Dear members of the Mount Carmel College community

Today we celebrated our Beginning of Year Mass and the Commissioning of our newly elected Year 10 Student Leaders. It was a wonderful community occasion, led by Father Brian Nichols.

College Co-Captains for the year, Lucy Allwright and Meg Dickens, introduced our 2017 College Theme: **The Power of One**. It was a great privilege to be with the student leaders in their formation and planning days in December and January as they worked as a team to identify their goals and put into words what they wanted their call to action to be. With such great energy and enthusiasm, sometimes it can be challenging for students to harness their thoughts and decide on a clear focus. The year’s leaders kept coming back to the concept of the small contributions that we each have a capacity to offer, which can make a big difference day by day- a smile, an encouraging word, a decision to get involved, the courage to speak up. They recognised that each individual has the power to influence their environment, and that collectively, our power is magnified. Lucy and Meg expressed their sentiment clearly in their opening speech after the mass when they said:

*As our College and, in turn its community, is continuing to grow and develop, it is important to remember the value of each and every individual. Each of us sitting here today has a set of unique talents and abilities that enrich our community and make our school one that is unique in its diversity. Whether you are a great swimmer, a creative writer, an amazing athlete, a mathematician, or something else entirely, your talents are recognised and embraced by all members of Mount Carmel College.*

*In order to make a difference, we can choose to utilise our strengths and apply them when facing challenges. Throughout this year, we encourage everyone to identify their talents and strengths and to showcase their abilities with pride. As leaders of this bright, creative and powerful school we wish to look upon our College and see a proud group of young students embracing their gifts and using them collectively to shape our college community. Let us remind ourselves that one individual being unapologetically themselves is all that is needed to influence the remainder of our community to do the same…we also recognise that it takes one action, one individual and one community to shape our future and enact change, even in the smallest of ways.*

We wish the Student Leaders every success in 2017.

**UPCOMING DATES**

**FEBRUARY**

Friday, 17         Yr 8 STRIVE Launch & Overnight Camp
Saturday, 18       Yr 8 STRIVE Parent Information Morning
Monday, 20         Gr 6-9 Class Captain Induction Afternoon
Tuesday, 21        Yr 10 Leadership/Focus Day
Wednesday, 22      P-6 Swimming Carnival
Thursday, 23        Mission Sisters Retreat
Friday, 24         Gr 6-10 House Beach Day

Mary Aikenhead

*“Better to incur the world’s censure than to act contrary to duty”.*
A WORD FROM THE PRINCIPAL cont.

If you watch the news at all, you cannot have missed updates relating to the Royal Commission into Child Sexual Abuse. It is a confronting time for us all as the hearing outcomes continue and most especially, we feel for the victims and their families, as this process unfolds, and their pain continues. For those of us involved in Catholic Education, an intrinsic part of the Catholic Church (as we all are being part of this school community), it is certainly challenging to know how to respond. I certainly feel overwhelmed by the magnitude and reality of abuse revealed. As we collectively seek to come to terms with this, please know that our commitment in Catholic schools is to work together to nurture an environment where all children will be safe, and to create a world where such tragic misuse of the trust of young people can never again occur.

God’s blessings for the week ahead,

Susan Ryan
Principal

FROM THE DEPUTY PRINCIPAL

Fantastic Start to 2017
It was great to welcome our Year 7 students on Monday 6 February with our Welcome Day and the remainder of the College on Tuesday 8 February. The academic year has started with a wonderful atmosphere, the students have begun the year with enthusiasm, re-energised to face the challenges of 2017! In particular staff and students have adapted quickly to our new timetable structure for 2017 and there has been an overwhelmingly positive buzz with the re-introduction of morning Clan period.

The College Opening Mass held today was a faith-filled celebration which included the commissioning ceremony of our Year 10 Student Leaders. The Year 8 ‘STRIVE’ launch and Overnight camp will also occur on Friday 17 February and is another wonderful opportunity for students and parents to be engaged with and to develop an understanding of the dynamics of this innovative program within the College. Thank you to all the staff and students involved in these events and the settled way in which our students have commenced 2017!

2017 Student Planners – Signed by Friday, 24 February
Grade 2 - Year 10 students have received a copy of the Mount Carmel College Student Planner for 2017. The Planner is an excellent tool to assist with student organisation, communication between the College and home, and it is a good source of information about College procedures and expectations; from what to do if you have an appointment during the day, to Mobile Phone and Homework Policies.

The ‘Communication Protocol’ flowchart on page 119 has been designed to assist parents/carers, students and teachers with the process for communicating within the College should you or your daughter have any concerns. The flowchart has been split into two parts: Student Learning Concerns (academic progress) and Student Care & Wellbeing and/or other concerns. Pages 120 -121 are designed to assist Primary, Middle and Senior students about who to see if they have a learning or wellbeing concern.

The ‘Wellbeing’ section has been designed to assist students in this area, with tips on time management, creating positive relationships, bouncing back from challenges, cyber safety, dealing with harassment and who to see if they have a problem. The setting of goals is another tool that students can use in pursuit of academic, co-curricular, sport and exercise goals and this is outlined for each term on pages 129 – 133. Students in the primary, middle and senior years will spend some time in class to identify and focus on these each term. At the end of each term, students will reflect on their goals to assess their progress towards achieving them.

Whether you are new to the College or returning in 2017, please take some time at the start of the year to read the information provided in the Planner and sign (parents and students) the green slip sent home last week to indicate your support of the policies and procedures outlined. This sign off is to be completed by this Friday, 24 February and provides an opportunity for students to collect a point for their House if completed by this date.
**College Photographs**

Secondary photographs will be taken on Tuesday 28 February and Primary photographs on Thursday 2 March. Orders and payment for the photographs must be received by Monday 27 February (or envelopes brought in on the day).

**If you would like a family photograph taken, please collect an order envelope from the College Office.**

Importantly, we will continue this year with all family photos being taken before school on either of the above dates. All family members must be in full summer uniform and arrive at the Cahill Centre between 8.00am – 8.40am. Photographs will then be taken in order of arrival. This may mean that some primary, middle and senior students will need to change into their PE uniform after their photo has been taken.

All students must be in full summer uniform for photographs, so all middle and senior students must be in full summer uniform on Tuesday 28 February and all primary students in full summer uniform on Thursday 2 March. Please avoid making any appointments that require students to leave the College during photograph day, as it is not possible to adjust the schedule to accommodate individuals. All students will be in the class photos and will have an individual photo taken even if a photo package is not being purchased.

Sports teams and co-curricular group photographs will be taken in Term 3.

**Year 6 – 10 House Beach Day**

Letters detailing arrangements for our House Beach Day next Friday 24 February were distributed on Friday 10 February to students in years 6-10. The reply slip on these letters were due back to CLAN Teachers by Wednesday, 15 February. Students who wish to travel directly to Seven Mile Beach on the morning of Beach Day may do so, but must ensure that they report to the First Aid tent between 9.00 a.m. and 9.30 a.m. for accurate attendance to be recorded.

Parent help on the day is very welcome, so if you would like to spend a day at the beach, you feel able to help conduct an activity and you are available from 9.30 a.m.-2.00 p.m. on Friday, 24 February (or part of the day) please indicate this on the return slip which was attached to the Beach Day correspondence. All parent/carer volunteers must have their Working with Vulnerable Children registration.

**Year 6 – 10 Clan/Class teacher Wellbeing and Goal Setting Conferences**

The Year 6 evening will be held in the Cahill Centre from 7.00pm – 8.00pm and is designed for parents to meet with the Year 6 teachers, Miss Melanie Sluyters, Mrs Julia O’Rourke and Mr David Wierenga and the Director of Middle Years, Mrs Robyn Bessell to discuss pertinent issues regarding the Year 6 Curriculum and student wellbeing. **Year 6 students are not expected to attend.**

The Year 7 – 10 evening is scheduled on Wednesday 1 March from 3.40pm – 8.00pm and is designed for CLAN teachers to meet with parents/carers and your daughter/s to discuss to meet and discuss your daughter’s goals for 2017. Shortly you will received correspondence regarding the online booking system which will provide details on making a booking/s which are for 10 minutes in duration. If you require a longer time slot please contact Hannah Legge at the College Office. Year 7 and 8 parents will also be able to book a time slot with the Director of Middle Years, Mrs Robyn Bessell and Year 9 and 10 students with the Director of Senior Years, Mr Scott Young, to discuss any specific wellbeing concerns.

**Immunisations Year 7**

Immunisation consent forms were distributed earlier this week for Year 7 students. The Hobart City Council immunisation programme, which will be held at Mount Carmel on Monday 27 March 2017, for Year 7’s, this is for HPV1 (Human Papillomavirus) and dTpa (Diphtheria, Tetanus, Pertussis).

**ONLY THOSE STUDENTS WHO RETURNED THEIR CONSENT FORMS BY WILL BE IMMUNISED. THE RETURN DATE WAS 21 FEBRUARY AND LATE FORMS WILL NOT BE ACCEPTED BY THE COUNCIL.**

**School Uniform**

The time and effort that has gone into back-to-school preparations is very apparent in students’ presentation and clearly a great deal of care has been taken with books, bags, boaters and all other belongings.
FROM THE DIRECTOR OF SENIOR YEARS

**MUTUAL OBLIGATION**

*Teamwork between Parents, Year 10 Students and the College*

It should come as no surprise to anyone connected with the nurturing and education of children that the three most important sets of people in this process are: parents, teachers and the young person. If all three are “on the same page” then success is much more likely but never guaranteed. The child’s biggest influencers are: Parents, Teachers and Peers/friends. If the student hears and observes quite differing values between home and her school’s values, then she will be confused and caught in the middle. Success is unlikely and the likelihood of distress is much greater. By Year 10, young people are becoming close to being autonomous but they still need the leadership and guidance of parents and College staff.

Brain maturation is widely different across the range of students; some have adult brains, many have still developing frontal lobes (the site of decision-making and judgements) which will take up to six more years (beyond Year 10) before full adult maturity. When students turn sixteen, nothing magic happens; they do not suddenly mature overnight. This leads to some points which are important for students, teachers and parents at this time. The final high school year is important because it will set the stage for the next few years. For some, it will provide the opportunity for deciding / contemplating major life choices – study, career, travel and more. Some will have to take a much slower path, in some instances by some years, because of personal reasons / circumstances and the ever increasing sources of distractions which push the focus of learning down the personal priority list.

So the question arises, what can the Mount Carmel College do to assist in this process of providing the best atmosphere / community for personal growth and learning?

FROM THE DEPUTY PRINCIPAL cont.

Please ensure that all school belongings are clearly named with permanent marker or securely fixed name tags. As students settle into the new school year it is not unusual to quickly build a stock pile of new uniform items, which have been left in the College grounds or corridors and are unable to be returned because they are nameless. Thank you in anticipation of your efforts to keep lost property to a minimum.

A few reminders:

- Year 7-10 students involved in three or more College activities in one day, requiring the wearing of College Sports Uniform, may request a Uniform Exemption Card, giving them permission to wear their College Tracksuit to and from school.
- Secondary students in Term 2 and 3 may wear full College tracksuit to the College when the student has two periods (minimum) of sport-related lessons.
- College bike shorts/leggings are not to be worn to and from the College. They are only to be worn in PE lessons.
- Students involved in after school training or sports competitions may wear full sports uniform home.
- A high standard of personal presentation is expected of students at all times and care should be taken to keep uniforms in good condition. If a uniform is soiled or damaged and requires repair or cleaning, the complete reverse season uniform is to be worn, not the sports uniform, e.g. the summer uniform is to be worn if the winter uniform is being cleaned/repaired.
- All students must ensure their summer and winter uniforms are worn at knee length.

**Sun Hats**

The College *Sun Safety Policy* requires each student to wear a sun hat at recess and lunch time, and for any outdoor lessons or activities, in Term One and Term Four. While most students readily comply with this expectation, some continue to report that they don’t yet have a hat this year, and they find themselves spending recess and lunch breaks in designated ‘sun safe’ areas.

Lyndal Tewes
Deputy Principal
The College’s Responsibilities are many but include:

- Conducting our College according to the published Mission and Values statements.
- Providing good leadership consistent with our Christian Mission.
- Assisting parents and students by providing the opportunity for personal growth and the development of positive life skills.
- Providing a rigorous academic program /curriculum which will give the student every chance of achieving their best when they move to Years 11 and 12 and hopefully attending a university or other tertiary course of choice.
- Providing good teaching and strong, professional and helpful teachers.
- Ensuring excellence of behaviour in classrooms and in other programmes.
- Ensuring that School is a safe, supportive place free from harassment and bullying.
- Providing a good range of co-curricular opportunities for participation and achievement in sport, performing and creative arts, community service, outdoor education and leadership.
- Communicating with parents through reports, newsletters, meetings, parent-teacher meetings and being ready to meet parents to discuss any worries and concerns relating to the student.

What do we ask of Year 12 Parents?

- Please ensure your children attend School every term-day on time; we require a written, signed note of explanation for each absence.
- Please ensure they do homework and study – EVERY night, at weekends. With a good steady approach all year, not last-minute cramming. Please don’t make excuses for them.
- Please monitor discreetly that they are getting enough sleep. Mobile phones and Facebook etc. are often in use through the night making the following day’s classes problematic. “Pull the plugs” if they won’t.
- Keep them off all alcohol; it negatively affects cognitive function especially in developing brains. Attending parties and social events is one thing and fine in moderation.
- Please let us know early if there are any worries or concerns which may affect the student’s mood or well-being or performance at School.
- Please ensure they are playing sport and/or getting exercise. It is a very bad idea to give up sport at this stage. The exercised body and brain are much fitter, calmer and ready to learn with a healthy diet and good sleep.
- Please ensure they are dressed and presented according to the school rules. Make sure as parents you understand and support the College uniform guidelines.
- There is time in each student’s schedule for exercise, relaxation, a co-curricular activity, some community service; wise balance is important. A small amount of part-time work may be all right.
- Your children (young adults) need your leadership as much as ever; it is simply a more discreet mentoring and discussion-style leadership than that of a few short years ago. Most of what is needed in Year 10 and beyond is up to them, but they still need wise counsel and some boundaries. Please do not abrogate all leadership and decision-making support.
- Please read the School newsletter so you are well informed.

What do we ask of Year 10 students?

- Please read the list above!
- Understand your responsibilities before your rights; if you have rights, then please ensure you have met your responsibilities.
- Excellent self-leadership.
- Leadership of your colleagues in Year 10 and of the School. All Year 10 students are role models and leaders.
- Invest in your future – good study patterns, good exercise, sleeping and eating patterns
- Enjoy the process; for most students Year 10 is tough, enjoyable and goes very fast! Laugh a lot. You learn much about yourself in the course of the year.
- Set clear strong specific goals with the game-plan to achieve them.
- Your team consists of you, your peers, your parents and your teachers. If you are fighting, arguing or ducking away from any of them, it is your problem and you need to address it!

Finally; if you are worried about things, confide in someone. If they are affecting your school work, we are happy to try to assist. Look out for your peers’ well-being and let us know if anyone needs help.

Mr Scott Young
Director of Senior Years
FROM THE DIRECTOR OF MISSION

The Examen

Love ought to manifest itself more by deeds than by words - St Ignatius Loyola.

This lovely quote which I came across on a bookmark sums up in a sense what we embarked on last week through the spiritual exercise of the Examen. On Friday after lunch the whole school paused and Mrs Ryan’s voice through the use of the PA system guided us through the five areas which make up the Examen.

The Examen is essentially a prayer which helps us to become more aware of God’s presence in our day/lives. During it we reflect upon our experiences of the day/week, and ask God for the grace to be able to recognise Him in them. This prayer can become a central element in the life of a busy person, helping us to detect God’s presence and discern His direction for us in order that we can truly live the Gospel values. The Five points below is adapted from a technique described by Ignatius Loyola more than 400 years ago.

1. Become aware of God’s presence. Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

2. Review the day with gratitude. Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day’s gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

3. Pay attention to your emotions. One of St. Ignatius’s great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings? God will most likely show you some ways that you fell short. Make note of these faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her/him in some way.

4. Choose one feature of the day/week and pray from it. Ask the Holy Spirit to direct you to something during the day/week that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.


Ignatian Spirituality.com

St. Ignatius encouraged people to talk to Jesus like a friend and he gave us a great tool in the Examen to enrich our relationship with God and with those around us!

At Mount Carmel College the Examen exercise will become a weekly Friday occurrence and both staff and students will benefit enormously from this reflective practice.

Ida Saracino
Director of Mission/ Head of Religious Education Primary
SEQTA is the learning and teaching system employed at Mount Carmel College and allows parents/carers to log in and view their daughter’s learning and progress.

Your daughter will receive on-going feedback from teachers on tasks that they complete throughout the year. Girls in Years 7-10 will receive constructive feedback on how they can progress their learning. These can be viewed using the SEQTA Engage portal for parents and we encourage you to check the portal on a regular basis. Should you have any queries the first point of contact is the subject teacher. If necessary the subject teacher will advise the relevant Head of Department and Directors of Teaching and Learning.

Homework Club
The Homework Club will be held each Wednesday in the O’Brien Resource Centre (library) from 3.30 to 4.30pm. This is a perfect opportunity for students to complete homework and develop their study skills. Students will be supervised by teaching staff. The first session will be held on Wednesday 22nd February.

Ms Lisa Herd and Mrs Catherine Jetson
Acting Directors of Teaching and Learning

Below is an article about the ‘two week wobbles’ and the importance of our students’ mental health and wellbeing. All staff were fortunate to begin the school year with a day of professional learning with one of the co-authors of the article, Professor Lea Waters. Lea Waters has a long list of credentials including being the Founding Director of Positive Psychology Centre at the University of Melbourne. She works globally in one of the four main areas of psychology: Positive Psychology. Mount Carmel has become a Positive Education (psychology) school. It means that we use the science of psychology and proven research to embed wellbeing in throughout our academic, spiritual and pastoral programs. We are leading the way educationally by implementing this approach and we look forward to showing how we continue to develop Positive Education at Mount Carmel this year.

This article is timely given many students take some time to adjust to a new school year:

A useful resource for developing wellbeing is the Smiling Minds app. Mindfully… BACK TO SCHOOL is a program relevant for this time of the year. It was produced by ABC Radio in collaboration with Smiling Mind. Smiling Mind is an Australian not-for-profit organisation working to raise awareness and make mindfulness meditation more accessible. For more, visit the Smiling Mind website or download their app.

Mel Sluyters and Lisa Herd
Directors of Positive Education

College HPE and Activities at Queenborough Oval and the University Ovals
The College frequently utilises nearby Queenborough Oval and the University Ovals during the school day for regular HPE lessons, sport such as T20 cricket and activities such as Science class ‘Rocket Launching’. The College community is very fortunate to be able to use the Ovals so regularly and they effectively operate as an extension to our College grounds.

Going forward, the College has decided that it is unnecessary to advise families in writing every time their daughter is attending the Ovals during the school day. We will, however, continue to undertake documented risk assessments for activities on the Ovals that are outside the scope of a regular subject lesson and first aid supplies and student medication will continue to be carried by the teacher in charge. Please be aware that students will always be escorted to the Ovals by a teacher and fully supervised for the duration of the activity.
Students Attending Mass at Holy Spirit Church
Due to the frequency that students attend Mass at Holy Spirit Church in Sandy Bay and the close proximity of the Church to the College, the College has also decided that it is unnecessary to advise families in writing every time their daughter attends Mass at Holy Spirit during the school day. In accordance with normal excursion procedures, documented risk assessments will continue to be undertaken, all relevant first aid supplies carried and students will always be escorted and fully supervised.

Should you have any questions please contact the College’s Compliance Officer.

Rachael Willis
Compliance Officer

FROM THE UNIFORM SHOP COORDINATOR

Greetings from the Uniform Shop. Parents will be pleased to see boaters have been distributed this week. There are still some outstanding in the younger age group, but hopefully these are not too far away. I will keep you informed via this newsletter.

Winter uniform items have now been ordered, but I am still happy to do fittings, to help ensure your daughter/son can have items set aside once they arrive. Watch this space for arrival dates.

It has been a very busy period at the uniform shop and it would be wise to call first to see if the item you require is actually in stock – 6216 7925.

Lost Property: I have a child’s jacket which was left here during the holidays. Please call if you believe this is your child’s.

Dianne Ranalli
Uniform Shop Coordinator

FROM THE SPORTS ADMINISTRATION OFFICER

Sports Sign-Up
Thank you to all the students and parents that have signed up to play, coach, manage, umpire, car pool and support this term.

The organisation of teams has now begun, with consideration of parent requests for car-pooling and volunteer coaches and managers available. Team lists, further information, and rosters are emailed out to students and/or parents as they are prepared or received.

In team sport, your team mates are relying on you. If a commitment has been made to a team, there is an expectation to attend all trainings and games. Please keep Team Managers / Coaches and me informed if anything changes and you child can no longer participate or will miss games. This is the key to making sure we always have enough players for games.

Good luck to everyone participating!

Volunteer Coaches / Managers / Supervisors
It is great to have parents, siblings and friends involved in coaching, managing, supervising sports teams and helping out at events and carnivals. All volunteers require a Working with Vulnerable People Registration and be inducted as a volunteer through the College office, prior to volunteering. Please refer to http://www.justice.tas.gov.au/working_with_children for more details on how to apply. A copy of your card should be provided to the College office.

Secondary Swimming Trials
Well done to everyone that took part in the Secondary Swimming Trials on Tuesday night at the Hobart Aquatic Centre. It was great to see so many Year 7s having a go and Year 10s putting in a big effort for their final year. The Mount Carmel Swimming Team will be announced this week, with training commencing next week.
Infant and Primary Swimming Carnivals
On Wednesday 22 February, the Mount Carmel Infant and Primary Swimming Carnivals will be held at the Clarence Aquatic Centre. Students from Prep to Grade 6 will be involved in House events throughout the day. Letters have gone out including the nominations for events, and invitation to parents to assist on the day.

House Beach Day
On Friday 24 February, all students from Year 6 to 10 will enjoy a day at Seven Mile Beach competing in a range of beach and water based activities, earning points for the house. Students will find out more about the events at House meetings. Parents and carers are welcome to come along and watch on the day or volunteer to assist, if a Working With Vulnerable People Registration is held. Let’s pray for nice weather.

State Representation
Congratulations to Maddison Brooks, Lauren Canning, Maisy Sansom and Sarah Wilson-Haffenden (shadow) who have recently been selected in the Tasmanian Under 15 Girls Hockey Team. We wish them well in the National Championships to be played in Moorebank-Liverpool, NSW, from 5 – 13 April, 2017.

Pink Stumps Day
Our Grade 5s had a great afternoon on Tuesday participating in a McGrath Foundation Pink Stumps Day. All the students participated in T20 Blast cricket with the assistance of Hobart Hurricanes staff. Congratulations to Jessica Owen who won the high catching competition.

Contact Information
If parents or carers need to contact me regarding anything related to School Sport, or have any photos, special achievement items or club notices they would like published, please email me at sport@mountcarmel.tas.edu.au, or contact me by phone on 6216 7926.

Nikki Stuart
Sports Administration Officer