

## A WORD FROM THE PRINCIPAL

Welcome.

I would like to welcome all new students, their families and new staff to the Mount Carmel College community. It has been a smooth start to the year and truly wonderful to see so many familiar faces. The smiles, laughter and joy at seeing one-another, meeting new friends and rekindling friendships has indeed made the beginning of the term go quickly. It is hard to believe it is mid-February already. A year filled with the promise of exciting opportunities and new experiences. In the words of Rainer Maria Rilke "And now we welcome the new year. Full of things that have never been." I encourage the students to take the year in their hands – to grasp what is on offer and to fill their lives with the joy that comes with new friendships and new beginnings.



It was an inspiring speech given by the Co-Captains which saw the theme introduced to the whole College. The theme is just one word – "Rise". Rise is a strong word which means to move from a lower position, higher up. The leaders spoke at length during their leadership day about the need to belong, to come together as one and to "rise". This year they are challenging the students to rise together for a stronger and more united College. The first step in this will be the Goal-setting and information evening. We ask parents to join us, to find out what we will be doing in K- 5 and in Years 6 – 10 begin the goal-setting conversations. In Year 6, the focus will be on the dialogue between students and parents – facilitated by the class teachers. In Years 7 – 10, the goal setting conferences are about starting the year on the same page, rising to meet the identified challenges and rising to meet our goals.



**Mary Aikenhead**

*"May we be ever ready to receive  
all losses and crosses with a  
willing heart and gratitude for all  
that our good God sends us."*

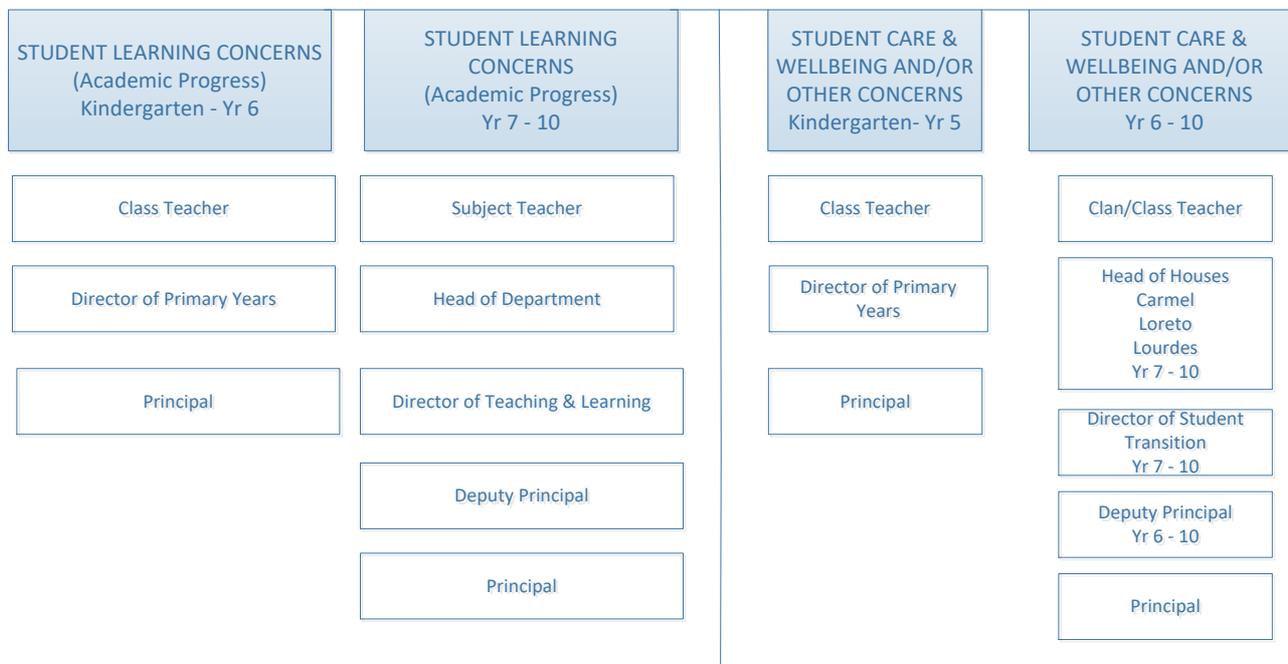
## UPCOMING DATES

### February

- |         |  |
|---------|--|
| Mon 18: | Yr 6-10 Clan Teacher Wellbeing & Goal Setting Conferences<br>3.40pm – 7.30pm<br>Kinder – Yr 5 Information Evening – 6.00pm |
| Fri 22: | Opening Mass<br>St Mary's Cathedral<br>10.00am   |
| Tue 26: | Learning for Life<br>9.30am – 10.45am<br>Kinder – Yr 10 School Photos  |
| Wed 27: | Prep – Yr 7 Swimming Carnival  |
| Thu 28: | GYC VET Information Evening  |

## A WORD FROM THE PRINCIPAL cont.

A number of parents have made contact with the College Office about changes that have occurred. As the College has moved to a vertical clan structure in Years 7 – 10, our Leadership team has also moved to reflect this change. Whilst our teaching practise has remained heavily focused on the Middle Years with core class teachers and stable learning area groups, our Director of Middle Years, Mr Robyn Bessell, has turned her focus to the transitioning of new students to the College and transitioning our Year 10 students on. Pastoral matters for students in Years 7 – 10 will be looked after under the new House structure by the Clan teachers and Heads of House. A flow chart of who to contact can be found on page 24 of the Student Planner:



### Heads of House

- Carmel: Ms Emma Jenkins
- Loreto: Ms Lynda Hudson
- Lourdes: Ms Phoebe Wootton

It is important to empower your daughters to discuss any issues they are having with their class or Clan teachers in the first instance. Obviously this is not always possible, however, the strength this builds within a student is incredibly important. Being the solver of your own problems, facilitated and guided by those who care about you, is the most important lesson we can learn. When we first learn to speak out about our troubles, to face the issue confronting us, that is often the turning point, when change begins. When facing the challenges this year, let us remember to rise – to rise above our doubts and our fears. To accept the challenges new learning brings and to trust God's plan.

### Thought for the week

*May the road rise to meet you,  
May the wind be always at your back.  
May the sun shine warm upon your face,  
The rains fall soft upon your fields.  
And until we meet again,  
May God hold you in the palm of his hand.*

### An Irish Blessing

### Special Thank You

A special heartfelt thank you to the parents and families who have opened their homes to some visiting Chinese students. We were able to support the Hutchins exchange by offering homes to their female Chinese students. Thank you for your generosity.

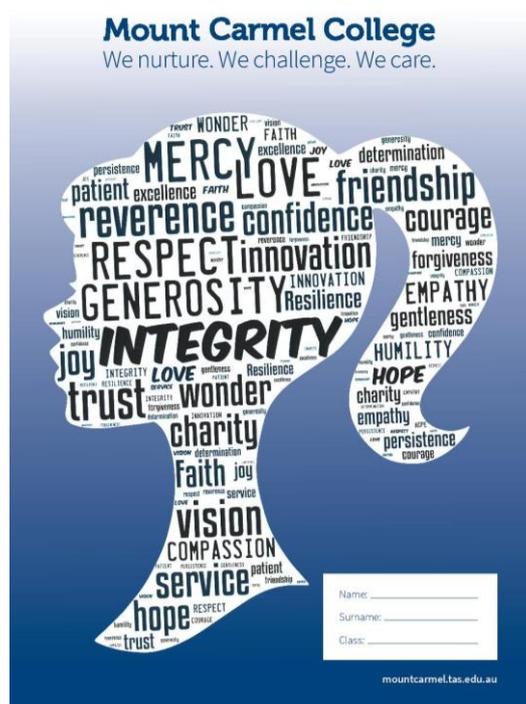
**Mrs Fiona Nolan - Principal**

## Fantastic Start to 2019

The academic year has started with a wonderful atmosphere, the students have begun the year with enthusiasm and re-energised to face the challenges of 2019!

The College Opening Mass will be held next Friday 22 February and will be a faith-filled celebration at St. Mary's Cathedral at 10.00am. All students will be bused to and from the event so please avoid appointments at this time.

The students in Years 7 – 10 have transitioned will into the new Vertical Pastoral Care System with the older students mentoring the younger students. A huge thank you to the Clan teachers for taking on this key role within the College.



## 2019 Student Planners – Signed by Friday 15 February

Year 3 - Year 10 students have received a copy of the Mount Carmel College Student Planner for 2019. 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 24 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. The following pages 25 -26 are designed to assist Primary and Senior students on who to see if they have a learning or wellbeing concern

This year the Planner has been designed by Learning Curve with Positive Education focus and 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 on pages 48 – 49. 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 2019, please take some time at the start of the year to read the information provided in the Planner and sign (parents and students) the orange 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, 15 February** and **provides an opportunity for students to collect a point for their House if completed by this date.**

### College Photograph Day

This week your son or daughter bought home photo day information for Tuesday 26 February (Friday 8 March for Kindergarten students only) with a unique shoot key code.

If you would like a family photograph taken, please collect or ask your child to collect an order envelope from the College Office and there is the option to pay in cash or online. Students must bring the family envelopes back on photo day, as the envelope needs to be handed to the photographer.

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 and secondary students may need to change into their PE uniform after their photo has been taken.

All students must be in full Summer Uniform for photographs. 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 4.

### Year 7 – 10 Clan Wellbeing and Goal Setting Conferences

The Year 7 – 10 evening is scheduled on Monday 18 February from 3.40pm – 8.00pm and is designed for CLAN teachers to meet with parents/carers and students discuss their goals for 2019. All parents/carers will have received correspondence via EdSmart regarding the online booking system which provides details on how to make a booking for the 10 minute conferences.

If you required more than the 10-minute time slot, please contact Hannah Legge at the College Office. The Heads of House will also be available on the night for an informal catch up.

### Immunisations Year 7/10

Immunisation consent forms were distributed last week for Year 7 students. The Hobart City Council Immunisation Programme will be held at Mount Carmel on Tuesday 19 March 2019.

Students will be vaccinated for HPV1 (Human Papillomavirus) and dTpa (Diphtheria, Tetanus, Pertusis).

**Only those students who returned their consent forms will be immunised.**

**The return date is Wednesday 20 February and late forms will not be accepted by the Council.**

### New Staff for 2019



During the commencement of the year we welcomed many new staff members to the Mount Carmel College community (l-r):

- Christine Russell (Year 6 Navy, Term One)
- Alison Judd (Year 6 Navy)
- Angelica Walsh (Sport and Rec Trainee)
- Ellen Britcliffe (Mathematics, Science & HPE)
- Alexandra Rodrick (Lourdes 2 Clan Teacher, Design Technologies and Child Studies)
- Natalie Reid (Year 5)
- Chao Li (Chinese)
- Petra Dennis (Head of HPE and Lourdes 1 Clan Teacher)

### 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.

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:

- Secondary 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/repared.
- All students must ensure their summer and winter uniforms are worn at knee length.
- A small pair plain silver or gold sleepers or studs, including small pearls and clear diamante, may be worn (only one earring per lobe). One clear plastic piercing retainer is permitted. **No other facial piercings are permitted.**

### Sun Hats



The College *Sun Safety Policy* requires each student to wear a College sun hat (bucket style) at recess and lunch time, and for any outdoor lessons or activities, in Terms One and 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.

The College baseball style cap is only to be worn when representing the College in a sporting team.

***Mrs Lyndal Tewes - Deputy Principal***

## FROM THE DIRECTOR OF PRIMARY

It has been an amazing start to the school year. The students' enthusiasm last Wednesday was certainly electric. I warmly welcome all students and their families, especially the Kindergarten children, new students and teaching staff who have joined the Mount Carmel College community.

I would like to thank the parents and carers for ensuring that the children have commenced the school year well prepared, fully equipped and ready to go. Similarly, thank you Class Teachers and Teacher Assistants for your incredible work in preparing classrooms and planning engaging sequences of learning as well as the Administration team who worked countless hours to ensure the start of a successful school year.

### School Transitions



Transitioning to a new school or moving from one grade to the next is very exciting. However, it may also be a time of anxiety and stress for students.

I encourage parents to have a look at the practical strategies outlined by the wonderful resource, School TV that may be accessed via the Parent tab on the College website – [www.mountcarmel.tas.edu.au/schooltv-me](http://www.mountcarmel.tas.edu.au/schooltv-me)

If you have any concerns I encourage parents to make contact with your child's Class Teacher.

### Parent Information Evening

Our Parent Information Evening for 2019 will be held on Monday 18 February. This is an important evening for all parents as it is an opportunity to meet and hear from your child's teachers about key issues relating to their pastoral care and the curriculum opportunities planned for the school year. Details about the evening have been sent to parents via Ed Smart.

### Schedule of Year level meetings (held in Classrooms)

6.15pm – 6.55pm Years 1, 2 and 6 (**Please note: Year 6 students are to attend.**)  
7.00pm – 7.40pm Years 4, 4/5 and 5  
7.45pm – 8.25pm Kinder, Prep and Year 3

All parents are very welcome to enjoy refreshments and a casual chat with other parents and teachers in the O'Brien Resource Centre (College Library), either before or after the relevant Year Level meetings.

### Student Safety – Before and After School Routines



Student safety is our primary concern. At the beginning of each year it is important to outline the arrangements for before and after school supervision and pick-up.

Playground duty commences at 8:20am and concludes at 3:20pm. To avoid congestion and potential danger near the staff car park, we would appreciate it if parents collect children from the basketball court.

### Kiss and Drop Zone



Please enter via the Earl St side of Quorn St (University end) and move to the furthest available spot to allow other cars to come in behind you. Before school, students need to be fully dressed so that they exit the car promptly from the left hand passenger side. Upon exiting the zone drivers are to turn left on to Quorn St into Nelson Road. Vehicles are not to be left unattended as the Kiss and Drop Zone is not a parking bay. The maximum stop time is 1 - 2 minutes.

If you are collecting your child in Quorn Street and are not using the Kiss and Drop zone, please ensure that you do not park on the Children's Crossing. All students must cross at the Children's Crossing and we ask all adults to model this behaviour as well.

At 3.20pm a hand bell will be rung in the playground, indicating that students are to assemble on the basketball court to catch buses. The duty teachers will walk the students to the front of the College or Nelson Road. If there are any students remaining in the playground at 3:20pm, they are to wait outside the O'Brien Resource Centre (library).

If parents are with their children in the playground after 3:20pm, they will need to supervise them on the play equipment. Please note that the play equipment is not designed for toddlers; only school aged children.

Arrangements should be made with our office staff for After Hours Care if you are unable to collect your child by 3:20pm.

### Healthy Lunch Boxes – Nut Alert



Recess is from 10:40am to 11:00am and lunch is from 12:30pm to 1:30pm. Duty teachers supervise students for the first 10 minutes of lunch. We encourage as much healthy food in our students' lunch boxes as possible.

Establishing healthy eats is of primary importance and we remind families that **nuts are not to be consumed at school**. This includes foods such as peanut butter, Nutella, hazelnut spreads, health bars and biscuits that contain nuts. There are a number of students who experience severe and life-threatening allergic reactions to nuts.

Ideally students should only bring water to school in their drink bottles

### Uniform

Students in Years 1 to 6 are permitted to wear their full sports uniform to and from school on the day that they are scheduled to have PE. The uniform consists of the College track pants, spray jacket and house colour polo shirt. The rugby jumper is an optional item.

All students are required to wear either a bucket hat or wide-brimmed hat while undertaking outdoor activities during the first term. The baseball style cap is no longer to be worn by any student.

Blessings and best wishes for the week ahead.

**Mrs Caroline Wilson-Haffenden – Director of Primary**



At our Induction Day for new teachers entering the College we, as is customary with all gatherings began our day in prayer. The focus was very much on the notion of Love. We prayed that our Mount Carmel community might always be grounded on love and the Gospel reading of St Paul to the Corinthians, one of my favourites and one that is frequently used at weddings, reminded us all that love is the greatest spiritual gift of all.

*"If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love., then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever....."*

*In short, there are three things that last: faith, hope and love: and the greatest of these is love.*

**1Cor 12:31-13:13**

As beneficial as all the spiritual gifts may be, without love they are nothing. They are useful now, while we are still in this world. However, at the end of this world, their usefulness will come to an end and they will cease to be. Love on the other hand, will never cease to be.

For our entire school community, students, parents/carers and staff, it is timely to remember that we are a community of faith, hope and love first, this is our highest task, and that the students and families in our care will learn the most from how we all love them.

May we spread the message of love from the Gospel here at Mount Carmel College and may we **be** people of love.

**Miss Ida Saracino – Director of Mission (Primary)**

## PARISH NEWS

### Sacramental Program



Catholic children aged eight and upwards who live in the Sandy Bay-Taroona Parish, or who attend Mass in the parish, are invited to join the 2019 Sacramental Program. First Reconciliation will take place before Easter. Preparation sessions will commence in mid-February, so parents are encouraged to enrol their child as soon as possible. Dates for Confirmation and First Eucharist are yet to be finalised.

Parental support during the classes and in home exercises will be an important part of the program.

Parents who wish to enrol their child should contact the parish secretary, Claire Manthorpe, on 6224 1423 between 9.30 am and 1 pm on weekdays or email [sandybay@aohtas.org.au](mailto:sandybay@aohtas.org.au)

**Fr Brian Nichols – Parish Priest**

## FROM THE DIRECTOR OF TEACHING & LEARNING

Welcome to 2019.

Time seems to be moving so fast. I would like to welcome everyone back to the College, and a special welcome to new students and staff.

Our professional development session for teaching staff this year was taken by Andrew Fuller. Our topic: Neuro-developmental Differentiation- The science of effective differentiation. As you can see from Andrew's article our knowledge on differentiation, resilience and positive education was strengthened. We had a fantastic few hours with a really knowledgeable and talented presenter. I encourage you to read Andrew's article.

Year 9 and 10 students have commenced all of their classes and some are thinking about changing an elective. There is a specific process for this. All students received an email telling them what to do, and there was information provided on our daily news. Please take the time to think through the decision to change with your daughter, sign the form and we can then see if the swap can be made. Not all swaps are possible because of class sizes.

I look forward to working with your daughters this year. If you would like to discuss a specific issue please contact me on the College number or email: [kim.schade@mountcarmel.tas.edu.au](mailto:kim.schade@mountcarmel.tas.edu.au) If you have concerns or would like to discuss a specific subject, please contact your daughter's subject teacher first.

***Mrs Kim Schade – Director of Teaching and Learning***

## FROM THE BUSINESS MANAGER

### **School Fees**

Annual school fees were emailed to all families last week. Your invoice shows your total charges for the full year, your monthly instalment is the total divided by 10.

It is important that all families arrange a payment plan for their school fees so they don't fall behind. If you are experiencing problems with your fees, please contact me or the Principal to make alternative arrangements.

An early bird discount of \$100 per student is available if your account is paid in full prior to 31<sup>st</sup> March. Any queries regarding your fees can be emailed to [accounts@mountcarmel.tas.edu.au](mailto:accounts@mountcarmel.tas.edu.au) or telephone 62167900.

***Mrs Kerrie Loveluck – Business Manager***



## Primary Music

Welcome back to another year of music making in the Primary school! Apart from the class music, your child has the opportunity to extend their musical involvement by joining a group or enrolling in paid individual lessons with an instrumental teacher which can be done by going to the "Parents" tab on the College website. There are a number of groups your child can join:

Group	Description	When	Duration
<b>Minute Marvels</b>	Lunch time 'chalk board' performance opportunity. Open to any student in the College. Each performance is for one minute or less. Solo, group, vocal or instrumental.	Monday lunch at 12.50pm	Whole Year
<b>Fiddlesticks</b>	A string group for Primary students in Years 3, 4, 5 and 6. No experience necessary. Permission needed from home.	Monday after school	Whole Year
<b>Primary Ukulele Group (Term 2)</b>	An opportunity to learn some basic Ukulele chords using well known 'old favourite' songs. Years 3-6	Day TBC Lunchtime	Commences Term 2
<b>Year 6 Pop Group</b>	This Year 6 students can extend their musical skills with an instrumental focus. More details later.	Friday lunch	Whole Year
<b>Intro Orchestra (Term 2)</b>	A group for students who wish to learn a wind instrument or who are a beginner string player to play together as a mini Orchestra to prepare them to join the College Orchestra. Directed by Ms Emily Rieper	Wednesday after School	Commences Term 2
<b>Middle Year Voices</b>	Choir for Students in Grades 6-8. Directed by Mr Dave McNamara.	Tuesday lunch	Whole Year

### Music Tuition 2019 – Learning a musical instrument or singing one-on- one

Music lessons are currently being arranged for those students who have completed an enrolment form, either via the EdSmart letter sent at the end of the 2018 school year or via the College website. If you have completed a form you will receive an email, letter or phone call this week. If you have not already heard, you should do so shortly but do contact me if you fail to hear anything by the end of this week. Lessons usually commence in Week 3 with some lessons starting this week.

You can enrol your child at any time of the year via the College website.

Lessons commence once your child's music tutor has contacted you to organise a lesson time and it has been approved by the class teacher or subject teacher if it falls during class time. Music lesson terms are 8 weeks, which allows for this process and for missed lessons. Kindergarten students do not have access to learning at school for logistical reasons as a parent/guardian will need to take them to and from the lesson. I am sorry for any disappointment but they will be able to learn once they are in Prep.

If you have any questions do not hesitate to contact me via email:

[dorothy.lincoln@mountcarmel.tas.edu.au](mailto:dorothy.lincoln@mountcarmel.tas.edu.au)

**Ms Dorothy Lincoln – Primary Music Teacher**

## Secondary Music 🎵

There are many co-curricular Arts activities at Mount Carmel in the Secondary School again this year. Starting this term...

- There will be a Year 9/10 Choir (**Senior Singers**) that will rehearse on **Wednesdays** at Lunchtime.
- Also a Year 6/7/8 Choir (**Middle Years Voices**) will rehearse on **Tuesdays** at Lunchtime. Both of these choirs are un-auditioned, meaning that anyone can join up as long as they can commit to attending rehearsals and are keen to sing!
- **The College Orchestra** will rehearse on **Wednesday** afternoons 3:30-4:30. This ensemble is for all woodwind, brass, string, and percussion players from Year 5-10 that have some experience on their instrument.
- **The Intro Orchestra** is a group for students who are beginners on the instruments of the Orchestra in Years 5-8. This group will begin rehearsals in Term Two after the Year Sevens have an opportunity in class to play one of these instruments. Rehearsals will be at the same time as Orchestra on **Wednesday** afternoons.
- We will again have a **String Quartet** rehearsing as an extension to their participation in the Orchestra.
- Our **Flutista Sistas** will be in action again to cater for our developing flautists.
- Ms Phoebe Wootton will be running the outstanding MCC **Dance Troupe** once again.
- There will be some other new opportunities for those wanting to get involved in dance this year - stay tuned!



It would be wonderful to see as many students as possible get involved in some of co-curricular groups. There really is an opportunity for all students with any level of experience and it's a great way for students to attain points towards College Colours, as well as to get to know students from other classes and year levels.

In addition to these regularly rehearsing groups, the Year 9/10 Drama class will present an exciting theatre piece in the middle of the year. More exciting announcements to come on that front! Also, several senior Visual Art students will have the opportunity to exhibit their work as the culmination of their art-making over Years Nine and Ten.

We have some experienced Music Tutors of all instruments, who are excellent musicians in their own right, that take students for lessons at school during school hours. If you'd like to enrol your daughter for Instrumental Music Lessons, go to <http://mountcarmel.tas.edu.au/music-tuition-sign-up/> for more details and to sign up.

**Mr Dave McNamara- Secondary Music Teacher**



A big welcome to all current and new families to Mount Carmel College for 2019. I wish all students the very best for a year full of enjoyment, achievements, challenges and a sense of belonging within our College community.

### Trading Hours

The Uniform Shop trades on:

- Tuesday 1.00pm – 5.00pm
- Wednesday 1.00pm – 5.00pm
- Thursday 1.00pm – 5.00pm

### QKR! Online Orders

I hope all parents are now aware of the ability to order and pay for uniform items via the **Qkr!** App. This is an exceptionally easy way to order items, especially when you are time poor and unable to get into the shop personally. Orders are usually sent to the shop within 24 hours and I endeavour to have them at the College office for collection the next day - the exception being Mondays & Fridays when the shop is not open. If you have any queries regarding missing orders, please don't hesitate in contacting me.

### Sun Hats

In order for our College to be "Sun Smart", the preferred style of hats for sun protection is the bucket hat. These are available in plain navy for \$10, or the new reversible navy hats with house colours inside, in a range of sizes for \$15.

### Winter Uniform Orders

Families will receive an email from the College within the new few weeks requesting students be brought into the shop to be fitted for their winter uniform. If you wish to come in prior to this notification, you are more than welcome.

### Outstanding Uniform Items

Other than Children's Size 6 House polo shirts, all outstanding uniform items are now in stock. Please contact me on 6216 7925 or email [uniform.shop@mountcarmel.tas.edu.au](mailto:uniform.shop@mountcarmel.tas.edu.au) if your son or daughter has not received their outstanding item.

### Rugby Tops

These tops should arrive in time for our cooler weather in Term 2. I will keep you informed via the newsletter of their arrival.

### Sale Items

- |   |                                   |
|---|-----------------------------------|
| • Sports Briefs                                     | All sizes reduced to \$5 per pair |
| • Polar Fleece Headbands                            | Only \$2                          |
| • Bathing (old style - acceptable throughout 2019)  | \$35 per pair                     |
| • Summer Dresses (old style – acceptable & ongoing) | Limited sizes at cost price       |
|   | Size 14L - \$70                   |
|   | Sizes 26-30 - \$73                |

**Mrs Dianne Ranalli – Uniform Shop Coordinator**

## FROM THE SPORTS ADMINISTRATION OFFICER

Welcome back to all parents and students, I hope you all had a wonderful break and are refreshed and ready for a full year of sporting pursuits. I administer Primary and Secondary Co-Curricular School Sport at the College, and aim to keep you informed throughout the year regarding sport that is on offer, progress of teams, special achievements and other sporting matters of interest. Please contact me regarding anything related to School Sport, and send me through special achievement items and photos. Email [sport@mountcarmel.tas.edu.au](mailto:sport@mountcarmel.tas.edu.au), or contact me by phone on 6216 7900.

### JSSATIS (Primary Sport) Overview

Most of the sports that are offered to primary students at the College are through the Junior Southern Sports Association of Tasmanian Independent Schools (JSSATIS) Committee. This committee comprises Sacred Heart College, The Friends School, Dominic College, St Virgil's College, St Michaels Collegiate, The Hutchins School, St Mary's College, Fahan School and Mount Carmel College.

The group seeks to enable students within these schools to easily access and experience a range of sports. JSSATIS hopes that students/coaches/umpires can participate in a non-threatening environment and see this as an opportunity where students could learn a sport for the first time; a parent could coach for the first time; an umpire/referee could officiate for the first time.

JSSATIS rosters seek to be approximately eight weeks in duration, but this is affected by term length and a number of other factors. They do not record results or keep ladders and hopefully this allows those responsible to make the best decisions for our students, in the knowledge that there are no 'sheep stations' up for grabs. This is not to say that JSSATIS games are not competitive and that students should not strive to win, but that they should do so with a smile on their face and shake hands when the final whistle blows. JSSATIS sport is not club sport and should not be confused with club sport. Students who find they really enjoy a particular sport and have been involved in JSSATIS sport, have the perfect platform to pursue that sport at the next level, which is club sport. It is here they could receive multiple training sessions per week and have qualified coaches, and where winning or losing may have a greater consequence.

In 2018, JSSATIS conducted rosters in which 187 teams participated, not including JSSATIS Swimming, JSSATIS Cross Country or JSSATIS Athletics Carnivals. It is hoped that this figure will continue to increase and students will continue to embrace this opportunity provided to them by their schools.

### Information and Sports Sign-Up

Information regarding carnival/roster dates, days and times for most sports, uniform requirements and other guidelines and Sign Up is available online for both Primary and Secondary sports, on the school website, <http://mountcarmel.tas.edu.au/sport-activity-sign-up/>.

Term 1 sports are now being finalised and information will be emailed out over the coming weeks as rosters commence or more information comes to hand. Some teams still require more players, so I have listed below where sign ups can still be made:

Secondary	Day / Time	Date/s	Note
Swimming Team Training	Tues & Thurs 7:00am – 7:45am at Clarence Aquatic Centre	20 Feb – 22 Mar	U15 and U16 swimmers still required.
Cricket (7-10)	Thurs 4:15pm – 5:30pm	22 Feb – 29 Mar	More people required for 2 teams.
Soccer (Y7-8)	Tues 4:15pm – 5:15pm	27 Feb – 15 May	At various grounds
Soccer (Y9-10)	Mon 4:15pm – 5:15pm	19 Feb – 14 May	At various grounds
Netball (Div 1)	Mon 4pm – 5pm	14 May – 2 Jul	

## **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](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. Please let me know if you are able to assist.

## **Cricket Representatives**

Best wishes to Year 9 students Maddison Brooks and Taylor Brooks and Year 8 students Hannah Powe and Emma Roberts who head to Canberra next week to represent Cricket Tasmania in the U15 Girls National Championships.

## **Hockey Representatives**

Congratulations to Maddison Brooks, Taylor Brooks and Felicity Wilson-Haffenden who have all been selected in the Tasmanian U15 Hockey Team to compete in the Australian Championships in Narellan, NSW in April.

## **Basketball Representatives**



During the holidays Year 7 students Claire Murray, Coco Erin and Maya Lamprill represented Tasmania in the 2019 Australian Country Junior Basketball Cup. The tournament is held in Albury/ Wodonga every year. The girls played eight games in eight days and improved with each game.

## **Secondary Swimming Team**

On Tuesday evening, 29 students participated in the Secondary Swimming Trials in conjunction with St Mary's, St Virgil's and Guilford Young College. It was fantastic to see so many Year 7s having a go, and there were some excellent results achieved. From here, the team will commence training on Tuesday and Thursdays mornings at 7am at the Clarence Aquatic Centre. The team will then compete at the Southern SATIS Carnival on Wednesday 13 March and the State SATIS Carnival on Tuesday 26 March, both at the Hobart Aquatic Centre. Best wishes to the team.

## **Infant and Primary Swimming Carnivals**

On Wednesday 27 February, the Mount Carmel Prep – Year 6 Swimming Carnival will be held at the Clarence Aquatic Centre. Students from Prep to Year 2 will be involved in activities and races in the small program pool in the morning. Year 3 – 6 students will compete in House events in the 50m pool throughout the day, with some additional time provided in the program pool for students not competing in many swimming events. Interschool teams will be selected from results in the 50m events for Year 3 – 6. Letters have gone out including the nominations for events, and invitation to parents to assist on the day.

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](mailto:sport@mountcarmel.tas.edu.au), or contact me by phone on 6216 7926.

**Ms Nikki Stuart – Sports Administration Officer**

# SCHOOL PHOTOS

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## LEADING IMAGE WILL BE TAKING OUR ANNUAL SCHOOL PHOTOS

- You can only order your school photos online.
- Ordering online is the easiest and safest method.
- You can order for all of your children at the same time.
- Order a family photo online if you require one.
- No charge is provided by the school office or photographers.
- Everyone has a single photo and class photo taken whether you've ordered or not.
- For the best results, a clean uniform is preferred.
- Parents who don't place an order before photo day will be given a second chance to order after photos are delivered.

Visit [www.leadingimage.com.au](http://www.leadingimage.com.au) to place your order using your child's personalised order shoot key or to contact Leading Image.



Ph:

[www.leadingimage.com.au](http://www.leadingimage.com.au)



Mount Carmel College  
361 Sandy Bay Road, Sandy Bay  
Tasmania -- (03) 6216 7900  
[www.mountcarmel.tas.edu.au](http://www.mountcarmel.tas.edu.au)

# Learning for Life

A fun and engaging play-based program designed for boys and girls aged from birth to 5 years. Located in our purpose built Kindergarten, our program is at no cost and is facilitated by our Early Years Specialists.

**WHERE:**

Mount Carmel College Kindergarten

**WHEN:**

During school Term time

**SESSIONS:**

Learning for Life sessions operate weekly on Tuesday mornings from 9:30 am until 10:45am. Parents / carers are required to supervise their children at all times.

Please bring a water bottle and a snack, including a piece of fruit, a sunhat and comfortable clothing.



## About the Program

Learning for Life is designed to offer parents practical support and insight into play-based learning, to build connections between families and young children and to support each child to begin their individual learning journey.

“Learning outcomes are most likely to be achieved when early childhood educators work in partnership with families. Educators recognise that families are children’s first and most influential teachers.”

*(Belonging, Being & Becoming, The Early Years learning Framework for Australia)*

The program is filled with play-based learning experiences, exploration and storytelling. The weekly sessions include gross motor, fine motor, sensory, imaginative experiences, as well as activities including song and dance, story-time, art, craft, drama and movement, outdoor play, bikes, ball games, themed sessions and water play activities.

*For easy parking we recommend the Wrest Point Casino car-park.*

Register your interest today by completing the Registration Form below or by contacting the College Office at [info@mountcarmel.tas.edu.au](mailto:info@mountcarmel.tas.edu.au) or on 6216 7900

*We look forward to welcoming you into our Mount Carmel College community.*

**Nurturing, Challenging and Caring for children from birth to 5 years**



# Learning for Life

A fun and engaging play-based program designed for boys and girls aged from birth to 5 years.

## REGISTRATION

Name of Parent/Carer: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Name of Child(ren): \_\_\_\_\_

DOB of Child(ren): \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

*(only conditions that may require program adjustment)*

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Photo Permission: Yes  No

By completing this form I agree to receive news and communication from Mount Carmel College.

Signature: \_\_\_\_\_

Register your interest today by completing this Registration Form or by contacting the College Office at  
info@mountcarmel.tas.edu.au or on 6216 7900

*We look forward to welcoming you into our Mount Carmel College community.*

Nurturing, Challenging and Caring for children from birth to 5 years

# Neuro-developmental Differentiation-

## The science of effective differentiation

### Andrew Fuller

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Neuro-developmental differentiation (NDD) takes our knowledge on resilience and positive education into classrooms where it can make the most difference. One of the most powerful ways we can build resilience is to have students discover how to be successful learners.

Based on neuroscience, NDD looks at which parts of learners' brains are developed as strengths and which are yet to develop. It then looks at ways to utilize learning strengths to overcome or supplement areas that are yet to develop.

The aim is for every student to develop an individual learning plan and identify their strengths as well as blockages.

Students and their parents can assess learning strengths for free on [www.mylearningstrengths.com](http://www.mylearningstrengths.com) and receive a letter outlining their top learning strengths and an area to overcome.

A more complete report is available at a nominal fee. This outlines students' ability to input, process and output information. Input refers to the ability to focus and absorb new information, processing the ability to organize information and outputs refers to the retrieval, expression and communication of knowledge.

Eight brain areas are assessed. Ideally students then use their strengths to build up other areas of their learning. The report also links strengths with potential career areas.

#### The Learning Strength Areas

##### Spatial Reasoning

Some of our best thinking occurs without words but in shapes, objects, and diagrams. Spatial reasoning links strongly to number smarts.

##### Number Smarts

In many schools, thinking about numbers has been quarantined to the maths classroom. Students should be using hands-on materials- flow charts, blocks, dice, dominoes to think about numbers in every subject.

##### Word Smarts

Our most sophisticated word and language skills involve analysis, use of tone, rhyme, effective communication, clarity of thinking, creativity, critical thinking and evaluation.

##### Planning and Sequencing

This is essential for successful studying and decision making.

Developing ways to plan, to weigh up alternatives ways of achieving an outcome, to consider consequences of actions is a remarkable skill. Many people don't do this. Instead they act on the first thing that pops into their mind and if that doesn't work they then act on the next thing that pops into their mind. A world that doesn't plan can waste a lot of energy doing things that don't need to be done.

## **Thinking and Logic**

Our most sophisticated thinking and logic skills involve reflection, evaluation, similarities and differences, reasoning, communication, creativity and problem solving. It is our use of thinking and logic that transforms information into knowledge and knowledge into wisdom.

## **Concentration and Memory**

Our most sophisticated concentration and memory skills involve noticing and focusing on fine or small distinctions, difference, pattern detection, mental information processing, creativity and recall. These skills correlate powerfully with academic success.

## **Perceptual and Motor Skills**

Our most sophisticated perceptual and motor skills involve perceiving accurately, integrating our senses and coordinating our body. This directly determines our ability to learn as new learning begins with sensory perception.

## **People Smarts**

Our most sophisticated people skills involve emotional intelligence, people reading, emotional regulation, knowing how to calm ourselves and others, rapid de-escalation methods, stress management, constructive feedback, motivational skills, compassion, relationship building and maintenance and clear communication.

Without these skills success is hard to attain as humans are exquisitely sensitive to the presence or lack of people skills in others.

Students can have wonderful strengths in all of the other areas but if they lack people smarts it can all come to nothing. These skills can set you up for success or destroy even the most promising of careers and relationships.

## **Identifying Learning Strengths**

By identifying learning strengths you can capitalize on success in that area and cross-fertilize those skills into other learning areas.

While the letter that is sent after the completion of the learning strengths analysis will be sufficient for many people, a full report is also available. There is a nominal fee for this.

The full learning strengths report outlines all of the person's learning strengths and links them to strategies and careers. It also identifies the learner's capability to input and absorb new information, process and organize information and output or retrieve and communicate knowledge.

Profiles for classes or year levels are also available.

Andrew can be contacted at [www.andrewfuller.com.au](http://www.andrewfuller.com.au) or at [inyahead@satlink.com.au](mailto:inyahead@satlink.com.au)

The Learning Skills Assessment can be accessed at:

**[www.mylearningstrengths.com](http://www.mylearningstrengths.com)**

This approach is most powerful when school staff receive training in neuro-developmental differentiation. This can be arranged by contacting:

**[www.andrewfuller.com.au](http://www.andrewfuller.com.au)**

## **Educational settings and bushfire smoke**

### **Guidance for School and College principals and managers of Childcare and other early childhood settings**

Bushfire smoke will continue to affect Tasmania during February.

The smoke will vary – it may be light or heavy and may last from several hours to days. Smoke may affect places that are far away from fire. People anywhere in the state can expect to experience smoke at times during February.

Parts of southern Tasmania experienced extremely high and potentially harmful levels of smoke in late January, and more smoke in this region is expected through February.

Most school age children can cope with periods of moderately poor air quality but may experience itchy eyes and throat irritation.

Some children of school age or younger are more at risk of health harms from smoke. These more vulnerable children include those aged less than 5 years and those of any age with asthma or other chronic medical conditions.

Any members of staff who are pregnant, aged 65 years or older, or who have chronic illnesses, particularly asthma, chronic bronchitis, emphysema, diabetes, angina or a previous heart attack are also more at risk.

Ensure children and students with asthma have a current asthma action plan and staff know how to follow this.

Children and staff who are more at risk of health harms from smoke should minimise their exposure to smoke.

If you can see or smell smoke outside, you can reduce exposure to smoke by:

- Not running outdoor physical activities. Exercise increases breathing so you inhale more smoke particles.
- Keep children and students indoors with windows and doors closed. Switch air conditioners to 'recycle' or 'recirculate'. Open the windows and air out rooms when there is a break in smoky conditions.

Get urgent medical care for anyone experiencing breathing difficulties who does not respond to initial management.

For more information, visit [www.dhhs.tas.gov.au/publichealth/alerts/air/bushfire\\_smoke](http://www.dhhs.tas.gov.au/publichealth/alerts/air/bushfire_smoke)

## **Guidance for managers of community Libraries**

Bushfire smoke will continue to affect Tasmania during February.

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Parts of southern Tasmania experienced extremely high and potentially harmful levels of smoke in late January, and more smoke in this region is expected through February.

Community libraries can provide local communities in smoke-affected areas with a place of cleaner air.

During smoky conditions, keep windows and doors closed. Switch air conditioners to 'recycle' or 'recirculate'. Open the windows and air out rooms when there is a break in smoky conditions.

Get urgent medical care for anyone who experiences breathing difficulties.

For more information, visit [www.dhhs.tas.gov.au/publichealth/alerts/air/bushfire\\_smoke](http://www.dhhs.tas.gov.au/publichealth/alerts/air/bushfire_smoke)

## **Health related content for newsletters circulated by Schools and other Education settings to parents/carers**

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Most school age children can cope with periods of moderately poor air quality but may experience itchy eyes and throat irritation.

Some children of school age or younger are more at risk of health harms from smoke. These more vulnerable children include those aged less than 5 years and those of any age with asthma or other chronic medical conditions.

It is most important that children with conditions such as asthma have a current action plan from their GP and it is shared with their school.

Exposure to smoke will be managed by:

- Keeping classrooms as free of smoke as possible by closing windows and doors
- Setting air-conditioning to recycle
- Not running outdoor activities when it is smoky

Real-time data on air quality at over 30 sites in Tasmania is provided by the Environment Protection Authority at

<https://epa.tas.gov.au/epa/air/monitoring-air-pollution/real-time-air-quality-data-for-tasmania>

More information about smoke and health is available at  
[https://www.dhhs.tas.gov.au/publichealth/alerts/air/bushfire\\_smoke](https://www.dhhs.tas.gov.au/publichealth/alerts/air/bushfire_smoke)

[Additional content to be provided by DoE or education setting about liaising closely with emergency services, health and other agencies about fire threats and environmental conditions, and the prospect of school closures if such threats pose a risk]