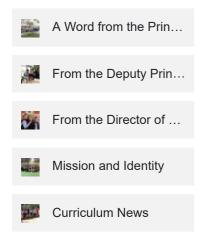
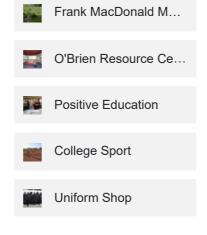


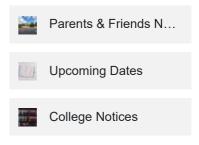
The View

09 May 2019

ISSUE SIX







Mount Carmel College

www.mountcarmel.tas.edu.au info@mountcarmel.tas.edu.au

361 Sandy Bay Road Sandy Bay, Tasmania, 7000



A Word from the Principal

For many of us Easter has now been and gone, the chocolates have been eaten and the time spent with families and friends. However, for Catholics the Easter season is still happening and we are an Easter people – a people of hope.

In last weekend's Gospel we are again reminded that the Disciples were surprised by Jesus' appearance and yet we too forget to look for Him in our ordinary everyday lives. Jesus appeared to them as they were fishing. How many of us go about our daily work lives completely oblivious to the presence of those around us "shepherding" others? Just as Jesus met his disciples in their everyday lives and in the ordinary circumstances of ordinary people, just too are we reminded to recognise his presence in the actions and words of those around us. We are reminded ourselves to shepherd and care for those around us. We are reminded that by modelling ourselves off Jesus we are a people of hope and love. May the hope of the Easter season continue to be with you and may you see the actions of those around you as a sign that humanity continues to be an Easter people.

Strategic Planning & Validation

This year Mount Carmel has a number of significant projects to complete. This is a strategic planning year where, as a community, we come together to shine the light on the future of Mount Carmel. We continue to live out the Sister's of Charity vision of creating an excellent education for our students in a Christ-centred environment. As we work through

the strategic planning process, guided and facilitated by Glenn McLachlan, I ask that you – our community, support this process by engaging with the multiple opportunities provided to feedback to the College your thoughts and suggestions.

Also this year the College undergoes the process of Validation, as part of our school Registration requirements. You will have received a survey which helps the College continue to improve what we do. The pledge to continuously improve what we do requires you to feedback what you think we do well and what you consider we could improve upon.

Thank you to those who have openly engaged in this process. We are challenged to continue to "Rise" to what is required for our students.

Thought of the Week

There are no great people in this world, only great challenges which ordinary people rise to meet.

William Frederick Halsey, Jr.

Mrs Fiona Nolan Principal



From the Deputy Principal

College Planner, iPads and Cyber Identity

It is timely that there is a reminder to parents that your daughter's planner should be checked weekly in regards to homework and signed. Your daughter's iPad is foremost an educational tool that has been purchased by you for this reason and your daughter should be able to show all the applications and content on their iPad. The internet allows students a platform for researching a wealth of free information, the validity of such sources are discussed frequently in our lessons but inherent with this is the opportunity for this to be used as a platform to harass and stalk others.

The Federal Government website <u>cybersmart.gov.au</u> is a good resource for providing young people with advice on protecting their privacy. The checking of You Tube, Facebook, Snapchat and Instagram for any entries that your daughter may have posted and discussing cyber safety is important part of raising a responsible digital citizen. These issues are discussed in our wellbeing lessons but working in partnership with parents is our best course of action in preventing unnecessary hurt or harm.

Transition from Secondary to College

Recently our Year 10 students had their introductory visit to Guilford Young College to hear about the enrolment and counselling process and senior secondary life at GYC. This is an important time for Year 10 students to focus on the direction of their future education. The step from Year 10 to 11 is a significant one in the life of any student and in the coming months there are several opportunities to make this transition as smooth as possible. Secondary Learning Conferences, Pathways Expo, Guest Speakers and Information Sessions all provide opportunities for students to discuss with adults the choices they are making. I encourage all parents to attend the Information Sessions and continue supporting their daughters with their future pathways.

Secondary Winter Lunchtime Activities

The College Under croft area is a carpeted area with some great furniture for secondary students. This is a sheltered and protected place for secondary students to sit and eat their lunch at recess and lunch on those chilly winter days. The College has also investigated several lunch time activities and options for secondary students that will be offered in the coming months such as service activities for the community, to warm up, get active and investing in mindfulness activities.

Winter Uniform

Recently there has been a spat of some secondary students wearing "hoodie" type tops as an additional layer with the College HPE uniform. Name brand sports leggings are not to be worn in HPE lessons and College leggings can be purchased from the College Uniform Shop. The full College tracksuit (with MCC track pants not plain navy trackies) is to be worn to and from the College on days when your daughter has her timetables HPE or sport related lesson. A reminder that these items are not part of the College uniform and should not be worn. Parental support in ensuring that your daughter is not leaving home with these additional or non-regulation items would be greatly appreciated by College staff. A rugby top or polar vest may be worn with the College sports uniform if additional warmth is needed.

Winter weight tights can also be purchased at the College Uniform Shop (a small supply is kept at the Front Office) if extra warmth is needed to warm up those chilly toes, but socks should not be worn as an extra layer of warmth underneath stockings with the formal winter uniform.

Mrs Lyndal Tewes
Deputy Principal



From the Director of Primary

Welcome to Term 2

Welcome back to another term of learning. At the commencement of each term naturally one looks at the calendar to see what is scheduled and indeed, a great deal is planned for the coming months.

NAPLAN

NAPLAN (The National Assessment Program – Literacy and Numeracy) assesses literacy and numeracy skills that are essential for every child to progress through school and life

Next week (Tuesday, Wednesday and Thursday) students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy. The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN is just one aspect of a school's assessment and reporting process - it does not replace ongoing assessments made by teachers about student performance.

In 2019, with the exception of the Year 3 Writing paper, the students will sit NAPLAN online. One of the main benefits of NAPLAN Online is tailored (or adaptive) testing, where the test automatically adapts to a student's test performance. The test presents

questions of higher or lower complexity, depending on a student's performance.

We ask that parents help your child prepare by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to simply try their best. A NAPLAN individual student report will be issued later in the year.

We ask that appointments are avoided next week during the testing period. Students who are absent for a given test will have an opportunity to complete missed tests at another time during the College's testing schedule.

The NAPLAN results are used to discuss students' progress with parents and teachers; to identify students who would benefit from greater challenges or extra support; to identify strengths and areas to improve in teaching programs, and to set goals in literacy and numeracy.

Premier's Reading Challenge



The Year 5 and 6 student leaders have taken on the role as Reading Ambassadors, encouraging students to respond to the challenge of reading at least 10 books in 10 weeks.

"Reading and literacy skills are the basic building blocks of life, no matter what you aspire to do or be. This year you can also win book prizes, Hawthorn football game tickets and school visits by players." (Premier's Message)

All students from Prep to Year 6 have been registered, receiving a reading log to record the books that they read during the Challenge. Students are also encouraged to write book reviews that may be published on the website - premiers reading challenge. tas.gov.au - with a number of prizes to be won. The Premier's Reading Challenge concludes at the end of Term 2.

Earn and Learn

Mount Carmel College has once again registered for Woolworth's Earn and Learn promotion. It is a very easy way for the College to gain new equipment to support programs across the curriculum. You may deposit your stickers in the box at the local Woolworths in Sandy Bay or drop them off at the College Office. Thank you for your support.

Wishing all the College mums and grandmothers a happy Mothers' Day this Sunday.

Caroline Wilson-Haffenden Director of Primary



Mission and Identity

Community Service

At the end of last term, our Year 10 students participated in their Community Service camp at Huonville, the first time that the camp has been conducted outside of Hobart.

With the recent bushfires affecting a number of people in the area, the students were sent out to assist a variety of local organisations still recovering from the turmoil of the summer. The student helped out in schools, an aged care facility, ran a program with Edmund Rice Camps and participated in Landcare activities with the local council. They were immersed in the day to day life of the Huon Valley and gained insights into some of the issues of the local area and how they could help alleviate them.

When reflecting on the experience, a common theme that kept coming out was that presence was the key to the camp. The forming of relationships with people was the most important thing that occurred, and will always be the most important thing that we can do. The accumulation of material

wealth, the number of likes on social media, the desire to have the latest things; all are insignificant in our lives next to the basic need for people to understand each other, and in turn to be understood. The Gospels tell of a man coming to Jesus and asking about how he can inherit eternal life; Jesus responds by advising him to sell his belongings, give the proceeds to the poor and then come follow Him. It is that advice that led Mary Aikenhead to form the Sisters of Charity, whose example and philosophy we try to emulate when we do this camp every year.

A big thanks need to go out to Andrew Blackett from Edmund Rice Camps for helping to organise the camp, to the staff at the Huonville PCYC, Franklin PS, Huonville PS. Glen Huon PS, Huon Elder Care and the Huon Council, and to the staff and students who made the camp a wonderful experience for all.

Anthony Chapman
Director of Mission and Identity



Curriculum News

At the end of Term One students in Year 7 attended our annual camp held at Spring Beach. Students were accompanied by nine staff. In near perfect weather conditions students participated in a range of activities including the flying fox, beach volley ball, shelter construction, drama games, archery and board games. Students rotated through each of the activities. The overarching aim of the camp was relationships: making new friends, working with new people, consolidating relationships. It was a great success and I would particularly like to thank our teaching staff who gave up their time to make the camp so enjoyable.

Rostrum Voice of Youth Competition



On Saturday 4 May, Year 7 students Cathy Wijayaratne and Aimee Stacey participated in the Rostrum Voice of Youth Competition held at the Friends School. Fourteen students participated in the Junior Section of the competition. There were two sections to the competition. In the prepared section students needed to

speak for six minutes. Aimee spoke on the topic: Be Part of the Discussion and Cathy spoke on the topic, The Generosity of Strangers. In the second section students were given 15

minutes to prepare an unseen topic with a speech time of 3 minutes. Both Aimee and Cathy were outstanding on the day and the adjudicators' feedback was fantastic.

Only one student from the group was selected to move forward to the final, Cathy gained a second place in her section. It was a pleasure working with the girls. I would also like to thank Mrs Catherine Jetson who listened to the girl's speeches; I had heard them on a number of occasions, and a new ear is always valuable. I would also like to thank Mrs Aimee Woodward who accompanied the students to the competition.

NAPLAN

As our students in Years 3,5, 7 and 9 are just about to be participating in online NAPLAN testing, I would like to remind them to relax, it is just another experience, and a snap shot in time. Our students are well prepared both for the tests and the online experience. Just a reminder that students will need to bring their iPads fully charged, and also to bring their ear phones. We have spares of these if a student forgets.

I hope everyone has a fantastic term. It is a busy time for us with visiting authors, visits to Guilford College, UTAS Engineering students working with Year 6 and 7 students, various excursions and much more. Our Curriculum Heads will keep you updated about some of these experiences as the term unfolds.

Mrs Kim Schade
Director of Teaching and Learning



Frank MacDonald Memorial Prize



Last year Jenna Stacey was awarded the Frank MacDonald Memorial Prize which is an essay-based competition. She was one of six Tasmanian students to be selected to take part on a study tour to Europe during the recent school holidays. Jenna was fortunate enough to spend two weeks in France and Belgium, visiting and exploring significant World War 1 landmarks and battlefields. The highlight of the trip was taking part in the Anzac Day Dawn Service at Villers-Bretonneux. In addition, Jenna researched the life of her great-great uncle, Private John Davis Stacey and visited his final resting place at Bailleul, France.



O'Brien Resource Centre

Visiting Authors

We have had a wonderful start to Term 2, having already had, two authors visit our school this term. Tasmanian author, Emily Conolan who writes a series called the 'Freedom Finders' led writer's workshops for Years 4/5 and 5; engaging the students in creating their own stories in Emily's unique writing style where readers are invited to make the choices for the protagonist within the story. Students enjoyed using their imaginations to create their own worlds of fiction with Emily on hand to provide inspiration and great writing tips.

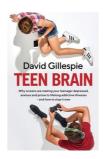
We were also fortunate to have Mark Greenwood, Western Australian author of many award winning historical fiction picture books and novels visit the Sister O'Brien Library to talk to the Year 6 students. Mark is a fabulously entertaining story teller who makes history exciting and accessible to all. The students were enthralled by Mark's stories of intrigue and mystery throughout history, leaving the students keen to read his books.

Students this term will notice many new books across all genre's appearing on the shelves this term, as we have been busy stocking up on the latest fiction, non-fiction and manga for students from Kindergarten to Year 10.

Parent Library



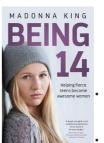
We have also started purchasing for our new Parent library collection through the careful selection of books that may be of particular interest to parents of teenage girls. Some of the new titles include:



Teen Brain by David Gillespie

Being 14 by Madonna King

Under Pressure by Lisa Damour



There are a couple of options for borrowing as a parent:

Pop into the library personally or





We look forward to some happy readers throughout Term 2!

Melinda Levy | Teacher Librarian Hedwig Hill | Library Technician

further.







Positive Education

What is Positive Education?

Positive education has been defined as "education for both traditional skills and for happiness" (Seligman et al., 2009).

Positive psychology itself has been defined as an umbrella term encompassing theory and research in relation to what makes life worth living (Noble & McGrath, 2008).

Whilst the study of happiness falls under this umbrella, so do other psychological constructs such as meaning, wisdom, creativity and many more. We would argue that positive psychology is extremely relevant to the school setting to assist in the understanding and development of high levels of psychological wellbeing in students, staff and school.

Why Positive Education?

Historically schools have aimed for academic excellence as evidence for their success, today there are growing numbers of schools that acknowledge the need for a more holistic approach that fosters the flourishing of the whole person (Huitt, 2010). Specifically Positive Education seeks to combine the principles of positive psychology and best-practice- teaching to

promote optimal development and flourishing in a school setting. (Norrish, Williams, O'Connor & Robinson 2013)

Positive Education recognises the stresses and strains of the modern world have uniquely impacted on the learner evidenced by the increasing statistics on psychological distress and mental illness in our children and adolescents. Beyond Blue has published some significant data around adolescent health that is noteworthy.

- Evidence suggests three in four adult mental health conditions emerge by age 24 and half by age 14. Breakdown: Half of all lifetime cases of mental health disorders start by age 14 years and three fourths by age 24 years.
- Young people are most concerned about coping with stress, school or study problems and body image in that order Breakdown: The top issues of concern to young people in 2013 were, in order, coping with stress, school or study problems, body image, depression and family conflict.
- Concern about mental health among young people is growing. Breakdown: 15.2% identified mental health as a major issue

- facing Australia in 2013, up from 12.7% in 2012 and 10.7% in 2011.
- Young people see mental health as a more important issue than things such as the environment, bullying, education and employment. Breakdown: In 2013, young people saw mental health as a more important issue than things such as the environment, bullying, education and employment.

This reality supports the need to take a more proactive rather than reactive approach to mental health. Drawing on the success of Geelong Grammar and others such as the Wildness School in South Australia Mount Carmel adopts a whole school approach to Positive Education so that all we do is mindful and timely in its willingness to foster flourishing for our students. Instead of having solo approaches to wellbeing throughout the school based on the effort of individual teachers, the aim is for every staff member to see themselves as a teacher of positive education and to have Positive Education principles, values, strategies/ interventions written and imbed across the whole school Kinder through to Year Ten.

The research already documented by Geelong Grammar and others indicates that if we can focus on wellbeing we will see the teaching of wellbeing to students, having a direct impact on academic success (Durlak, Weissberg, Dimnicki, Taylor and Schellinger 2011). Wellbeing is based on the science of Positive Education. Martian Seligman offers his structure of **PERMA** as a means to understand the 'what' and the 'why' of Positive Education. He identifies:

- Positive Emotions: "Know thy self", A
 proactive approach to protecting and
 elevating the emotional wellbeing and health
 of all. For example, fostering selfawareness, teaching growth mindset,
 signature strengths and resilience.
- Engagement: Fostering the deep immersion in activities, personal presence and commitment to learning through understanding the nature of engagement, the pathways to it and its value to the individual e.g. mindfulness and savouring strategies.

- Positive Relationships: Recognising the fundamental importance of feeling connected to others and having supportive relationships plays in having a full life. The focus here is to help students develop social and emotional skills that nourish their relationships with self and others. Building a culture of compassion, respect, kindness and forgiveness.
- Meaning: Seligman talks about positive purpose this is best expressed through community service/ service learning and the role of faith in people's lives. It concerns how people make sense of the world and their plans in it. It involves but is not limited to knowing our founding story and the charism of our College.
- Accomplishment: This domain aims to develop individual potential through striving and achieving meaningful outcomes. This includes academic learning and achievement. This also involves setting and striving towards goals that rewarding for self, others and the community. Seligman talks about embracing challenges with 'grit', hope and openness to learning from experiences and developing a growth verses a fixed mindset.

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 Martian 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.

Melanie Sluyters Director of Positive Education

Sources:

- <u>psychology.org.au/publications/inpsych/2011</u>
 <u>/april/green/</u>
- youthbeyondblue.com/footer/stats-and-facts
- Norrish, J, 2015. Positive Education. 1st ed. Oxford: Oxford University Press



College Sport

Athletics Carnival

Late last term, the Year 3-10 Athletics Carnival was held at the Domain Athletics Cantre. There were some amazing individual performances and many records falling. Congratulations to the following event winners, age group champions, runner up champions and new record holders:

Event	Year 7	Year 8	Year 9	Year 10
100m	Jessica Bray	Ella Wager	Taylor Brooks	Madeleine Hay
200m	Jessica Bray	Ella Wager	Nicola Wilson	Ava Faint
400m	Avalon Forbes	Felicity Wilson- Haffenden	Taylor Brooks	Ava Faint
800m	Avalon Forbes (Record 2:38.84)	Felicity Wilson- Haffenden	Maddison Brooks	Ava Faint
Relay	Carmel	Carmel	Carmel	Loreto
Long Jump	Jessica Bray	Felicity Wilson- Haffenden	Taylor Brooks	Grace Pullen
Shot Put	Jessica Bray	Felicity Wilson- Haffenden	Maddison Brooks	Ella Marsh
Discus	Jessica Bray	Holly Round	Taylor Brooks	Madeleine Hay
Javelin	Jessica Bray Record 31.3m	Ella Wager	Eliza Lindsay Record 27.6m	Grace Pullen Record 27.9m
High Jump	Jessica Bray	lla Usuga Record 1.47m	Taylor Brooks	Ava Faint
Champio	n Jessica Bray	Felicity Wilson- Haffenden	Taylor Brooks	Ava Faint

Event	Year 3	Year 4	Year 5	Year 6
100m	Jemima Geappen	Ivy Bresnehan	Isabella Heroys	Bailey Van Den Broek
200m	Jemima Geappen Record 34.13	Ivy Bresnehan	Isabella Heroys	Bailey Van Den Broek
400m	Riley Bain Record 1:19.08	Ivy Bresnehan	Sofia Bowman-Shaw	Isabella Quin
800m	Riley Bain		Sofia Bowman-Shaw	/Isabella Quin
Relay	Carmel	Loreto	Loreto	Carmel Record 1:03.08
Long Jump	Jemima Geappen	Miranda Gillie Record 3.42m	Sofia Bowman-Shaw	Bailey Van Den Broek Record 4.31m
Vortex	Jemima Geappen Record 27m	Maggie Smythe	e Sofia Bowman-Shaw	Isabella Quin
Champion	Jemima Geappen	Ivy Bresnehan	Sofia Bowman-Shaw	Bailey Van den Broek Isabella Quin
Runner Up	Riley Bain	Miranda Gillie	Isabella Heroys	Co-Champions

Ella Wagner

Maddison

Brooks

Madeleine

Hay

1500m Event

Runner

Up

Natasha Furjanic

On Wednesday, 35 athletes from Years 3 - 10 braved the cool morning to compete in the Mount Carmel College 1500m events. All students ran well and are congratulated on their efforts. Ribbons were awarded as follows:

Yea	r1st Place	2nd Place	3rd Place
3	Jemima Geappen	Riley Bain	Lily Batchelor
4	Stella Cranefield	Antonette Conrades	Lola Helmers
5	Isabella Copeland	l Sofia Bowman-Shaw	Tamika Field
6	Isabella Quin	Ursula Nation	Ava Grierson
7	Avalon Forbes	Matilda Brumby	Courtney Davis
8	Hayley Davis		
9	Maddison Brooks		
10	Ava Faint	Sarah Wilson-Haffender	Annabelle Raymond

Athletics Representatives

Congratulations to Year 7 students Jessica Bray and Avalon Forbes who recently represented Tasmania in the U13/U15 Coles Australian Little Athletics Championships in Hobart.

Jessica's results included 6th place in javelin with a throw of 33.68m, two metres better than her previous best and 12th place in discus with a throw of 30.5m. Jess had a busy schedule, also competing in long jump (4.38m), high jump (1.40m) and the 200m in the Swedish relay.

Avalon also performed well, running a 4 second PB in the 800m, 2:33.28 and placing 10th out of 21 athletes, and a 9 second PB in the 1500m, 5:09.47 to finish 8th. In the Swedish relay, Avalon received the baton from Jess and ran the 400m.

Jess and Avalon's team won the Dick Healey trophy for the best performing small state and the Alan Triscott trophy for the best results on handicap (per capita of registered athletes) - what a tremendous achievement!

Secondary Soccer



The 9/10 SSATIS Soccer roster has now drawn to a close. The Mount Carmel team consisted of players from Years 8 to 10 which made the going pretty tough against often older and more experienced competition. Nonetheless, the team played with great spirit and had a really enjoyable season. Thanks particularly to the Coach, Matt Bulkeley who did a fantastic job.

Highland Dancing Achievement



Congratulati ons to Year student Maggie Campbell, who competed in National Highland Dancing Champions hips in Perth over the school holidays.

Maggie placed 6th overall in both her sections, including the Championship and National dance aggregate.

Ms Nikki Stuart Sports Coordinator



Uniform Shop

Farewell and Welcome

Most of you would now be aware that I have retired from the Uniform Shop. In leaving, I would just like to say how wonderful it's been meeting and interacting with all families at Mount Carmel in the last few years at the shop, and with many families, 11 years at the College Office.

It has given me enormous pleasure to fit the Mount Carmel uniform to your children, and I must say the vast majority of them look impeccable and wear their uniform with pride. I was delighted when students came in to purchase items to represent the College and to see those who have become leaders in class, sporting activities, or community well-being. I have become quite close to several families whose children I've known from Kinder through to Year 10 and it is with a touch of sadness and a bit of soul searching, that I have made my decision. Thank you to all those who have congratulated me and wished me well for the future ahead. Thank you again for making my work at the shop such a pleasurable experience. I wish you all the very best for the future.



Our newly appointed Uniform Shop Coordinator, Ms Branna Magill will be more than capable in taking care of your

child's uniform needs and I am sure you will make her feel welcome.

Rugby Tops

Rugby tops are now back in stock. All those paid for have been taken down to the College office for your child's collection

Size 12 Blouses

Unfortunately all stocks of these are now depleted. Further stocks have been on order for some time, but new supplies are not expected until the end of the month.

Mrs Dianne Ranalli



Parents & Friends News

Entertainment Memberships

Order your new 2019/2020 Entertainment Membership today and both the College and you will benefit. From each membership purchased, the College receives 20% of the total cost, while every membership purchased by a member of the College community gives them amazing offers for activities, attractions, shopping, travel and all kinds of tasty treats – from cool cafes to fabulous fine dining. The hundreds of valuable offers are valid until June 1, 2020.

Memberships come in the form of either an actual book or as a digital version, which has all the offers readily available to view and use via the Entertainment Book app.

To order your Book or Digital Membership securely online, visit:

www.entertainmentbook.com.au/orderbooks/24011d9



Upcoming Dates

May 2019

- Friday 10: Year 5/6 Social, Hutchins Junior School 6.30pm
- Monday 13 Friday 17: Learn to Swim Program (Kinder, Years 1, 2, 4 and 6)
- Tuesday 14 Thursday 16: NAPLAN (Years 3, 5, 7 and 9)
- Tuesday 21 May: Field Day (Prep Year 10)
- Wednesday 22 Friday 24: Learn to Swim Program (Kinder only)
- Friday 24: Mothers' Day Lunch 12.40pm 1.40pm
- Monday 27: Primary Assembly
- Wednesday 29: Dance/Drama Showcase



College Notices