

# Lauram<sup>nt</sup>



Edition 3 | Term Two, 2016

Mount Carmel College News



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Every edition of *Lauramont* features an image of this iconic building. We welcome your contributions, whether it is a sketch, a mosaic, a montage, a photograph or a quirky design. Please forward your artwork to the Editor.

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All contributions to *Lauramont* are greatly appreciated



## Outstanding Results from the Class of 2013

Mount Carmel College is proud of the exceptional results from our 2013 Leavers who transitioned to Guilford Young College (GYC) and completed their studies in 2015.

From the 47 Mount Carmel girls who transitioned to GYC, 20 received an ATAR of 90 or more which places them in the top 10 per cent nationally. In addition, 15% of Mount Carmel students scored an ATAR above 95 – placing them in the top five percent nationally. Of particular note, College Leaders Susie Westbury received 99.25 and Victoria Ims 99.2 which places these two young women in the top one per cent nationally. Susie went on to study at Collegiate, while two other students from the Class of 2013 who transitioned to The Friends School also received an ATAR above 90.

The Australian Tertiary Admissions Rank (ATAR) is a national percentile score up to 99.95 in a minimum increment of 0.05 which denotes a student's ranking based on their state based Tertiary Entrance Scores. For example, an ATAR score of 99.0 means that the student performed better than 99% of their peers, and ranks lower than 0.95% of peers (as the maximum score is 99.95%). "Peers" is not the body of students receiving an ATAR that year, but a notional body of persons who might be qualified to receive an ATAR – as a result the median ATAR score is well above 50.00.

The ATAR is used to determine student entrance to universities and tertiary education programs throughout Australia. The ATAR score is calculated from the best five pre-tertiary subject results of students. Each subject is awarded one of six awards, calculated according to a matrix decided by the Office of Tasmanian Assessment, Standards and Certification.

Mount Carmel College congratulate the Class of 2013 on their outstanding results.



# Welcome!

Earlier this year it was my great privilege to travel to Ireland as a pilgrim, retracing the life and story of the Sisters of Charity foundress, Mary Aikenhead.

Accompanied by Prep Teacher and Director of Mission (Primary), Miss Ida Saracino, and 26 other pilgrims from Mary Aikenhead Ministries across Australia, we deepened our awareness of Mary's powerful story, and also witnessed some of the current day mission work of the Irish Sisters of Charity.

I learned during my time in Ireland that a pilgrimage is very different to any other sort of travelling experience. It is said that tourists pass through the land, but pilgrims let the land pass through them, allowing their hearts to be changed. I truly believe that my heart was changed through this time. The experience clarified for me what a pioneering visionary Mary Aikenhead, a girl from Cork, was. She was not satisfied with the status quo and felt compelled to contribute to the building of a better world.

**"Tourists pass through the land, but pilgrims let the land pass through them, allowing their hearts to be changed"**

Today, our challenge as educators in a school established by the Sisters of Charity, is to take that heritage, tradition and charism purposefully into the future. This requires us to enliven the vision with fresh expression in light of our modern context, and in response to the lives of the different people we serve now and beyond today. We are part of the evolving story, which is dynamic and organic. Just like Mary Aikenhead and her congregation of Sisters, as educators today we are called to be courageous: to take risks, to experiment, to test new formulas and to establish new rituals. It is a very exciting time to be a leader of the Mount Carmel College community – our school is demonstrating innovation in the development of our new Middle Years Centre and what will be its arts integrated curriculum; in areas such as coding and technology; wellbeing; and, Positive Education. What you will see in this edition of Lauramont showcases some of those developments and initiatives, and I do hope that, like me, you will be inspired by much of what is happening at our wonderful school.

*Susan Ryan*

**Susan Ryan**  
Principal



1. Chapel at The Heritage Centre in Dublin, built under Mary Aikenhead's guidance
2. Glendalough monastic city, early Christian monastic settlement founded by St Kevin
3. Mary Aikenhead's grave site
4. Contemplation garden at Focus Ireland, developed by Sister Stanislaus Kennedy

# A Divine Journey

As it was for Mrs Susan Ryan, equally for me, travelling to Ireland and taking part “In the Footsteps of Mary Aikenhead” Pilgrimage was indeed a wonderful experience and an enormous privilege to journey with 26 other people from around Australia with roles in Mary Aikenhead ministries in the areas of health and education.

The ministries of Mary Aikenhead touch the lives of people across Australia through its schools aged care facilities, research programs, outreach programs and welfare groups. In order to ensure the ministries remain vibrant in the coming years, ongoing formation of people working in these roles is a high priority for the Trustees of Mary Aikenhead ministries.

This pilgrimage was an incredibly rich and an affirming experience. Although I knew Mary’s story, to actually walk the cobbled streets of Cork and visit where she lived, grew up and worked gave me a deeper knowledge and appreciation of her

incredible courage and foresight. She was a woman ahead of her time. All around her she saw the plight of the people who were poor and suffering. Mary’s great faith and trust in Divine Providence enabled her and the first Religious Sisters of Charity to reach out to people in need. This is something which she brought with her from her home in Cork and wished to pass on to her new Congregation.

Visiting Harold’s Cross Heritage Centre and listening to the story of Mary Aikenhead’s life through a series of cleverly sculpted figurines with an accompanying audio, as well as entering the rooms where Mary lived and died was not only a highlight, but also provided



1

1. Church of St Anne Shandon where Mary was baptised on 4th April 1787



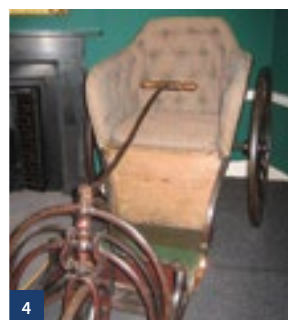
2

2. Mary Aikenhead’s family moved into this house in Ruthland



3

3. Due to poor health, Mary Aikenhead was placed in the care of John and Mary Rorke who lived in this cottage on Eason’s Hill in Cork



4

4. Mary Aikenhead’s wheelchair



5

5. Streets of Cork

a real sense of the presence of the foundress, and despite her incapacity in her last years of her life, we sensed her enormous commitment to her cause and her total trust in providence.

I feel enormously proud to be teaching in a school which is steeped in the charism of the Sisters of Charity, with Mary Aikenhead as their foundress. Our students will gain much and have a deeper insight into humanity, if they too can reach out to others and serve those who are poor in so many ways. Our Mission Sisters in the Secondary and Primary school are already in a sense carrying on the work of Mary Aikenhead and the Sisters of Charity by helping others through a Gospel-based service. Students and staff alike can also play a pivotal role in carrying out the work of Mary Aikenhead by the way we reach out and respond to each other in times of need.

During the pilgrimage every time we visited a significant site in Mary's Aikenhead's life we were given a chance to reflect on some of Mary Aikenhead's sayings, we read a prayer and we reflected on a Gospel reading. We would always conclude with the following prayer

*With grateful hearts  
We acknowledge the gift of Mary Aikenhead.  
Thank you God for calling us to follow her  
In service of the poor and the most needy  
Help us to surrender to your providential love  
In all the circumstances of our lives  
We pray that, as true followers of Mary,  
We may be impelled by your love.  
Amen*

May we be impelled by the love of Christ in all that we do in service to others.

#### **Miss Ida Saracino**

Director of Mission/Head of Religious Education  
(Primary)

**"We have abundant reason to be grateful"**

Mary Aikenhead



1



2

**1. Staff started their day at the Female Factory, South Hobart**  
**2. Ending the local pilgrimage at Cornelian Bay – the resting place of the first three Hobart Sisters of Charity**

## Staff Spirituality Day

During Term Two, all members of staff participated in our annual Spirituality Day. This is a designated day focused on renewing our community and mission in a ministry of service and leadership.

Our staff took part in a local Hobart pilgrimage, tracing the journey of the first three Hobart Sisters of Charity, visiting a number of sites where the Sisters served and reflected upon how that impacts our work today. It was agreed that these three women held some very strong values, including perseverance, a love of God and a passion to serve those who were most needy in the community. These values are what the staff at Mount Carmel aim to pass on to the current group of students who are continuing a story that began so many years ago.

The pilgrimage certainly gave staff the opportunity to deepen their faith experience and understanding of Catholic education.



# da Vinci Decathlon

In Term One, over 140 Year 7 students from around the State converged on the Cahill Centre to compete in the first ever Tasmanian da Vinci Decathlon.

The da Vinci Decathlon is an academic competition designed to challenge and stimulate the minds of Year 7 students across 10 disciplines: mathematics, English, science, code breaking, engineering, philosophy, creative producers, art & poetry, cartography and general knowledge. The competition encapsulates the wonderful world that was da Vinci...the greatest thinker of all time.

Students competed in teams of eight, using higher order thinking skills with the aim of being chosen to represent Tasmania in the National da Vinci Decathlon held in Sydney later in the year.

The Decathlon was conceived in 2005 by Knox Grammar School, Sydney and began as a local competition for Australia public and private schools and has grown to be a national and global phenomenon, involving thousands of students. The growth has been enormous, and interest so high, that Mount Carmel College was chosen as the chapter school for Tasmania's inaugural competition.

The Decathlon was all about getting students to problem solve and work as a team - everything that young people need for the 21st century to thrive in this world and become amazing global citizens.

Mount Carmel entered two teams in the competition, and although we did not get an overall win, our girls performed very well. One team finished second in the Art and Poetry category, and the other team finished second in the Engineering category.

We offer our congratulations to the overall winner, Scotch Oakburn College from Launceston, and to Friends' School and Hutchins who finished second and third respectively.

**Mrs Renee Doust**  
Grade 4/5 White Teacher



# Science and Engineering Challenge

2016 marks Mount Carmel College's 11th consecutive year of participating in the Science and Engineering Challenge.

The Challenge is designed to increase students' interest in, and expose girls to the wonders of, Science, Mathematics and Engineering. These are areas in which females have long been under-represented for many reasons, and at Mount Carmel College our approach has been to take active steps to reduce gender disparities in these areas, and to ignite a love for such subjects.

The Challenge is held in Southern and Northern legs Australia wide and the winners from each division then participate in a regional competition where challenges get harder in the fight to go to the nationals, which are held in a different state each year.

One thing that has been common throughout the years is the Bridge Challenge. This is the final challenge of competition day and seems to be the one task year-after-year, that makes or breaks a team and Mount Carmel has experienced mixed results over the years.

Congratulations to all Mount Carmel College staff and students who have participated in the Challenge over the past 11 years with great determination and commitment. We wish this year's team the best of luck at the National Finals in October.

## Ms Valery Kullrich

Head of Department  
Mathematics and Science



# A New Era at Mount Carmel

After two years of planning, the Middle Years Centre development has commenced.

The project involves the semi-demolition and redevelopment of both Providence House and the White House. Once complete, the centre will accommodate our early adolescent students in Grade 6 and Year 7. Year 8 students also form an integral part of the Middle Years group and will make use of the Dance Studio, Design Innovation Centre and common space.

The Centre will provide a stimulating learning environment for our young adolescent students during a time of their lives when the values, attitudes, interests and habits of mind they are forming will have lifelong implications. We know that students in the middle years have distinctive and diverse needs which stem from their particular stage of developments; it is a period of intense physical, social, emotional and intellectual development. During this stage, it is important to maintain students' interest and motivation, to encourage supported risk taking and the development of autonomy.

In response to this, we are actively planning for a Middle Years curriculum, which will be based on five tiers, and will be structured to foster critical and creative thinking. Also integral during this stage of development are the relationships that are established within the learning community, ensuring that students are provided with sustained individual attention in a safe, healthy setting.

Consequently, our programs will be relationship based to establish connectedness – this, we know, is directly linked to academic achievement and emotional wellbeing.

Later in the year, we will host a parent information sessions for current Grade 5 and 6 students to discuss our planned curriculum and pedagogical vision.

Our Principal, Mrs Susan Ryan, is seeking feedback from our College community about a suitable name for this new centre. Suggestions that reference our past and our history but also project us forward to the future are warmly welcome.

With construction already started, the project will be ready for our students at the commencement of the 2017 school year.

Today



Coming soon!







# Mount Carmel Through the Lens

Beach Day



Autumn Concert



Grade 4/5 Camp





Grade 8 Camp



Field Day



Friendships



Mothers Day High Tea



Art





# Mount Carmel Through the Lens

Ash Wednesday



Gifted and Talented Day



Grade 6 Last Supper





Opening Mass



Outdoor Education



Relay for Life

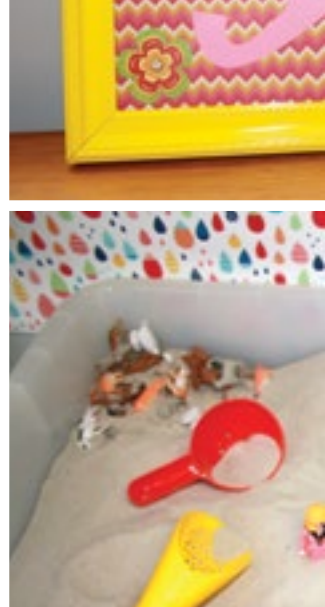


Palm Sunday



# Supporting our Students

At Mount Carmel College we aim to support the physical, social, and learning needs of all students to enable each and every child to reach their potential.



We have a dedicated learning support team consisting of experienced teacher assistants and learning support teachers. The learning support team provides support for individual students, small groups and whole class support to meet the varying learning needs of all our students. Students are supported in working at their level and pace for all ability levels, including gifted and talented learners. Our students particularly enjoy opportunities to participate in our life skills cooking sessions, social excursions with St Virgil's College, Enrichment Classes and a range of other competitions and extension programs.

One program run for our gifted and talented learners in March, was the inaugural Gifted Get

Together Day. This was part of the celebrations for National Gifted Awareness Week, where Grades 4 – 6 students from a variety of schools in southern Tasmania were welcomed to Mount Carmel for a day of workshops covering Visual Arts, Mathematics, Science, Creative Writing, Technology/Coding, Creative Music Composition and Drama.

Mount Carmel College recognises that many things can impact on a student's performance and prevent them from being happy and achieving their best in school and in life.

**Mrs Emily Coleman**  
Learning Support Co-ordinator





Mrs Linda Howe, the School Counsellor, deals with the social and emotional well-being of students at Mount Carmel, and is seen as an extension of the student care offered by all staff. She is readily available to talk with students about any aspect of their lives that is affecting them.

Linda can help in many different ways and while she might not be able to fix everything, she can help you cope with things that are worrying you, for example:

- school issues, such as school performance, motivation, goals, and study practices
- behavioural issues either at school or home
- emotional issues, such as depression, anxiety, anger, loss and grief

The happiness and wellbeing of our students is paramount

- relationship issues, such as social isolation, peer and opposite sex relationships
- family issues, for example conflict with a parent or sibling, unhappiness at home, family breakdown

You might not even be sure as to what the problem is. Just by talking to Linda will help to sort things out in your mind. Having someone who really listens can really help and everything that you say will be confidential.

Linda is also available to talk with parents about such things as:

- concerns they have for their child
- difficulties they are having at home
- parenting an adolescent

And lastly, Linda spends time talking with teachers in assisting them understand and/or deal with student's behaviours and needs.

With building works happening at the College, Linda has a temporary office in the middle of the school and is available Monday, Wednesday and Friday until 4.30pm. Anyone can pop in and say hello, have a chat or play one of the many games she has in her office. Knock on her door, and if she is busy, she will certainly let you know when a good time to come back is.

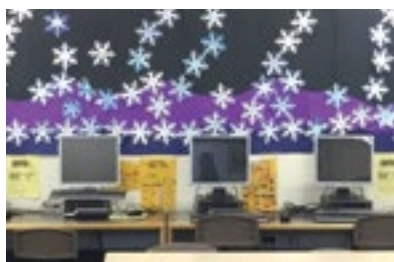
# Positive Education at Mount Carmel College

Mount Carmel has been particularly focused on the wellbeing and development of the whole person body, mind and spirit. Positive Education building on the work of positive psychology through Martin Seligman and others, presents a new and exciting opportunity to apply research based approaches that can and do result in increasing levels of wellbeing and the flourishing of the students at Mount Carmel College.



## Autumn Tree

In autumn, the secondary students were asked to write a camp reflection on an autumn leaf shape, highlighting moments and experiences that gave them a sense of encouragement whilst on camp.



## Winter Landscape

At the beginning of winter, students were asked to write about what they gave them a sense of gratitude during winter. The primary students chose to display them as a winter landscape in the O'Brien Resource Centre



## Gratitude Journal

Throughout the College, many classes have taken up the opportunity to keep a gratitude journal. Students are invited to reflect on both good and challenging experiences of the day and to record their thoughts and reflections.



## Kind Kids Club

In Grade 1 the Kind Kids Club was established. This sees students donning a cape and seeking out random acts of kindness which are reported to the Grade 4/5 Navy girls. These acts are then recognised with a 'Kind Kids' certificate.



## Jars of Love

During secondary class and clan time teachers have had the opportunity to explore positive education through structured lesson time. Ideas covered range from positive conflict resolution, mindfulness activities, critical thinking skills and growth mind set. A highlight was the jars of love developed as part of the STRIVE program in Year Eight.



## Glitter Jars and Gratitude Tree

There have been a number of different activities trialed on the primary campus to ensure that such positive psychology skills are being taught. Activities explored include the making of glitter jars, exploring character strengths or how to change from a fixed mindset to a mindset that is open and growing.



## Library Wellbeing Space

In the library secondary students created a wellbeing corner as a safe space for students to sit and read about wellbeing and positive education values. The corner has comfy beanbags and cushions to sit and read. New resources are being added regularly to our library of positive wellbeing books.



# All the Fun of the Fair!

It seems common place that the annual Twilight Fair attracts imperfect weather, but it also attracts great success and this year was no different.

The weather was not perfect, but the crowds were good, the spirit of community involvement was outstanding and we raised \$22,549. Most outdoor activities continued as planned as we were able to make use of the Cahill Centre and Secondary classrooms which kept everyone warm and dry.

With the money raised, it is now time to directly finance projects and initiatives that support our students' learning. Projects that the Parents and Friends have committed to support include:

- The purchase of two 3 tier choral risers for the Cahill Centre.
- Choir stands suitable for massed choirs at Celebration evening.
- Mobile stands to display student work at public events.
- Two class sets of wireless keyboards for iPads to assist students with word processing, typing, editing and proof reading.
- 3D printer to be used across the primary campus.
- Sand and water table- a particularly suitable recreational therapy for autistic students with sensory difficulties.
- Playground equipment including Mega 4/ Connect 4, Little Tikes big waffle blocks, playground sensory set, large hollow blocks and outside play construction set.
- Purpose materials to support STEM based activity to take place involving both Primary and Secondary students in National Science week.
- Ongoing support of the Year 7 Music Tuition scholarships.

The support of our P & F group in providing financial support for specific projects and initiatives is greatly appreciated. The committee's other important function is to encourage social involvement within the community. During Terms 3 and 4 there will be two functions organised by the committee – a fashion parade and a quiz night. All parents and family members are warmly welcome at these occasions. More information will be publicised in *The View* weekly newsletter and on the P&F Facebook page.



## Committee Members

<b>President:</b>	Jodi Willcox
<b>Vice President:</b>	Daniel Zeeman
<b>Secretary:</b>	Claire Lennon
<b>Treasurer:</b>	Janelle Bird
<b>Committee:</b>	Karen Belbin Suzie Bennetto Kim Kamprad Sophie Newland

# Mount Carmel Girls Through the Years

This year my granddaughter, Sophie, started Kindergarten at Mount Carmel College. What an exciting and proud day for me.



In 1993 my daughter, Emma, Sophie's mother, started in Grade 3 at Mount Carmel College. What a nervous and proud day for me.

Last century, I started in Grade 7 at Mount Carmel College. What a daunting and overwhelming day it was for me.

When asked to put pen to paper for this article and give an insight into what three generations liked about the College, I thought, gosh, what is Sophie going to say? She is four, very honest and forthright in a Kinder kind of way. So I asked Sophie the question, "What do you like about going to school?" Her response, "It's fun and I get to see my friends."

That's exactly what I was thinking. My school days were fun and I got to see my friends. Quite simple.

As a parent you want your children to learn in a fun environment amongst friends. They feel happy, safe, accepted and part of a nurturing environment.

"... the nurturing, care and commitment of the staff remains a constant. College staff invest much energy and time into ensuring that our children and grandchildren enjoy learning and discovering the many opportunities offered to them."

The learning follows with the instruction from dedicated teachers.

A lot has changed at the College over the last 41 years but the nurturing, care and commitment of the staff remains a constant. College staff invest much energy and time into ensuring that our children and grandchildren enjoy learning and discovering the many opportunities offered to them.

I hope I'm around to proudly witness a great granddaughter start school at Mount Carmel College. I'm thinking 2036. It's possible!

## Some differences during our time at Mount Carmel

- During my time at school, Mount Carmel was a Prep to Year 12 College
- When Emma started at Mount Carmel it was also a Prep to Year 12 College but this changed during her time there.
- Girls could elect to participate in the Debutante Ball





at the end of Year 12, which I did.

- In Years 11 and 12, I attended Maths and Chemistry lessons at Hutchins. Hutchins boys would also join in with Mount Carmel classes in Years 11 and 12
- There was a summer boater and a brown winter hat. White gloves were worn in summer and brown gloves were worn in winter to and from school.
- I got a detention for eating in the street while waiting for my bus.
- There were no leavers tops.
- School reports have changed dramatically.
- Mrs Buddle has been at the school for all 3 generations.
- Mrs. Jane Whitton taught both myself and Emma PE.
- Languages taught were German and French. If you didn't study languages you did typing and shorthand.
- We used to have a roster for vacuuming and dusting our classroom.
- The length of our dresses used to be measured, with a ruler, from the middle of our knee to the hem of our dress.

- The nuns lived in the convent in Quorn Street. A section of the current playground was fenced off as it was the nun's garden. There was a huge walnut tree near the entrance to the tennis courts.
- Whenever a teacher or visitor entered our classroom we always stood up to greet them and the greeting was always followed with, "and God bless you".
- Smocks, which were light brown, were worn from Prep to Year 12.
- Parent working bees were held to improve areas of the school or to carry out gardening.
- The College Hall was a pre-fabricated building.

**Mrs Jill Verney** (Class of 1980)

# New Beginnings

Brooklyn Fraser (2009)

Everything was foreign. My family and I had just moved to Tasmania where we were surrounded by unfamiliar places and faces.

I had been enrolled in an all-girls school where a blazer and boater were compulsory and my brothers could no longer be by my side. Who would have thought the decision to move to Tasmania and to become a part of the Mount Carmel College community would have been so rewarding?

Empathy, respect, compassion, the power of faith and positivity and the importance of taking pride in myself and those I represent, were instilled in me throughout my time at Mount Carmel.

Further to these values, the education I received allowed me to thrive, whilst still remaining true to myself. Maths and science was the learning area in which I found my skill set and discovered a love for numbers and problem solving. The teachers I was fortunate enough to have helped develop this passion, most memorably Ms Valery Kullrich. Ms Kullrich inspired me to reach my potential, hone my work ethic and challenge stereotypes. I discovered that a charismatic, humorous, warm hearted woman can thrive in the field of science; that was what I wanted to continue to be and help encourage others to become.

Post Mount Carmel, I attended Guilford Young College and the University of Tasmania where I completed a Bachelor of Biotechnology and Medical Research with First Class Honours. This has led to me recently commencing my PhD at the Menzies Institute for Medical Research in the cardio-metabolic and epidemiology field; encompassing my love for science and discovering ways to improve one's health and wellbeing.

Finding a passion, having a thirst for knowledge and working hard are key aspects necessary for success and I recently discovered this first hand when my first original research article was accepted for publication in one of the most prestigious international sports science medical journals.



Finding a passion, having a thirst for knowledge and working hard are key aspects necessary for success and I recently discovered this first hand when my first original research article was accepted for publication



It is ironic how things turn out. Although my time in Tasmania and at Mount Carmel began with a fear of the unknown, it was the lessons I learnt, the values I developed, the opportunities I embraced and the fun I had which have collectively contributed to where I am today. Mount Carmel has played an imperative role in my tale and I challenge you to be thankful for the opportunities that lay ahead and empower you to make the most of all that Mount Carmel, and Tasmania, has to offer.

Brooklyn has recently had her first journal article published.

*Muscular Fitness Phenotypes and Adult Metabolic Syndrome.*

Fraser, Brooklyn J.; Huynh, Quan L.; Schmidt, Michael D.; Dwyer, Terence; Venn, Alison J.; Magnussen, Costan G.

*Medicine & Science in Sports & Exercise*

Post Acceptance: April 29, 2016



# A Pharm-tastic Career

Liz Jordan (1972)

My name is Elizabeth Mary Jordan; the second eldest of 10 children born to Max and Shirley Horlock. The 10 children were made up of 7 girls and 3 boys. We all attended Mount Carmel College – the boys from Kindergarten to Grade 2 and the girls from Kindergarten to Grade 12 – so by the time my youngest sister, Ursula, finished school we had spent a total of 100 school years at Mount Carmel.

I thoroughly enjoyed my schooling at Mount Carmel College and still have a very soft spot for the College despite 43 years passing since I finished my schooling there. I started at Mount Carmel College in Kindergarten in 1959 at the age of 5 and completed Year 12 in 1972 at the age of 18.

I decided from about the age of 11 that I was going to be a Pharmacist. I think this was because I had met Kevin Corby, who was a pharmacist and owned his own Pharmacy in Macquarie Street, which is where I worked during my school holidays. I dusted the shelves in the Dispensary and counted tablets from big bottles into smaller containers ready for dispensing.

In secondary school, I studied the sciences – Chemistry, Physics, Biology and Maths – as these were all pre-requisites for doing pharmacy. I also studied Religion, English, French, four years of Latin and a year of German.

I was accepted into Pharmacy at the end of Year 12, graduating with a Bachelor of Applied Science (in Pharmacy) in 1976. At the completion of my studies, I was required to do a registration year in either a Community Pharmacy or a Hospital Pharmacy. Hospital Pharmacy appealed to me and I was encouraged by the Head of the Pharmacy School, Dr Alan Polack, to apply for a position at a mainland Hospital rather than one of the Tasmanian Hospitals. I took his advice and spent my registration year at the Queen Victoria Medical Centre in Melbourne. At the completion of my registration year I had to apply to other hospitals for a permanent job.

Growing up, my Mum would say to us “never marry before you’re 25, get out and see the world and do things”. This was wonderful advice and I think it gave me the courage, along with my faith, my family



Our classroom was the All-purpose room where there were dancing bars around the walls of the room. This was where Miss Kerr, who was a ballet teacher, would hold her lessons outside of school hours.

upbringing and wonderful education, to step out of my comfort zone and apply for hospital pharmacy positions all around Australia.

In the early days of my career as a pharmacist, I worked at the Mildura Base Hospital, for the Royal Australia Air Force at the Butterworth Base in Malaysia, at a Health Centre in Penang and as the first pharmacist appointed at the Air Force Base Medical Hospital at Amberley in Queensland.

In 1982 I went overseas on a working holiday to the UK working at a number of hospitals in England which allowed me to do a reasonable amount of travel through the UK and Europe. I was also lucky enough to live in Paris for 3 months and whilst there did the initial certificate of the Cordon Bleu Chefs course at the Cordon Bleu School of Cooking, which was a wonderful experience.

On my return to Australia, I was invited to become a member of the permanent Royal Australian Air Force, working again at the Amberley Air Force Base and then at the Air Force Health Directorate in Canberra. I served six years as a member of the permanent Air Force, leaving when the time came for me to start our family. I maintained my registration as a Pharmacist and did some part time work at a private hospital in Canberra when our first two children were small.

My family returned to Hobart in 1994 and initially worked in Community Pharmacy before accepting a part time position at the Royal Hobart in 2004. I now work full time at the Royal Hobart Hospital and do a little bit of Community Pharmacy work. I still get as much enjoyment and satisfaction from my career now as I did when I was first registered back in 1977 and especially enjoy my work with the pharmacy interns we take on each year.

In October 2015, I was awarded the Tasmanian Pharmacist of the Year, which was a wonderful surprise and a great honour.

I thank the Sisters of Charity, especially the nuns who nurtured me during my time at Mount Carmel College, for sharing their Charism with me and for what they did, towards, giving me the zest for living that I have.

# A Career on the High Seas

Renee Brellis (2011)

I am Midshipman Renee Brellis, a Junior Officer in the Royal Australian Navy (RAN) currently undertaking training to become a Maritime Warfare Officer (MWO).

In attending Mount Carmel College during my early formative years from 2003-2011, I am extremely proud to say that the school largely shaped who I am and the decisions that I have made since graduating.

MCC provided me with a vast array of opportunities, a high standard of education and a wide range of skills that I believe allowed me to work towards achieving many personal goals and setting a firm foundation for my future career prospects. What I value most from my experiences at MCC is the leadership opportunities I was offered and the skills I gained from these (particularly from my role of Carmel House Captain), along with the educational, sporting and life advice I received from my favourite teacher (Mr Higgs – you rock!) and the incredible lifelong friendships I made. Being a part of the school rowing team was also an outstanding opportunity, a feat that would not have been achievable without the incredible support from our families and the College. All the freezing-cold early mornings, torturous trainings and high-intensity yelling from coxswains greatly improved my mental and physical strength, resilience and self-discipline. This well prepared me for my many regattas, the 2013 National Championships and, in turn, my subsequent training with the RAN.

I was inspired to join the RAN after Navy personnel visited MCC and gave a presentation to our Year 9 cohort about the opportunities that existed within the Australian Defence Force (ADF). Although prior to and after this I strongly believed I would follow a career path relating to health science (such as a doctor, physiotherapist or optometrist), joining the RAN was an idea I would continually revisit.

Having graduated from Mount Carmel in 2011, I attended Guilford Young College (GYC) in Hobart from Grade 11 to 12. With my final ATAR being in the high 90's, many opportunities opened up for me and allowed me to consider an array of career options, including those related to health science



Chief of Defence Force Air Chief Marshall Mark Binskin presenting the Governor General's Cup Prize during the NEOC 54 Graduation, June 2016. © Commonwealth of Australia 2015



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(such as medicine) of which I was most interested in. It was not until after graduating from GYC in 2013 that I seriously considered a career in the RAN and started to research exactly what the ADF had to offer.

In 2014 I travelled Europe and in 2015 I relocated to the Gold Coast. I was commissioned as an Officer in the RAN on February 1st, 2016 and have not looked back since. The highlight of my short career (6 months so far) has been recently receiving the Governor General's Cup Prize for demonstrating outstanding ability, teamwork and sportsmanship whilst on New Entry Officer Course 54. I have enthusiastically embraced my job and all that I have learned so far, and I do my best to thrive from the many challenges that naturally arise. I truly believe that my career has and will continue to push me to be the best I can be, and that my drive, motivation and ability to follow this career path and pursue my goals all started with the extensive array of opportunities on offer at MCC.



# Old Scholar News



## Forthcoming Events

### AGM and Mass – 14 August 2016

Our Annual Mass and AGM for 2016 will be held on Sunday 14th August. The day will commence at St Joseph's Church, Hobart celebrating Mass at 9.30am followed by morning tea and the AGM at the Mount Carmel College Art and Technology Building at 11.00am. All Old Scholars are warmly welcome – come along and see what the Old Scholars Association does.

## School Reunions

### Class of 1986 – 30 Year Reunion Saturday 22nd October

It is the 30 year reunion for Mount Carmel girls who left the College in either 1984 (Year 10) or 1986 (Year 12).

After a walk down memory lane while taking a tour of the College, a bus will be transporting all Old Scholars to Frogmore Creek Winery for more reminiscing. For more information, please contact Hellen Varveris (Dritsas) on 0408 253 532.

### Class of 1996 – 20 Year Reunion

This reunion is currently being planned and Tina Psereckis would love to hear from any of her fellow classmates.

Please contact Tina at [omahoney@cope.com.au](mailto:omahoney@cope.com.au) or join the Facebook group by searching Mt Carmel Class of 1996 ([www.facebook.com/groups/890995767694347/](https://www.facebook.com/groups/890995767694347/)).

### Class of 1977 – 40 Year Reunion

The date has been set – set aside the weekend of 11-13 March 2017 for this significant reunion.

If you graduated from Mount Carmel in either 1975 (Year 10) or 1977 (Year 12), please make contact with Anne Haward (Woodhouse) [anne.haward@mountcarmel.tas.edu.au](mailto:anne.haward@mountcarmel.tas.edu.au) or Karen Cupit.

Mount Carmel delights in Old Scholars returning to the College, or getting together whenever opportunities emerge. Because our school days are such a formative time of our lives, most of us have a deep desire to reconnect with our old friends and revisit our old haunts. There is real pleasure and satisfaction for Old Scholars in seeing how far everyone has come in their journey since graduation and sharing memories of the past.

It is suggested that any Old Scholars planning a reunion make contact with the Community Relations and Development Director who will assist with the promotion

of the event through our weekly school bulletin, the College website and Facebook page. To keep our database and archives up-to-date, it would be gratefully appreciated if any photos taken at the reunion, along with contact details of past students and teachers that are found by the reunion organisers, be passed onto the College.

### It is time to become an Old Scholar

If you are not receiving our emails or newsletter it means we do not have you on the Old Scholars database. If you would like to receive the newsletter and be kept informed of forthcoming functions, please register your name and details on the Old Scholars page of the College website: [mountcarmel.tas.edu.au/old-scholars-association](http://mountcarmel.tas.edu.au/old-scholars-association)

### What have you been doing?

Mount Carmel College is proud of the achievements of so many of its alumnae. These may be in their professional careers, in the sporting arena, in philanthropy, or in acts of outstanding courage and compassion. In each edition of *Lauramont*, we will continue to celebrate and applaud a number of women and their achievements. We would love to hear from you about other women of significance from Mount Carmel or about your own achievements. Please email Caroline Jager, Community Relations and Development Director at [caroline.jager@mountcarmel.tas.edu.au](mailto:caroline.jager@mountcarmel.tas.edu.au) or telephone 03 6216 7924.

### Committee Members 2015-2016

President	Yvonne Chaperon
Vice President	Maureen Fasnacht
Secretary	Barbara Berkery
Treasurer	Liz Jordan
Committee	Anne Haward
	Geraldine Borghesi
	Isabella Attwood
	Libby Piesse
	Norma Cooper

## Stay in contact

We hope you have enjoyed this edition of *Lauramont*.

Please continue to stay in touch – visit us online for the weekly bulletin and all our news and like us on Facebook so you can remain up-to-date with the many aspects of Mount Carmel College.

Remember to let us know your contact details: name, postal address, email and phone numbers plus the years you attended Mount Carmel College.

Keep us informed of your celebrations and special occasions for our Old Scholar news.



**Mount  
Carmel  
College**

We nurture.  
**We challenge.**  
We care.

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## For Your Diary

### TERM 3

Term 3 Commences	Monday 18 July
Old Scholars Association Meeting (6pm)	Thursday 21 July
College Open Morning (9.30am)	Wednesday 27 July
Parents & Friends Association Meeting (7pm)	Thursday 28 July
Grade 3 – Year 10 Athletics Carnival	Friday 5 August
Year 10 Formal	Saturday 13 August
Old Scholars Association Mass and AGM	Sunday 14 August
Year 7 Reflection Day	Friday 19 August
Book Week	Monday 22 – Friday 26 August
Grade 5/6 Social	Friday 26 August
Arts Evening	Tuesday 30 August
Fathers' Day Breakfast	Friday 2 September
House Drama	Thursday 22 September
Footy Colours Day	Friday 23 September
Term 3 Concludes	Friday 23 September

### TERM 4

Term 4 Commences	Monday 10 October
Parents & Friends Association Meeting (7pm)	Thursday 13 October
Year 9 Reflection Day	Tuesday 18 October
Royal Hobart Show Holiday	Thursday 20 October
Staff and Student Free Day	Friday 21 October
College Open Morning (9.15am)	Thursday 3 November
Grandparents and Family Friends Morning	Thursday 10 November
Year 10 Exams	Thursday 17 – Friday 25 November
K – 6 Orientation Day	Wednesday 23 November
Prep – Grade 2 Athletics Carnival	Friday 25 November
Appreciation Supper	Monday 28 November
Grade 6 Assembly	Tuesday 29 November
Year 8 STRIVE Evening	Tuesday 29 November
Year 7 Orientation Day	Wednesday 30 November
Year 10 Thanksgiving Mass	Thursday 1 December
Year 10 Farewell Assembly	Friday 4 December
Year 10 Farewell Dinner	Friday 4 December
Grade 4 – Year 10 Celebration Evening	Wednesday 7 December
Activities Day	Thursday 8 December
Primary Nativity Play	Friday 9 December
End of Year Liturgy	Monday 12 December
Term 4 Concludes for students	Tuesday 13 December
Term 4 Concludes for staff	Friday 16 December