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College Sport

Mount Carmel College

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A Word from the Principal

Over the last couple of weeks a number of our students have been “stalked” online by outside people. They are utilising fake profiles and creating ways in which to infiltrate our students online world. As a College, we have again reminded our students about privacy settings and I also remind parents to revisit this on a regular basis. It is also timely to revisit cyberbullying in light of the Tasmanian Government’s Criminal Code Amendment Bill (Bullying) 2019 to make the act of cyberbullying a criminal act.

Bullying is when the following actions happen over a period of time and it is hard for a young person to stop the actions from occurring. These actions include but are not limited to:

- being ignored, left out on purpose, or not allowed to join in
- being made afraid of getting hurt
- being hit, kicked or pushed around
- being made fun of and teased in a mean and hurtful way
- having lies or stories told about them to make other kids not like them

These actions exclude young people and isolate them from their peers. They are generally a “power play” and result in humiliation, hurt and much more. Often there are others who see what is happening and are referred to as ‘bystanders’. They feel uncomfortable about doing anything about the bullying as they are often frightened they too will be targeted.

The new Criminal Code Amendment is specifically targeting Cyberbullying.

Cyberbullying is a form of bullying that has arisen from the widespread use of electronic devices and social media platforms. Bullying, such as cyberbullying, can permeate almost any social environment, and can be perpetrated or experienced by a range of people. Bullying has lasting effects on individuals and their families and serious bullying can result in tragic personal consequences for victims, such as long term mental health impacts, self-harm and psychological damage.

The Criminal Code Amendment (Bullying) Bill 2019 amends section 192 of the Criminal Code by:

- expanding the fault elements relating to the state of mind of the accused to include an intention to cause another person extreme humiliation or self-harm;
- expanding the conduct elements to include:
 - actions of making threats and/or abusive or offensive acts;
 - acting in another way that could reasonably be expected to cause the other person extreme humiliation or physical or mental harm (including self-harm); and
- requiring that the Director of Public Prosecutions is to consent to a prosecution for the amended offence under section 192.

The amendments will target people who use the internet with the intention to cause serious physical or mental harm to others. (Justice.tas.gov.au, 2019)

As an education facility we have iPads as our devices. At the commencement of every year, the College has our students sign the appropriate use of ICT document and ask that parents and carers co-sign so that we are all aware that our devices are used for education purposes. Whilst at the College, we are able to monitor our students search requests and also their access to hotspot devices in attempts to circumvent the College's protection, in our duty to care for them. As vigilant as the College can be whilst the students are present, we cannot monitor a student's activity overnight and on weekends. It is my experience that most cyberbullying occurs after students leave our grounds. It is important that parents do what they can to be familiar with the cyber space their children inhabit. A number of helpful ideas from the Kidpower (kidpower.org) website are listed below:

- 1: Set a good example
2. Stay connected with your children's worlds online and everywhere else
3. Make a commitment with young people to be good digital citizens
4. Discuss what cyberbullying is and the harm it does with older children and teens
5. Be clear about what happens if young people misuse their technology privileges
6. Teach kids not to do anything online that they wouldn't want the world to see
7. Teach young people how to take charge of their safety and well being, online and everywhere else
8. Provide support if a child is cyberbullied
9. Practice how to speak up to stop cyberbullying
10. Teach kids to get adult help anytime they see unsafe behaviour online, while texting, or in person. (Irene van der Zande, 2019)

Whilst the College will do what it can to educate your daughters on the harm of bullying, what they can do to speak up when being bullied and about safe and unsafe online behaviour, it is up to the parents to stay connected with their child's online world. Being a "friend" on their social media platforms, talking with them as you drive or cook dinner, being present to them are a great place to start.

As the Government goes about putting consequences in place for the wrongful act of cyberbullying, the College maintains it's zero tolerance to behaviours which are not respectful.

Supporting your child to manage the risks on social media means they can safely enjoy all the benefits it has to offer. Our ICT Department is only too happy to assist in protecting your digital footprint and the attached document offers specific steps to keep your digital security safe on social media, specifically Facebook, Instagram and Snapchat.

https://downloads.mountcarmel.tas.edu.au/.../Privacy_Settings...

Thought of the week:

One's dignity may be assaulted, vandalized and cruelly mocked, but it can never be taken away unless it is surrendered.

— Michael J. Fox

Mrs Fiona Nolan
Principal

Bibliography

[Justice.tas.gov.au](https://www.justice.tas.gov.au) (2019). Criminal Code Amendment (Bullying) Bill 2019. [online] Available at: <https://www.justice.tas.gov.au/community-consultation/closed-community-consultations2/criminal-code-amendment-bullying-bill-2019> [Accessed 25 Aug. 2019].

Irene van der Zande, K. (2019). 10 Actions to Prevent and Stop Cyberbullying | Kidpower International. [online] Kidpower International. Available at: https://www.kidpower.org/library/article/prevent-cyberbullying/?gclid=Cj0KCQjwwIPrBRCJARIsAFIVT89I2cRYjt5LNdvvO-wkr58ewFCinj1qLA8ZkHxwFVrLGc_JD_-SmcaAv3zEALw_wcB [Accessed 25 Aug. 2019].



Identity and Mission

I received an email from a Year 8 student a little while back with an idea. She had just been to visit a nursing home as part of the STRIVE program, and wanted to know if there was any other way that we could organise other visits, as she had enjoyed herself so much and saw real benefit for herself and the people she chatted with. A couple of phone calls later and we were able to arrange to go to the Queensbrough Rise community for three lunchtimes this term. I put an email out to our Year 8 students asking for volunteers, thinking I might be scratching to get five or six to go over. In the end, thirteen have made the list and I have had to knock back another ten (don't worry girls, you'll get your chance...).



On the first visit, it's fair to say the girls settled in pretty quickly, and there was no shortage of residents willing to come along and have a chat. After dragging them away so they could get back to school in time for afternoon classes, the girls reflected on the experience on the short return walk. There were no negatives, just a warm and, at times, funny series of interactions that left them keen to return in two weeks' time.

Around half of residents in nursing homes around Australia suffer from depression, with loneliness being one of the risk factors. We are all possibly aware that these people are isolated within our communities, yet we don't really know what we can do about it. The Year 8's knew what to do; plant a seed and watch what grows. It had me thinking that this was a very Mary Aikenhead thing to do, in that if you see a need, do something about it. Well done to the girls who put their hands up to spend some lunchtimes bringing a bit of comfort to those in need.

Mr Anthony Chapman
Director of Identity and Mission



From the Director of Primary

Not unsurprisingly, students thoroughly enjoy the opportunity to get out of the classroom and explore. This is certainly the case for the Year 6 students who are looking forward to next week's five-day interstate trip to Canberra and Melbourne. During the year all classes have participated in a diverse range of excursions including the Year 2 students who enjoyed the Transport Museum on Tuesday and earlier today, the Kinders who ventured to Lambert Park for a bush experience.

Excursions are considered a compulsory part of the curriculum. They are an important means of complementing and enriching the learning that takes place in the classroom. They stimulate children's interest and enthusiasm, and provide access to so many rich resources and experiences. The opportunity to learn about and see new things in a less structured environment cannot be underestimated. Furthermore, excursions are an opportunity to develop social skills where students are part of a group operating in a non-school environment. So many interpersonal skills are enriched including leadership, team work and trust and respect. Students are also encouraged to overcome limitations and grow in confidence.

Staff involvement is, of course, vital to every successful excursion and I would like to thank the Year 6 teachers and administrative staff for the enormous amount of work given to preparing the trip. I am confident that the students will make lifelong memories and we certainly look forward to hearing about their experiences upon their return to the College.

Focus of the Fortnight: Being Kind



For the final fortnight of the term the Year 5 and 6 Leaders are encouraging the students to be kind. Of course, one would hope that the students are always showing care for others through acts of kindness. However, research shows that parents tend to highlight their children's happiness and achievements over their children's concern for others.

So, what does this look like? The leaders are encouraging each class to construct a wall of kindness in all its shapes and forms. Addressing others respectfully, passing the ball to a teammate, standing up for another student, helping a peer with class work, having a classroom job are merely a few examples.

Research shows that there are many physical, emotional and mental health benefits associated with kindness. Acts of kindness help us form connections with others which are a strong factor in increasing happiness. They provide a sense of well-being, increase energy, and give feelings of optimism and self-worth. In turn, children with a positive outlook have greater attention spans and a more willingness to learn which is obviously better for improve learning outcomes.

"Kindness changes the brain by the experience of kindness. Children and adolescents do not learn kindness by only thinking about it and talking about it. Kindness is best learned by feeling it so that they can reproduce it." ([P. O'Grady, PhD](#), an expert in neuroscience, emotional learning, and positive psychology.)



Year 6 Melbourne & Canberra Trip

On Monday, all Year 6 students will be making their way to Canberra until Thursday and then on Friday, head to Melbourne for the trip of a lifetime. This trip provides all students the opportunity to consolidate their learning following our unit titled 'Making a Nation' and also acts as a springboard in to their final unit for the year, 'Calling Australia Home', as we visit the Immigration Museum and China Town.

A trip like this does not happen without the amazing support from a great number of staff who have assisted in the overall organisation. A huge thanks to Mrs Erin Dooley and other members in the College Office, who have worked tirelessly to ensure all the bookings are done, we have some where to sleep and that any changes needed at the last minute have been sorted. I am sure you will join myself and the other staff heading off in wishing our Year 6 students all the very best as they wing their way to the nation's capital.

Miss Melanie Sluyters and Mr Dave Wierenga
Year 6 Classroom Teachers



A Curriculum Snapshot



Last week the entire College came together to celebrate the Arts Festival. It was an opportunity for students from Kinder to Year 10 to showcase their work and talents across The Arts in all its many forms. Parents, friends and families enjoyed an array of music and drama pieces as well as a wide assortment of visual artwork across multiple galleries located around the school. Special thanks to the Arts Department including Mr Mac, Mr Owens, Ms Brock, Miss Wootton and Miss Roderick as

well as Ms Lincoln and the Primary Teachers and Teacher Assistants. Quite simply, it was an incredible night. Congratulations to Elizabeth Ims in Year 4/5 who was presented with the Moya Belcher Visual Arts Award and to the runner up, Prep student Mila Tracey.

Continuing this theme of dramatic performances, a number of students participated in Tournament of Minds State Final at Ogilvie High School last Saturday. Mount Carmel had 6 teams who were all required to solve demanding, open-ended challenges from one of several disciplines – The Arts, STEM, Language Literature and Social Sciences. The students worked incredibly hard leading up to the competition, writing scripts, making props and practicing for both the long term and spontaneous challenges. Mount Carmel College has enjoyed enormous success on the TOMs stage for a number of years and this was once again the case on the weekend with two teams receiving Highly Commended awards. Tournament of Minds is a massive commitment with the students devoting hours upon hours of work – at lunch time, before and after school and on the weekend. The College's involvement in TOMs would not happen without the support of the teachers especially Miss Melanie Sluyters, Ms Emma Jenkins and Ms Julia O'Rourke. Thank you for ensuring that our students have these opportunities.

Years 5 – 7 Teams

Language and Literature	Language and Literature	The Arts	STEM
Abigail Adams	Matilda Jones	Ava Grieson	Charlotte Bateman
Ella Bourke	Hannah Mahmoud	Grace Hegarty	Sofia Bowman-Shaw
Natasha Furjanic	Imogen Mulder	Matilda Moriitz	Hannah Jager
Elizabeth Ims	Thania Patricio	Ursula Nation	Claudia Loring
Tilly Ross	Emily Pizzoni	Asha Nicol	Zoe Rhodes
Island Smith	Claudia Pollard	Matilda Steele	Kayla Round
Aimee Stacey	Cathy Wijayaratne	Lilly Stewart	Emma Sullivan

Years 7 – 8 Teams

Language and Literature	The Arts
Ruby Bedelph	Cecilia Bowman-Shaw
Jess Bray	Aleesha Darling
Senna Foster	Avalon Forbes
Sophie Halliwell	Clare Little
Amelia Olenciwicz	Kala Roberts
Hannah Walton	Annabel Sartori
	Amelia Wiggins

Rose Goward and Sarah Wilson-Haffenden
Curriculum Leaders



Headline Act

Arts Festival

Last Wednesday we held our annual MCC Arts Festival. It was a wonderful celebration of the artistic pursuits of our students across both Primary and Secondary Schools. The Art Room, Library and other College walls came to life with wonderful artworks and sculptures. There were some outstanding musical performances on the Open Stage outside on the basketball court, Acoustica Stage in the Primary Music Room and the Recital Stage in the Music Room. The Studio Stage in the Drama Room hosted some hilarious and very skilful theatre pieces, as well as musical performances by some of our Elective Music students in Years Nine and Ten. The Sophia Stage in the Dance Studio was the venue for our talented dancers with small group performances by students in the Secondary School. The Cahill Centre hosted the Primary School performances which were as well prepared and full of energy as ever, as well as performances by our Fiddlesticks junior string group, Intro Orchestra, Flutista Sistas, String Quartet, Middle Years Voices, Senior Singers, and College Orchestra.

This year's festival kicked off with a Year 8 Junkyard Percussion Samba parade. There were two 'flash mobs' throughout the afternoon. The Primary School recorder players ambushed the College Orchestra, Fiddlesticks and the Intro Orchestra with *Ode To Joy*, only for the other ensembles to join in with the playing. Halfway through the event, the speakers started blasting *Don't Stop Me Now* and students began dancing at all corners of the school, eventually converging on the basketball court for a big group dance.

An event such as the Arts Festival doesn't happen without the involvement of many staff members. If I was to list them all here, the number would exceed 40 members of staff who contributed in a variety of ways. Many thanks to all of them for their hours of preparation beforehand and assistance during Arts Festival.

Our students' willingness to be involved in the Arts Festival (and several other artistic happenings at MCC throughout the year) in large numbers never ceases to amaze me. From experienced performers and artists to first-timers, the atmosphere created by their combined artistic energies was a real highlight of the year so far in the life of our College. Many thanks to all of the students who participated in the event and gave themselves real reason to be proud of themselves.

House Drama

We have a new format for House Drama in 2019. Our students are participating in workshops to develop skills in improvisatory theatre (and have a lot of fun in the process judging by the laughter coming from the Drama Room at lunchtimes during these sessions).

Years 7 and 8 students will create a 'In a... with a... while a...' skit and the Years 9 and 10 students will improvise a 'Thank God You're Here' style skit. Several teams have signed up from all three Houses and will be competing in heats during this week. The winners will gain a place in the Grand Finals at lunchtime on Thursday (Year 7/8) and Friday (Year 9/10) next week, which promise to be very entertaining events. Stay tuned to see who takes out the trophies this year!

Mr Dave McNamara

Head of The Arts



R U OK?

Positive Education

R U OK DAY

Today all students from Kinder to Year 10, as well as all staff acknowledged R U OK Day with a series of events. From a staff breakfast before the sun was up, to a 'sea of yellow' ribbons coming through the College grounds in the morning. An assembly for Years 6 – 10, organised by our Wellbeing Leaders, Rose Duigan and Sophie Giltnan and lunchtime activities run by our House Captains, the day gave our College community the opportunity to ask the question of their peers Are You Okay? Our Wellbeing Leaders also displayed posters around the College grounds in places where students sit and talk. These posters will provide students with appropriate scaffolding and questions in order to assist in checking in on their peers, and ensure that the wellbeing of friends and other members of the student population are paramount. In their conversations. Thanks to the Wellbeing Leaders, House Heads and House Captains for all their hard work in getting this day up and running.

Jump Rope for Heart – Jump Off Day

Thank you to all those families who are raising money for the Heart Foundation and supporting Jump Rope for Heart. Our 'Jump Off Day' will be the last day of term so all donations will need to be finalised by then.

Miss Melanie Sluyters
Director of Positive Education



College Sport

Secondary Athletics

Congratulations to the Athletics Team on their outstanding performance at the SSATIS Athletics Carnival on Tuesday. The team won the Girls Junior Shield, with 1328 points, ahead of St Mary's on 1217 points and Collegiate on 1110 points. It was a fantastic team effort and great reward for their hard work and commitment to early morning training. There were exceptional individual performances, and competitors in every event doing their best.

Results in the top 3 include:


U16	1st Pennant	U15	2nd Pennant
200m	1st Ava Faint, 3rd Maddi Hay	100m	3rd Taylor Brooks
400m	1st Ava Faint	200m	3rd Taylor Brooks
800m	2nd Ava Faint	400m	1st Maddison Brooks
High Jump	Equal 1st Maddi Hay	1500m	1st Maddison Brooks
Discus	2nd Grace Pullen	High Jump	1st Taylor Brooks
Javelin	2nd Melodie Armstrong	Long Jump	1st Taylor Brooks
100m Multi Class	1st Grace Williams	Javelin	2nd Taylor Brooks
		100m Multi Class	Isabella Wills
U14	2nd Pennant	U13	2nd Pennant
400m	3rd Felicity Wilson-Haffenden	400m	Natasha Furjanic
Hurdles	2nd Jessica Bray (U13)	800m	2nd Avalon Forbes
High Jump	1st Ila Usuga	1500m	3rd Avalon Forbes
Long Jump	2nd Ella Wagner	High Jump	3rd Jessica Bray
Discus	2nd Holly Round	Long Jump	1st Jessica Bray

Javelin	Equal 3rd Olivia Nichols, Ella Wagner	Discus	1st Jessica Bray
		Javelin	1st Jessican Bray (Record 32.95m)
		Shot Put	2nd Jessica Bray


The team now turns its attention to the SATIS (State) Carnival on Saturday 21 September in Launceston.


Term 4 Sports

Final call for Term 4 Sport Sign up. To sign up to play or register your interest to Coach, Manage or Umpire please visit: <http://mountcarmel.tas.edu.au/sport-activity-sign-up/>.

 Canoe Slalom Come & Try.pdf

 Teen Girls Golf.pdf

 UTAS Cricket Junior Registration & Information Day.pdf

 Hot Shots Tennis.pdf

Ms Nikki Stuart
Sports Coordinator



Uniform Shop

Term Three Holiday Opening Hours

The Uniform Shop will be open during the first week of the upcoming school holidays on Monday 30 September, Wednesday 2 and Friday 4 October, 10.00am - 3.00pm each of these days. It will **not** be open in the second week of the holidays.

This week is heavily booked for fittings for new students, but existing students are most welcome to come in during this time to purchase any uniform requirements. When Term Four commences, students are to wear summer uniform.

Stock Update

Navy Trousers

This is a new and year-round addition to the formal uniform, available in sizes from a child 6 to an adult 18. If any student is interested in this item, the Uniform Shop has a full range of sample sizes to try on. The trousers are not kept in stock and will be ordered on a case-by-case basis from the supplier so there is a short wait time for delivery.

Polar Fleece Headbands

The Uniform Shop is now sold out of the polar fleece headbands and this item will not be restocked at this time.

Branna Magill

Uniform Shop Co-ordinator




College Notices

Vacation Care Program


Attached below is the Mount Carmel College's Vacation Care Program for the October school holidays.


To confirm your Vacation Care bookings, please ensure that your booking form is returned to the College Office by Friday 20 September 2019.

To ensure adequate staffing of our program, bookings must be made. Please note that we may not be able to accommodate children who arrive at Vacation Care without a booking in place.

 [Mount Carmel Vacation Care - October.pdf](#)

School Holiday Activities

 [LEGO Holiday Workshops.pdf](#)

 [Eastside Activity Centre School Holidays Sessions.pdf](#)

Parents & Friends News



Mount Carmel College
Parents & Friends Association

The Parents and Friends Association have teamed up with Banjos Sandy Bay to offer College families the opportunity to give back to the College just by shopping at the Sandy Bay Bakery Cafe.

Families can collect a Sponsorship Card from the College Office and upon scanning when making a purchase at the Sandy Bay store, the Parents & Friends will earn points which are

then redeemable as cash back, contributing towards the funding of school resources.

If you would like a Sponsorship Card, please collect on from the College Office.
It must be noted that families cannot use both the College Sponsorship card and their personal frequent shopper card in the one transaction.

Year 7, 2021 Enrolments

Enrolment applications for students wishing to commence at Mount Carmel College in Year 7, 2021 are due tomorrow, Friday 13 September 2019. Interviews will take place in the coming weeks, with offers being sent out on Thursday 31 October 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 on 6216 7900.



Upcoming Dates

September

- Monday 16 - Friday 20:
 - Year 6 Canberra & Melbourne Trip
 - Year 9 Common Testing
- Tuesday 17:
 - ICAS Assessment - English, 1.40pm
 - Prep – Year 5 Assembly, 1.40pm - Cahill Centre
- Thursday 19: ICAS Assessment - Mathematics, 11.15am
- Saturday 21: SATIS Athletics Carnival, Launceston
- Monday 23:
 - Prep - Year 6 Terrapin Puppet Performance, Cahill Centre
 - Parents & Friends Meeting, 6.30pm - College Staff Room
- Thursday 26: Kinder - Year 10 End of Term Assembly, 9.00am - Cahill Centre
- Friday 27:
 - Footy Colours Day
 - Term Three Concludes
- Tuesday 24 September - Monday 7 October: Japan Trip
- Tuesday 8 October - Friday 18 October: China Trip
- Tuesday 15 October: Term Four Commences (Summer Uniform)