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A Word from the Principal

Fathers' Day

This week we remember our male role models – our fathers, brothers, grandfathers, uncles, stepdads. It is time to reflect on the importance of life's lessons that come to us from these role models and to value how they make us grow. I have included for you a wonderful article from [Juliana Dolcimascolo](#) on the invaluable lessons our male role models provide.

5 Invaluable Lessons Our Fathers Indirectly Taught Us About Love (June 9, 2015)

We women have a special place in our hearts for our dads. Whether he worked long hours or stayed at home, coerced us into watching sports or embraced playing dress up, exuded coolness or constantly embarrassed us, we love our dads all the same.

Father figures come in all shapes and sizes. Some are biological, and some come into our lives through adoption or marriage. Others step up and take care of us without being related at all. No matter how dads and pseudo-dads come into our lives, one thing is for certain: They teach us some of the most valuable lessons about love we could ever know.

1. Our dads taught us to love despite imperfections.

Raising a daughter definitely wasn't easy. I mean, let's be honest: Will men ever be able to understand the female mind? Even when trying their best, dads still slip up here and there.

Our dads may be some of the most incredible men we know, but they aren't perfect. And, neither are we. As we're learning to grow, they're learning how to raise us. They forgive us for every temper tantrum we threw growing up, those new-driver fender benders and the one time we snuck a boy into the house while they were sleeping (although, he still might hold a tiny grudge for that one).

In return, we forgave him for the times he was impatient, overprotective or refused to drop us off around the corner. The father-daughter dynamic is not without its toils, but it teaches us everything we need to know about forgiveness and loving past imperfections.

2. Being vulnerable doesn't make you weak.

Dads may be the strongest male figures in our lives, but they also know when to knock down the walls and let their emotions show. They taught us talking about how you feel and admitting to mistakes isn't weak; it's one of the bravest and most loving things you can do.

Hey, even dads cry. When you love someone, you can't be afraid to put yourself out there. You have to communicate, be open about your feelings and risk getting hurt. We watched our dads take that gamble and embrace being vulnerable with us. Now, we understand how do the same with all the other men who come into our lives.

3. Sometimes, we don't need to use words.

My dad, in league with fathers everywhere, didn't always know what to say. When we were angsty teenagers complaining about mean girls at school, having "nothing to wear" or being generally hormonal, they couldn't relate. But when our world is crashing down, a hug from Dad is exactly what we need.

When someone we love is hurting, and we don't know what to say, we remember to take a cue from Dad. Showing how much you care can be more profound than saying it. He taught us when there isn't a right thing to say, there is always a right thing to do.

4. If you love someone, let him or her know every day.

He tells you he loves you every morning, every night and every chance he gets throughout the day.

He hugs you first thing when he walks in the door. He asks about your day with genuine affection and curiosity. It drove you crazy when you were 14, but now that you're older, you're grateful.

No matter the circumstance, we can always count on our dads to love us and find a way to show it. Our dads taught us the importance of showering those around us with love and to never take a day for granted.

5. More than anything, our dads taught us how we deserve to be treated.

He is the first man we ever loved. We hold every future crush, boyfriend, friend and partner to his standard, which is pretty high. Our dads (and their big hearts) engrained in us we deserve nothing but the best in life. They trained us to seek out only those who can fill their shoes. If we can find guys half as incredible as our dads, I think we'll be just fine.

Happy Father's Day to one and all. Thank you for your patience and strength.

What Makes A Dad?

God took the strength of a mountain,
The majesty of a tree,
The warmth of the summer sun,
The clam of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of family need,
Then God combined these qualities,
When there was nothing more to add,
He knew his masterpiece was complete,
And so, He called it... Dad

Mrs Fiona Nolan

Principal



From the Deputy Principal

Arts Festival - Wednesday 4 September


Our annual MCC Arts Festival will be held on Wednesday 4th September between 3.30pm and 7.00pm.

There will be Music, Dance and Drama performances across several stages, an Art Trail featuring work by students from Kinder up to Year 10, food options, wine and nibbles, cakes, multimedia presentations, 'street performances', flash mobs, perhaps even a staff band performance, all occurring at various locations on the College grounds.

All students will be participating either as performer, artist, designer, or at the very least, audience member supporting their peers! MCC Arts Festival is a chance to celebrate the artistic endeavours of all students, not just those who excel in a particular area. With this in mind, all parents and friends are warmly invited to come and support the students.

An updated draft performance schedule for Music, Dance and Drama items is attached below and updates will be published on the Mount Carmel Facebook page to assist in planning your afternoon.

Students who are performing need to ensure they are neatly presented in their full College winter uniform, with correct hair accessories for musical items and in appropriate performance costumes for drama items.

 [2019 Arts Festival Program.pdf](#)

Year 9 Common Testing

We wish all our Year 9 students well as they prepare for their Common Tests, which commence on 16 September. The testing programme includes: English, History, Theology & Spirituality and Mathematics. A timetable will be published to students next week and subject specific study overviews will be provided to your daughter from the relevant subject teachers.

The main purpose in conducting these tests is to provide our students with an opportunity to learn to manage a programme of testing scheduled over a week, including the preparation required, test protocols and time and stress management. The assessments these tests provide contribute to our ongoing assessment of students' learning and do not alone determine students' results. When not involved in tests, students will attend normal lessons.

Mount Carmel Celebration Evening

As you would be aware by now, our 2019 College Celebration Evening will take place on the evening of Tuesday 10 December at Wrest Point Convention Centre. Students will shortly be commencing choir and dance rehearsals and the night promises to be a wonderful celebration of our College year and a fitting way to farewell our Year 10 students onto their senior secondary education.

Attendance at the Mount Carmel Celebration Evening is compulsory for all students in Years 4 – 10. If there are exceptional circumstances that will prevent a student from attending Celebration Evening, please indicate this in writing to Mrs Fiona Nolan.

Students Leaving School Due to Illness

As is to be expected as the year unfolds, in recent weeks the number of students reporting to the College sick-bay during the day has increased and it seems timely to remind parents and students of the procedures to be followed in the event of students needing to leave the College during the day because they are unwell.

Students must let a teacher know if they are unwell and they will be given permission via a note in their Communication Log, to report the College Office. From there, if parents need to be contacted to collect students from school, Administration staff will make contact with parents/carers and arrange for students to be supervised in the College sick bay until they arrive.

Students are not to use their mobile phone to contact parents to collect them from school and we would very much appreciate it if parents could insist that students follow the correct procedure. Circumventing communication with teachers and Administration Staff by contacting parents directly can leave College staff unaware that a student is unwell and cause confusion when parents arrive to collect a student who is still in class.

Mrs Lyndal Tewes
Deputy Principal



From the Director of Primary

Arts Festival

Next Wednesday's Arts Festival is an opportunity for the College to come together to celebrate The Arts in its many forms. There will be Music and Drama concerts, an Art trail and Textiles exhibitions, Dance and Choir performances, food and drinks, street performances and more.

The Arts in all its forms fosters creative and critical thinking that reflect distinct bodies of knowledge, understanding and skills. I particularly like this simple yet effective breakdown – the 4Cs – to explain why The Arts should not be underestimated.

1. Critical reflection – Students gain important life skills as they learn the value of critical feedback, both positive and constructive.
2. Collaboration – Performing arts is a discipline that encourages creative collaboration and in turn, develop cognitive abilities that complement study in other disciplines.
3. Creativity – Through creative expression students learn to comprehend our world better and therefore, are better equipped to navigate the challenges that may be faced throughout life.
4. Communication – Communication skills (nonverbal and verbal) are developed through performing arts fostering confidence especially for those who are introverted and reserved. It is an agent through which a variety of emotions can be learned, rehearsed and practiced.

A programme for the evening is included in this edition of *The View* on the Deputy Principal's page.

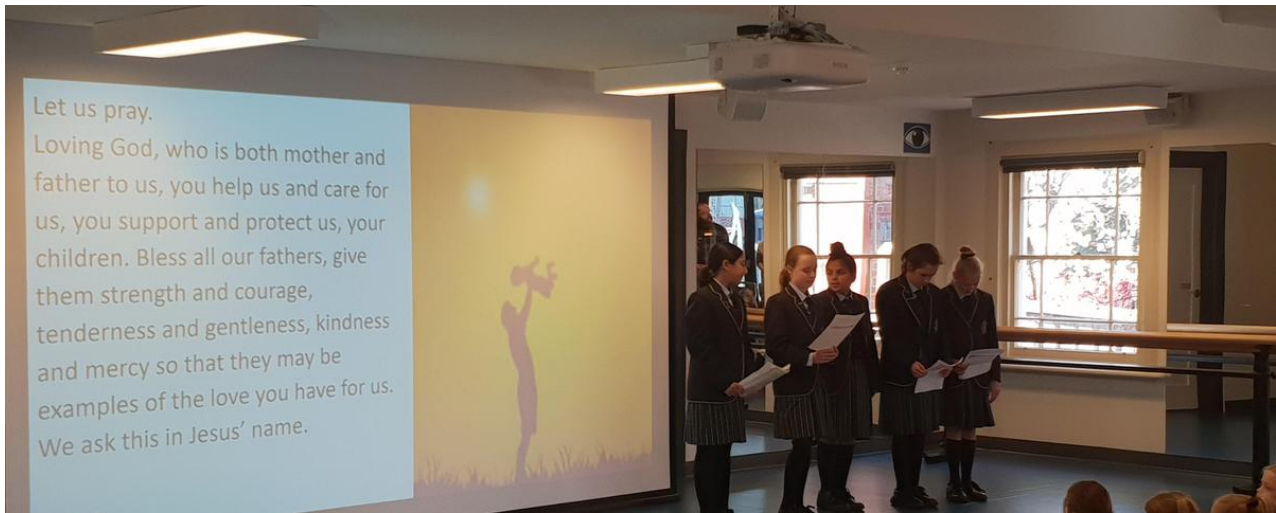
ICAS Assessments

Registration for the ICAS Assessments has now closed for students from Year 3 to 10. Please note that for students in Year 3 or 4 who are completing the Writing paper, the assessment will be completed on paper. All other assessments will be completed online. In order for the students to complete the assessments a secure lock down browser, 'Replay for iOS', will be required. Please refer to the attached User Guide.

Assessment dates are:

- Digital Technologies – Tuesday 3 September, 11.00am
- Science – Thursday 5 September, 11.00am
- Writing – Monday 9 September, 11.00am (not September 10 due to the Secondary SSATIS Carnival)
- English – Tuesday 17 September, 1.40pm (due to Year 9 Common Testing)
- Mathematics – Thursday 19 September, 11.15am

Mrs Caroline Wilson-Haffenden
Director of Primary



Identity and Mission

Fathers' Day

This Sunday is Fathers' Day and the Primary students lead us in prayer on Thursday. Whenever we celebrate Fathers' Day, Joseph is often used as a role model of exemplary fatherhood. And justifiably so, for he along with Mary was Jesus' principal teacher in life who, fed Jesus, clothed him, kept him safe, gave him guidance and counsel, loved him, cared for him and taught him about his faith.

I often think of the parable of the Prodigal son and the love that the father feels for his son, a reminder to us of the love our God has for us, a love that is beyond comprehension. Despite all that his son had done wrong in the parable, the father still welcomed him back with open and loving arms. I read somewhere that perhaps Jesus modelled this story on his own example of the loving and caring father figure he had in Joseph.

As we celebrate Fathers' Day, this Sunday let us remember that God loves us unconditionally. We pray that our lives may be a reflection of God's love, and that fathers throughout the world will continue to be positive examples of compassion and mercy for their children, modelled on the Holy Family.

*Unfailing God,
You are with us in all times and places.
May we, like the Lost Son, always know our Father is there for us.
When we feel lost and alone, may we always have the courage to turn to you,
knowing that you could never hide your love from us.
We make this prayer in the name of Jesus, your Son. Amen.*

Happy Fathers' Day to all fathers, carers, grandfathers, uncles and special members of the family who take on a fatherly role. May you be richly blessed.

Miss Ida Saracino
Director of Mission (Primary)



Positive Education

R U OK Day

On Thursday 12 September the country will come together and ask R U OK? This day recognises the need for people to check in with those around them, not just on one day of the year but on regular occasions. The day will encourage people to be mindful of those around, and empower people to feel confident to ask someone 'Are you okay?'

To acknowledge this day and encourage all of us to ASK, LISTEN, ENCOURAGE and CHECK IN the College Wellbeing Leaders, Rose Duigan and Sophie Giltinan, are asking all students from Kinder through to Year 10 to wear a yellow ribbon in their hair, around their wrist or pinned to their blazer pocket.

The student leaders are also asking that all students donate a gold coin, with all money raised going to the R U OK cause.

Jump Rope for Heart

As part of our general wellbeing, exercise is an important part of the fabric that allows us to feel well physically and mentally. It has been wonderful to see the amount of students taking advantage of the skipping ropes that have been placed in the playground during recess and lunch times, encouraging students to get active. The squeals of delight at achieving that triple twirl or making it through an already turning skipping rope, have been palpable.

A few weeks ago all students from Kinder – Year 6 were given a sponsorship book and were encouraged to go online and start raising money to help researchers find a cure for heart disease specially in young children. Thank you to all those who have already done this and are raising money for such a good cause. For those who have yet to get online and wanted to it is not too late. Participating is easy through www.jump rope.org.au.

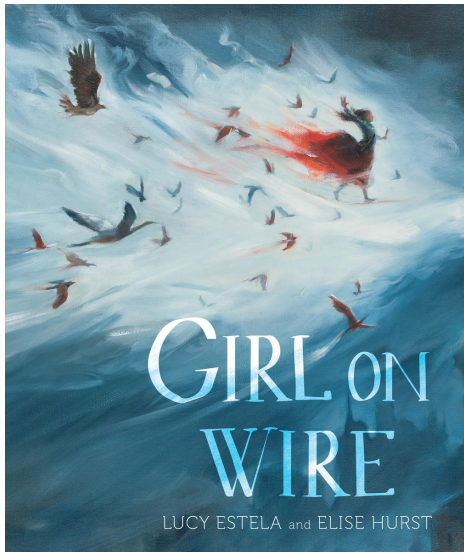
The final day for raising money will be our JUMP OFF DAY which we will hold on the last day of Term Three, along with Footy Colours Day.

Miss Melanie Sluyters
Director of Positive Education



Around the Classes

What Causes Anxiety?



After reading the CBCA shortlisted book, *Girl On Wire* by Lucy Estela and Elise Hurst, during Book Week, the Year 3 students decided to find out what are the main causes of anxiety. Firstly, they ask members of the family what made them feel anxious and the strategies they employ to overcome their anxiety. They shared their responses on Padlet and then used this information to create graphs to show the main reasons why people feel anxious. They found that the two main reasons were being too busy and forgetting important things. Popular strategies for overcoming the anxiety were as follows:

- Go for a walk or a run
- Talk about the problem
- Meditation
- Take deep breaths
- Listen to music

Adopting a growth mindset was also an important strategy that Year 3 have been working on in their Wellbeing Journals. Class discussions have found that a fixed mindset seems to cause a lot of problems and ultimately doesn't resolve problems. The Year 3 students can be found talking to each other about their data collection and findings in this photo.

Slam Poetry

Slam poetry is an effective way to express your feelings and thoughts on issues that you are passionate about. Our Year 8 students have been exploring issues in our society as presented in slam poems. They then applied their knowledge of poetic devices, structure and performance to present a slam poem to the class. They chose a topic that they are passionate about and expressed their thoughts and feelings to their class in the form of a slam poem.

These poems were very emotional and students should be very proud of themselves for performing their poems to a live peer audience.

The following poem was written by Ella Mulcahy (Loreto 5)

I am a Rose

Falling

From fifty feet though the air from god knows where
Just seed. Been here before the same but somehow different
The circle of life. I land and am shut out of this world like a door slamming in my face... buried
Though you can bury your problem you cannot bury me
Born out of misery

I am a rose

and like a rose I grow

But beware I have thorns a protective layer I put up to defend myself
a mask I use to cover how I really feel
You can try peel back my petals breach my emotional layers but I won't let you through

I am a rose

Some are fake always trying to stay the same
But I am REAL I live, I grow, I die with no purpose
But the purpose to be picked and placed put through pain for someone else's benefit
But no stop.. STOP this isn't the way it's supposed to be
Set me free
But why a rose why not a bird free to fly away but why not?
But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid
But what is to be and not to be that is the question my purpose
Me

I am a rose

Trying to grow

Let me grow

Let me grow on

Let me go on... without you

You pick me and place me tell me how I should and should not
But for I am no longer your garden rose I am a wild rose and I will grow how I please
And I please to be let free, free, free
But what is the fee what must I give to get
What will I lose to gain?
Put a tag round my neck and sell me
Because if I can't be free what matters anyway

I am a rose

And though you cannot see I will rise
You can't see me when I die each to you look at me
Go away
Way away from me because you don't know me
And you don't understand
You think I'm white or yellow but I am a red rose
I have risen from the grave you have confined me to

I am still a rose

That will never change

Even if I'm free as a bird my heart is still a rose

Thorns and all

I am free only held back by my own imagination
And this rose has risen to the tip top up up up up
But is still...
Falling



Book Week 2019

Despite being plagued with wet weather last week, the students thoroughly enjoyed the Book Week Parade on Friday as well as a range of activities across the week. A highlight was when our Year 10 Curriculum Leaders, Sarah and Rose, read *The All New Must Have 430* by Michael Speechley. In response to this wonderful picture book the students had to consider what they could do with a simple box. The opportunity to discuss and consider ideas alongside their buddies was a highly rewarding experience. Not only were they encouraged to be creative and innovative, and they certainly were, but it was an opportunity to strengthen relationships across the Primary School.

Thank you to parents, grandparents and friends who assisted the students with their costumes. They were simply fantastic!

Classroom Doors

Our Secondary clans joined in the Book Week celebrations with decorating the doors to their rooms, with three doors being judged as winners.

1st place: Carmel 5 (SB3)

2nd place: Loreto 4 (PH4)

3rd place: Year 6 Navy (PH3)



From the Curriculum Leaders



Last week Mount Camel embraced the magic of Book Week, where young and old celebrated the thing that makes our world so much more colourful.

With multiple activities on offer, the College participated, donated and paraded through the week with smiles on faces.

With the theme: **Reading is my Secret Power**, students were encouraged to consider the meaning of these words. There are many hidden

powers embedded in reading and these range from gained skills, to boosted creativity levels. From being exposed to new vocabulary, expanding understanding about words in our world and how we use them, to the secret power of imagination and creativity, there are many secret powers that come with reading, each valuable and important.

In celebration of this theme, there were many things offered during this week to fully embrace the love of books. An exciting activity most classes participated in, was decorating the classroom doors in theme of books. It was up to the class rooms to decide upon the particular book/s or author, to feature on the door for all to see. The classes that did participate in this fun, creative activity, lit up the classrooms with imagination.



The Heads of House deserve a special mention for their impeccable design of Kings Cross Station from Harry Potter . Another creative design was the Tina Arena book print out on the music room door. Scattered around the school, these pieces of work really are amazing and add some colour and imagination to our halls. Thank you once again to all participating classes, your contribution is outstanding.

Multiple buckets were located in the library over the week, collecting any old, pre-loved books in good condition and students were encouraged to donate generously to those most in need of them. Book Week allows us to realise the importance and value of books and this donation bucket was to help those who may not have access to something we often take for granted. Along with some old

science/maths textbooks and old library books, these donations will be going to worthy homes.

Cupcakes were sold in theme of fairytales on Wednesday, raising money for The Smith Family. This Australian Organisation aids children who struggle to access a decent education, due to financial strain and other issues. With melting witches, poisoned apples and princess belle cupcakes on offer, the support for this organisation was much appreciated. We are pleased to announce that as a College we raised over \$100! Fantastic work everyone. This will surely be a sweet success for the foundation.

Concluding our festivities, a book parade for young and old was held on Friday at lunchtime, where an array of book characters were brought to life. From the classics to newly written novels, the book parade saw witches, queens, animals, students and mythical creatures. Some lucky prize getters won book vouchers for their valid efforts in a raffle, but everyone was a winner in the end, for each costume was amazing. Thank you to all the parents who no doubt played a large role in making and gathering costumes. Teachers also got in the spirit, dressing up as their favourite book characters to parade around the college.

Book week was a big success with colour, creativity and excitement ringing through the school. With all the participation of students, our celebrations in the name of books was fantastic.

Rose Goward and Sarah Wilson-Haffenden
Curriculum Leaders



All things Japanese

Yaizu Visit



Seven students from Yaizu (Hobart's sister city) arrived in beautiful sunny Hobart on Thursday 25 July. They stayed for one week, embracing opportunities to deepen their knowledge of Australian culture and language. The Yaizu students and staff took part in a range of activities such as a community art project, a tour of Government House, a Mayoral afternoon tea reception at Town Hall, a visit to Bonorong Wildlife Park, attended Mount Carmel classes, and also enjoyed a free weekend to exploring our wonderful island with their homestay families. During their time here, they were generously hosted by Mount Carmel students and their families. I'd like to take this time to once again thank those involved for their willingness to open up their homes.

Restaurant Excursions

Students in Years 8, 9 and 10 studying Japanese have enjoyed a visit to Komatsu restaurant in South Hobart, where they engaged in cultural customs such as practicing expressions said before and after eating, honed their chopsticks skills while being aware of appropriate etiquette, and sampled Japanese cuisine they had learned about in class. They tried a range of foods such as sushi, karaage, miso shiru (soup), sushi, chicken katsu don, tempura and chicken katsu curry.



Enjoying the sunshine

Year 4/5 and Year 5 students have been embracing the chance to catch some rays while practicing their hiragana characters. For the past two weeks, students have used whiteboards or paintbrushes and water to draw Japanese characters, thinking carefully about the correct shape and stroke order.

Upcoming Events

Hobart Japanese Film Festival

Students and their families are encouraged to check out the Japanese Film Festival held in Hobart at the [Dechaineux Theatre](http://DechaineuxTheatre.com) from the 19 - 21 September. There are three films being shown that cater for a range of ages. Entrance is free, but booking is recommended. For more information, please visit <https://ajstas.org.au/event-3507019>.

Japanese Poster Competition

The theme for the JATNET annual poster competition this year is "Cute, Cool Japan". Primary and secondary students are encouraged to get involved in groups or individually to design a creative poster centred around this theme! For more information look out for posters displayed around the College, and also visit: <https://sites.google.com/site/japaneseteacherstasmania/curricular-links/poster-competition>

Miss Avril Alderdice
Japanese Teacher





More College News

Mount Carmel College's Acknowledgement of our Aboriginal and Torres Strait Islander Peoples



Mount Carmel College recently installed the NATSICC plaque at the front of the College and has been acknowledged as only the second Catholic institution in Tasmania to be listed on The National Aboriginal and Torres Strait Islander Catholic Council website for this. 'Displaying the plaque proudly in a prominent position in your Parish, School or Organisation is a physical sign of welcome and understanding for all Australians. It also provides the opportunity to educate the wider community of the need for continual progress on the ongoing journey of Reconciliation.' (<http://www.natsicc.org.au/acknowledgment-plaques.html>)

The National Aboriginal and Torres Strait Islander Catholic Council (NATSICC) is the leading advisory council to the Australian Catholic Bishops on issues relating to Aboriginal and Torres Strait Islander Catholics. The council was founded in 1992. As a College, we follow in the charisms of the Sisters of Charity in seeking justice for all. In light of

this, we are continually developing our understanding of the needs of our Aboriginal and Torres Strait Islander students and offer initiatives to support them in their learning journey and in developing their full potential. This is underpinned by staff development at both on and off site Professional Learning opportunities. Students meet regularly with key support teachers and presenters, such as Aunty Verna who visited in Term 2, as well as attend a variety of workshops. Mount Carmel is committed to ensuring that as a community we acknowledge our First Nation Peoples and journey together to achieve Reconciliation.

Miss Julie Brock
Secondary Teacher

Tournament of Minds

In one week's time, six teams from Years 5 – 8 will head to Ogilvie High School to compete in the Regional Finals of Tournament of Minds.

Tournament of Minds is a problem solving competition that is opened to schools in Australia, Hong Kong, New Zealand, China, South Africa and many more.

Teams are given a problem in one of 4 disciplines; Language and Literature, The Arts, STEM or Social Sciences and they have to work as a team to solve one of the problems in that category, as well as a spontaneous one that they are given on the day. One of the main focuses is how the group solves the problem, from working through all the different rules, to writing a script and making props to rehearsing their dramatic performance, all whilst showing how they can work as a team.

This year we have the teams competing in Language and Literature, The Arts and STEM. These girls have been working exceptionally hard throughout the last six weeks with before and after school rehearsals, as well as weekends and lunchtimes preparing themselves for the day and I know you will join us in wishing them all the best when they compete on Saturday 7 September.

Miss Melanie Sluyters, Ms Julia O'Rourke and Miss Emma Jenkins
Tournament of Minds Coordinator

Alliance of Girls Schools Australasia: Parliamentary Morning Tea



As an active member of the Alliance of Girls Schools Australasia, Mount Carmel College provides the opportunity for students to attend a number of functions throughout the year where our girls hear and learn about how to broaden their horizons as young women in today's society. Last Thursday, the visited Parliament House where they were treated to a wonderful morning tea, met and chatted to girls from other Hobart Girls Alliance schools.

The Hon Elise Archer, Attorney-General, Minister for Justice, Corrections, Building and Construction, the Arts, and Racing and Liberal Member for Clark spoke to girls about her role in and out of parliament. Elise focused on the importance of women in parliament and gender issues in making the transition into parliament. She also ran a Q&A session where the girls asked some very interesting questions about gender equality, the role of the Speaker of the House of Assembly and what prompted Elise to move from Law into politics. A guided tour of both Houses of Parliament followed where the girls had the opportunity to road test the seats of power and had the opportunity to listen to staff explain the procedures and traditions of both houses of parliament.

“The Alliance of Girls' Schools Australasia is a leading voice for the advancement of girls' education. We advocate for and support the distinctive work of girls' schools in their provision of unparalleled opportunities for girls. We contribute to the development and promotion of education in Australasia and the empowerment of young women to reach their potential and become influential contributors to our complex and changing world. The Alliance connects educators from our 150 plus member schools across six countries. We represent over 132,000 girls, over 10,000 educators and attract over 2000 program participants annually to local events, and regional conferences.”

<https://www.agsa.org.au/>

Mr Scott Young



College Sport

Year 9 Lightning Cup Sports Day with St Patrick's College



Last Wednesday our Year 9 classes participated in a Lightning Cup Sports Day with St Patrick's College. Students participated or assisted with a sport, using game play, strategy and tactics that they have been exploring in HPE class.

The basketball team, competing at the Unigym, were faced with a tough challenge against a strong St Pats unit. The team battled hard and played with good spirits right to the end, but were defeated 71 – 36. Top scorers were Ruby Erin and Cleo Borkiewicz.

Two games of netball were played in divisions at the Hobart Netball and Sports Centre. With soccer cancelled due to the rain, the soccer team also travelled to Creek Road to participate in futsal and cheer on the netballers.

The division one group had a very strong start, leading 21 - 4 at half time. The division two group were finding the going tough, with many students trying netball for the first time, and trailing 0 – 22 at half time. With fantastic team spirit and sportsmanship, some division one players swapped teams to help out the division two team. The confidence of the players lifted and the game play steadily improved. Some soccer players joined in with the division one team and surprised themselves with their netball ability. The division one team finished with a 36 – 20 win and the division two team a 34 - 10 loss.

Secondary Athletics

Congratulations to the Secondary Athletics Team, who will be competing against other Southern Independent Schools at the SSATIS Athletics Carnival, at the Domain on Tuesday 10 September.

We wish the students all the very best in their preparations at training over the coming weeks, and for the event. They will start the carnival morning with a team meeting and breakfast at the College before heading to the track as a team.

Thanks to coaches Kirstin Palfrey, Lynda Hudson, Petra Dennis, Anna Cazaly, Ellen Britcliffe, Tanya Furjanic, Allan Faint, Vanessa Kearney and Kevin Alomes.

The team includes:

U13	U14	U15	U16
	Alexandria Mulley	Annabelle Raymond	
Avalon Forbes	Anna Cosentino	Eliza Lindsay	Alana Wright
Coco Erin	Brigitte Nolan	Emma Roberts	Ava Faint
Courtney Davis	Ella Wager	Jazlin Paterson	Ella Marsh
Heidi Preshaw	Felicity Wilson-Haffenden	Megan Bryce	Grace Pullen
Jessica Bray	Grace Rowbottom	Montanna Jacques	Madeleine Hay
Jessica Owen	Hayley Davis	Rebekah Furjanic	Maisie Tully
Matilda Brumby	Holly Round	Ruby Erin	Melodie Armstrong
Maya Chapman	Ila Usuga	Samantha Tuck	Sarah Wilson-Haffenden
Mikayla Zantuck	Kate Johnston	Sophie Reid	Sophie Coleman
Millie Baric	Mia Reardon	Taylor Brooks	Maisy Sansom
Natasha Furjanic	Olivia Nichols	Maddison Brooks	
	Sophia Di Venuto	Josie Braid	

Cross Country Representative



Congratulations to Year 7 student Avalon Forbes who has just returned from the School Sport Australia National Cross Country Championships in Wollongong, competing in the Under 14 girls. Avalon ran well in tough hot conditions, and the Tasmanian team won the Aggregate Improvement Trophy for the most improved State/Territory.

Swimming Representative



Year 8 student Olivia Nichols has been selected to represent Tasmania at the Australian State Teams Short Course Swimming Championships at the AIS in October. Selection onto this team recognises Olivia's outstanding performance over the recent short course season. Well done Olivia.

Australian Rules Achievement



It was an exciting night for Year 8, Ella Wagner on Monday at the STJFL Robert Beakley Best and Fairest Count. Ella was the only female from the Glenorchy Football Club

invited to the event, and placed 4th overall in the U14 Girls, only 4 votes behind the winner. This is a fantastic achievement for Ella, and a testament to her athletic ability.

Secondary Hockey

This term Mount Carmel has Year 7/8 team competing in the Division 3A Secondary Hockey competition, on a Thursday afternoon at Tasmanian Hockey Centre. It's been great to see some new and returning players to hockey participating in this team, alongside the more experienced players. In the opening games, the team has defeated St Marys 1-0 and Collegiate 6-0, and had a loss to Friends 4-0. Thanks to Tina Stevens for coaching, and good luck to the team in their remaining matches.

Term 4 Sports

Term 4 Sport Sign up is now open online. Below is a list of the sports we have on offer:


Secondary	Day / Dates	Venue
Touch Football Y7/8	Mondays, 21 Oct to 25 Nov	Wentworth Park, Howrah
	Y9 Wednesdays, 23 Oct to 27 Nov	
Tennis Y7/8	Tuesdays, 22 Oct to 26 Nov	Competing Schools
Y9/10	Thursdays, 17 Oct to 28 Nov	
T20 Cricket Blast Y7-10	Thursdays, 31 Oct to 28 Nov	Ogilvie High School
Sailing Series 2	Tuesdays or Wednesdays	Sandy Bay Sailing Club
Softball	Saturdays, Nov/Dec, Feb/Mar	Prince of Wales Bay
Rowing	Weekday training and weekend rowing	Sandy Bay Rowing Club
Primary	Day / Dates	Venue
T20 Blast Cricket Y3-6	Mondays, 28 Oct to 25 Nov	Soldiers Memorial, Domain
Mixed Teeball Y3/4	Tuesdays, 22 Oct to 26 Nov	Competing Schools
Touch Football Y5/6	Wednesdays, 23 Oct to 27 Nov	Competing Schools


Code of Conduct in Sport


Mount Carmel promotes good sportsmanship from both players and spectators at representative sport. Here are some important reminders to all parents and spectators at Mount Carmel representative sport:

- Make your presence and support positive.
- Make opposition spectators feel welcome.
- When visiting opposition schools and grounds respect the rules and guidelines regarding parking, seating and tidiness.
- Refrain from giving advice to coaches, umpires or players.
- Show support enthusiastically, yet positively.
- Applaud skilful performances regardless of the school.
- Refrain from any abusive or offensive behaviour towards umpires.

Now is a good time to reflect on our behaviour. Please be respectful of each other.

 [Code of Conduct in Sport.pdf](#)

 [Golf Camps.pdf](#)

 [Hobart Ball Kids Squad 2020.pdf](#)

Ms Nikki Stuart
Sports Co-ordinator



College Notices

Year 7, 2021 Enrolments

Enrolment applications for students wishing to commence at Mount Carmel College in Year 7, 2021 are due by Friday 13 September 2019. There is no action required for all current Year 5 students. Their enrolment will automatically roll over into Year 7.

For more information, please contact enrol@mountcarmel.tas.edu.au or the College Office for an further information.

Sun Hats Required from Monday 2 September

From Monday 2 September 2019 all students will be required to wear a hat at recess and lunchtime and for all other outdoor activities.

All students are required to wear either the College bucket hat or the College boater.

The College cap will also be permitted to be worn, however the cap is being phased out for general use. From Term 1, 2020 the cap will only be permitted for approved sporting activities and not for general outdoor use.

Notwithstanding the phasing out period, students who currently have a College cap are strongly encouraged to wear either the bucket hat or boater as these 'sun safe' hats protect the face, neck and ears when outside. College bucket hats are available from the College Uniform Shop for any student who does not have one.

The recommendation from the Cancer Council of Tasmania is that sun protection measures in Tasmanian schools should be implemented from the beginning of September until the end of the school year and then from the beginning of the school year until the end of April.

Over-exposure to UV from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has one of the highest rates of skin cancer in the world and skin cancers account for 80% of all new cancers diagnosed in Australia each year. Melanoma is the most diagnosed cancer for those aged between 15 and 44.

Students without a hat will be required to remain in the shade.

A new College Sun Protection Policy will soon be finalised and will be available for families on the College website.



Upcoming Dates

September

- Sunday 1: Fathers' Day
- Tuesday 3:
 - Year 10 RYDA Day
 - ICAS Assessment - Digital Technologies, 11.00am
- Wednesday 4: Arts Festival : 3.30pm - 7.00pm
- Thursday 5:
 - College Open Day : 9.30am - 10.30am and 2.00pm - 3.00pm
 - ICAS Assessment - Science, 11.00am
- Thursday 5 - Friday 6: Outdoor Ed Camp, South West
- Monday 9 - Friday 13: Learn-to-Swim - Prep and Years 3 and 5
- Monday 9: ICAS Assessment - Writing, 11.00am
- Tuesday 10:
 - Year 2 Excursion - Transport Museum
 - Secondary SSATIS Athletics Carnival
- Wednesday 11: Kinder excursion - Woodbridge Marine Centre
- Thursday 12 - Friday 13: Outdoor Ed Camp, South West