwritten) set of rules can be applied. Sadly, this understanding can have disastrous effects on a student’s results.

When a student is unwell, there is a set of actions that must be undertaken for the school to be able to support the student:

1. Contact the College: call the school before 9.00am to alert the school of the absence and have a conversation about next steps if you are unsure.
2. Provide a medical certificate: for students in Years 10, 11 and 12, a medical certificate must be provided outlining the specific nature of the condition and the symptoms, and clearly outlines when the student will be back at school. This must be emailed to the teacher and sannerley@bne.catholic.edu.au so that alternatives can be arranged.

In the case of exams, an alternative (comparable) exam would be constructed for the student to ensure that we adhere to our academic integrity responsibilities.

In the case of assignments, illness on the day is not a valid reason to delay the submission of the assignment because they may have already had weeks to work on this. The assignment should always be available in the student’s OneDrive and this would need to be submitted via Teams so that it can be checked for our academic integrity compliance.

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.

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

Best wishes for the weeks ahead,

Anthony Stevens
Deputy Principal

Community Matters

International Women’s Day

This week we celebrated International Women’s Day. The Student Representative Council (SRC) collectively produced a PowerPoint showcasing inspirational women in our world. Their presentation included the achievements of Malala Yousafzai, Michelle Obama, Oprah Winfrey, Jacinta Ardern and Amanda Gorman. It is currently on electronic display in Ad Altiora Place.

School TV



SchoolTV is a resource produced in consultation with Australian youth psychologist, Dr Michael Carr-Gregg. The purpose is to support both schools and parents in addressing the modern-day issues affecting today’s youth. SchoolTV focuses on mental health and wellbeing topics with interviews from many of Australia’s leading specialists on topics such as stress, substance abuse, anxiety, transitions, relationships, digital citizenship and many more.

Dr Sarah Blunden is a sleep researcher and clinical psychologist who works with parents, teens and children around sleep. Her sleep series videos are available via the Our Lady’s School TV platform.

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

Sleep Hygiene and Your Teen

Many adolescents do not get enough sleep. Current research suggests that teenagers need around 8 - 10 hours per night. Most teenagers get between 7-8 hours, so they are often in ‘sleep debt’. Academic loads and social expectations sometimes require teens to stay up later. Puberty also produces daytime sleepiness. Sleep is important as it plays a role in the proper functioning of all our body systems for our physical and mental health and without it all body systems that are involved in physical or mental health are negatively impacted.

Tips for teens to sleep better

- Aim to get to bed and wake up around the same time each day, including on the weekend. This helps your body to get into a routine.
- Natural sleep cycles are based on your body clock, which is mainly set by when you’re exposed to light.
- It’s best to try and keep your bed for sleep only. Working, watching TV or being online in bed can cause your brain to associate bed with being alert and awake.
- Your bedroom should be dark, cool and quiet.
- Turn off your screens (phone, TV, iPad and laptop) at least 30 minutes before bedtime. The light from

screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.

- Exercising during the day is a good way to make you tired at night.
- Limit caffeine at least 4 hours before bed.
- Tips for parents
- Try not to argue with your teen about bedtime. Instead, discuss the issue with them and together, brainstorm ways to increase their nightly quota of sleep.
- Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
- Decide together on appropriate time limits for any stimulating activity such as homework or screen time. Encourage restful activities during the evening, such as reading.
- Avoid early morning appointments, classes or training sessions for your child if possible.
- Help your teenager to better schedule their after-school commitments to free up time for rest and sleep.
- Assess your teenager's weekly schedule together and see if they are overcommitted. Help them to trim activities if they are.
- Sleep medications are not usually required to help with sleep problems. While they can help in the short term, they also have several side effects and may not give good quality sleep. Your body can also get used to these medications quickly, so the effect wears off.

For more information visit at the link below.

<https://www.betterhealth.vic.gov.au/health/healthyiving/teenagers-and-sleep>

Karen Chandler
Assistant Principal
Student Wellbeing

In the Tradition

School Photos

On Wednesday 28th April school photos will be taken. Families have the option of ordering individual, class or family photos. Each student has been given an envelope about ordering, and orders can be handed in to Student Reception. Please note if using cash the exact amount needs to be tendered. As well, you may easily order online through the address below. There are no credit card fees for ordering online.

<http://www.purplemoonphotography.com/olc/>

2020 Yearbook

The College Yearbook will be distributed next week. It will be presented to the eldest child in each family from Year 8 - Year

12. Seniors of 2020 are welcome to return and collect their copies. Even with the limitations of a 'COVID year', it captures the many wonderful events we celebrated in 2020.

Holy Week Liturgy



On the last day of term, Thursday 1st April, there will be a whole school prayer service for Holy Week. This prayer liturgy incorporates music, drama and readings and is a special ceremony to mark this key event in the church's calendar and our faith lives.

In God's love,

Linda Brandenburg
Assistant Principal
Faith & Mission

Campus Minister

Mary MacKillop Awards



Congratulations to *Grace Kerr, Katie Alinsod, Grace Klein, Kaitie Stuart, Pamela Sili* and *Keeley Johnston* who received Mary MacKillop awards at this week's assembly.

The girls were honoured for their integrity and service in cleaning the school grounds, supporting new students, maintaining a positive attitude or participating enthusiastically in PC activities.

Project Compassion

In this third week of Lent we hear the story of Oliva from Tanzania who, to become literate and numerate, enrolled in Caritas Australia-supported literacy and numeracy classes.

She also set up a classroom at home to teach her neighbours, for free, because they were too shy to attend larger classes.

Watch a short film about Oliva here.

So far, we have raised over \$300 through the classroom collection boxes.

St Joseph

Recently Pope Francis published an Apostolic Letter, *Patris corde (With a Father's Heart)*, commemorating the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church. Read Pope Francis' letter here.



To mark the occasion, the Holy Father has proclaimed a “Year of St Joseph”, running from December 8, 2020 to December 8, 2021.

Next Friday, the 19th of March, is the feast of St Joseph, so it was timely that Year 12 Lambert led us in prayer about St Joseph at the College assembly. Although St Joseph is a relatively minor character in the Gospels, in him we glimpse a man who is responsible... trusting... persevering... and faith filled. A model for us, indeed.

Kay Holmes
Campus Minister

Young Women Leaders



Last Friday 5 March, the student leadership team attended the Young Women Leaders’ Soirée hosted at St Rita’s College. They were immensely inspired by the guest speaker, Dr Fiona Hawthorne, the General Manager of Hummingbird House Children’s Hospice and enjoyed networking with other leaders from BCE girls’ schools. Each student had a unique take-away from the experience:

“Dr Fiona embodied a strong, independent woman. She showed that a leader is courageous, curious, and knows their worth. Her empowerment flooded the room!”

- Mae, Liturgy Community Leader

“It was clear that she overcame many obstacles during her career. She is selfless in her support for the families at the hospice and made it her goal in life to continue working towards change.”

- Ellie, Social Justice Community Leader

“Meeting other leaders ignited great enthusiasm within me. Through Dr Fiona’s story, I recognised that being a leader involves confronting situations, but your team will always support you.”

- Ngan, College Co-Captain

“I was inspired by Fiona’s message of hospitality and leadership. I am incredibly grateful for the experience I had alongside my fellow leaders.”

- Charmi, Cultural Community Leader

“In light of International Women’s Day, the soirée presented our leaders with an amazing opportunity to engage and network with fellow student leaders, and to

be inspired to take any opportunity that we’re presented with.”

- Mimi, College Co-Captain

“From the inspirational speaker to the inspirational leaders, I wish to share it with OLC, the wider community and into my future.”

- Charlotte, Sports Community Leader

Seqwater incursion



On Wednesday 24 February Year 7 students studying Geography this trimester received a visit from Seqwater educator Mr Michael Fiechtner.

Seqwater is the Queensland Government Bulk Water Supply Authority responsible for providing South East Queensland with safe, reliable, and affordable bulk drinking water.

Students were presented with the events that occurred in South Africa in April 2018 when Cape Town nearly ran out of water. Students were asked to consider a similar scenario happening in South East Queensland keeping in mind that towns like Stanthorpe ran out of water in December 2019.

During this incursion, students were presented with the four ways in which Seqwater is responding to the demand to supply drinking water to SEQ. These are demand management, the catchment of rain in dams, purified recycled water, and seawater desalination.

Students were presented with a series of scenarios where they could identify geographical features and environmental impacts and were challenged to problem solve alternative water sources for these communities. Year 7 students worked in groups and presented their solutions to their peers.

This presentation was very informative and helped to bring to life how important it is to look after water, our most precious natural resource.

Johanna Caldwell
Humanities and Spanish Teacher

Vote for your P & F

The next P & F meeting is scheduled for Wednesday 17 March. This will be an extraordinary meeting with voting for P & F Executive positions. Please feel welcome to join the meeting at 7pm. Please come to main reception.

College Complaints Policy

There are a number of policies contained on the College website. One relates to raising concerns. If there is something that you wish to discuss, the Student, Parent and Guardian Complaints Policy located under the BCE policies tab on the website will assist you in directing your concern with the most appropriate person. Please know that all queries are taken seriously and dealt with professionally.

<https://www.bne.catholic.edu.au/students-parents/Pages/Student-Parent-and-Guardian-Complaints-Management-policy.aspx>

College Newsletter and 2021 Calendar

Access our College Newsletter and 2021 College Calendar via the College website at the link below.

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

Important Dates

17 March – Wednesday	P & F Meeting
19 March – Friday	St Joseph's Day
24 March – Wednesday	Lunchbox Concert
01 April – Thursday	Term 1 finishes

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