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26 September 2019

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College Sport

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A Word from the Principal

There are some things in life that are destined to test us. The old adage of "Life wasn't meant to be easy" comes to mind. Whether the event or person tests our physical strength, our mental aptitude, our creative problem-solving or just tests everything – we learn from these opportunities. I think of our founding Sisters of Charity – oh how they were tested. The weather, the circumstances, the personalities and yet they faced these tests "Strong in Faith" (Fortes in Fide). The strength of their faith – in their God, in each other and in humanity is breath-taking in its innocence and commitment. Tests are easier to face when we face them together and when we face them with strength and faith.

I noticed recently that the word brave has again resurfaced in mottos and sayings and I think about the difference between Brave and Courageous. Brave to me sounds like such a passive word – we accept these tests bravely. To me the Sisters of Charity were courageous, they didn't accept tests bravely – they acted with courage and faith. They questioned, clarified and challenged. They worked together, they prayed together and together they were strong. I am certain that life wasn't easy for the Sisters, however they made good things happen from these challenges. These became opportunities for growth.

As my father would say – your faith doesn't deepen unless you question and explore it. This process helps you to understand your faith, makes you stronger in your faith and provides you with the shelter and nurture that is your faith. Look for the opportunities, grow towards an understanding of how much courage you have and stay strong in your faith.

Staffing News

Ms Ida Saracino is unwell and has been granted leave in Term Four. Ms Jan Petterwood and Mrs Maureen Fasnacht will work together in the Prep classroom. Please keep Ida and her family in your prayers.

Thought of the Week:

I have come to accept the feeling of not knowing where I am going. And I have trained myself to love it. Because it is only when we are suspended in mid-air with no landing in sight, that we force our wings to unravel and alas begin our flight. And as we fly, we still may not know where we are going to. But the miracle is in the unfolding of the wings. You may not know where you're going, but you know that so long as you spread your wings, the winds will carry you.

C. JoyBell C.

As we head into Term 3 holidays, use this time to strengthen your faith, to count your blessings and to enjoy the spring of life.

Mrs Fiona Nolan

Princpal



From the Deputy Principal

Summer Uniform - Term Four

All students will be required to wear their summer uniform from the beginning of Term 4. Many students will have grown during the winter months so it would be appreciated if the length of summer dresses is checked. In accordance with the Uniform Policy the dresses are to be at or below the knee.

Sport & Co-Curricular Photos Week 1, Term 4

Photographs of sports teams and other co-curricular groups will take place on Wednesday 16 October (Year 7-10) and Thursday 17 October (Prep – Year 6).

We would love coaches and managers of teams to be part of team photographs. An invitation to attend with a schedule indicating the approximate time for each photo will be sent out via EdSmart during the term break.

Prep – Year 6 must be in their formal summer uniforms to and from school on Thursday 17 October for formal photographs and Prep – Year 6 may wear their sports uniforms to and from school on Wednesday 16 October and must ensure they have the correct team gear for each photo.

Year 7 -10 must be in their formal summer uniforms to and from school on Wednesday 16 October for formal photographs and students may wear their sports uniforms to and from school on Thursday 17 October and must ensure they have the correct team gear for each photo.

A full list of teams' gear requirements will also be sent via EdSmart during the term break.

Mrs Lyndal Tewes
Deputy Principal



From the Director of Primary

A great deal of research indicates that children today are spending too much time in doors, in front of screens and participating in highly structured activities. In turn, children suffer from a lack of connection with the natural environment and are at risk of alarming health concerns such as obesity and anxiety.

In recent years, we have witnessed the emergence of Bush Kinder programs throughout Australia as significant evidence indicates that they have a positive impact on children's development. For the remainder of the year the Kindergarten children will venture to Lambert Park, situated between Sandy Bay Road and Churchill Ave, for a Bush Kinder experience. It is a perfect bush habitat for them to learn with uninterrupted play in the bush using what nature has provided as learning materials.



A great deal has been written about the importance of outdoor play. The Early Years Learning Framework states that play spaces in natural environments "invite open-ended interactions, spontaneity, risk taking, exploration, discovery, and connection with nature. They foster an appreciation of the natural environment, develop environmental awareness and provide a platform for ongoing environmental education."

Learning in a bush setting stimulates the senses, be it looking for insects, listening to local birds, playing with mud or splashing in puddles. It fosters the development of coordination when, for example, children balance on uneven ground including logs and rocks. It stimulates the imagination and creativity, encourages problem solving, fosters language development, concentration and independence. In summary, Bush Kinder nourishes wellbeing – physical, mental, emotional and social – as children learn with their whole bodies.

Footy Colours Day



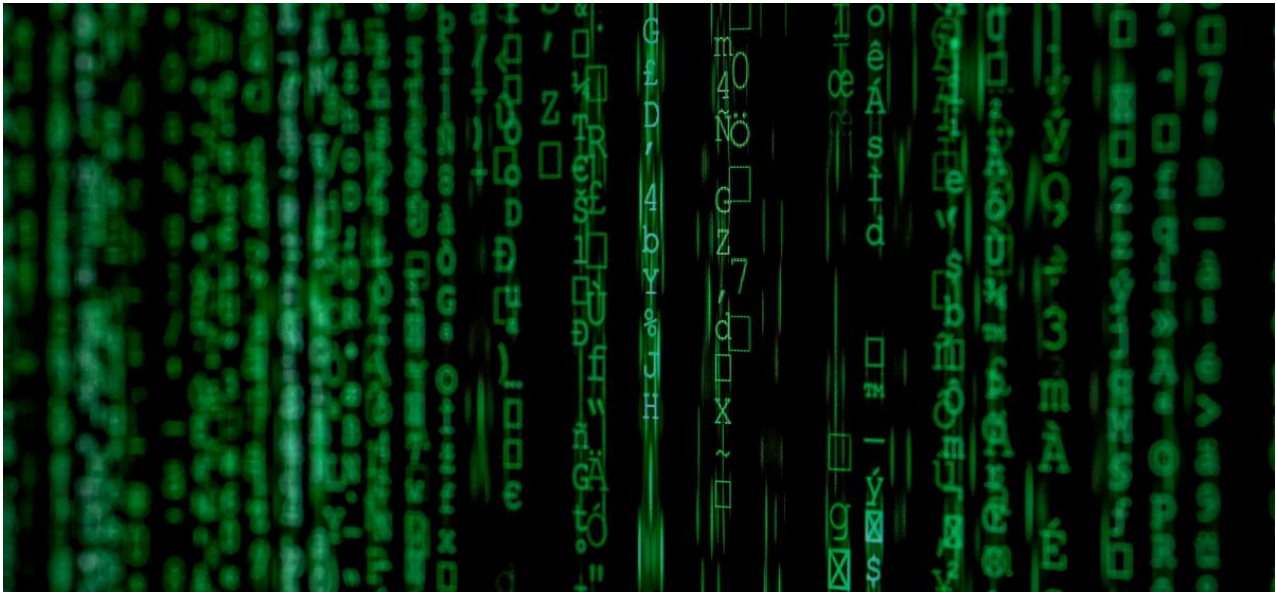
This Friday the students are invited to wear their favourite footy colours, be it Aussie Rules, soccer, Rugby or as an umpire. The Kinder to Year 6 students will participate in a parade as well as several fun activities including a hand ball competition. Many thanks to Mr Lowe for his organisation of this event. The students are asked to bring a gold coin donation. The parade will take place at 10am on the basketball court.

Term Four

As we look ahead to the Term 3 break, I thank all the staff, students and parents for a highly engaging and rewarding term. Please note that the students are required to wear their Summer uniform from the commencement of Term 4. Many of the students have grown during the winter months so it would be appreciated if the length of dresses is checked. In accordance with the Uniform Policy the dresses are to be at or below the knee.

May the upcoming holidays offer some time to rest up, rejuvenate and to enjoy the warmer weather that comes with Spring.

Mrs Caroline Wilson-Haffenden
Director of Primary




Identity and Mission

Making It Real

Each year the Australian Catholic Church, through the Australian Catholic Bishops Council, release what is called a Social Justice Statement, focusing on a particular issue that is relevant in today's society. This year the statement is titled "Making It Real: Genuine human encounter in our digital world." Its aim is to highlight some of the issues we face in our digital world and offer solutions to the problems that have arisen as a result.

It is an interesting topic to explore. If you are reading this, it is on a screen and not on paper. That's good, in that we are not tearing down trees so that you can have the pleasure of reading my musings about the world. But, in reading this, you are adding to your screen time, which has become one of the real conundrums of our modern world. We spend a lot of time at school dealing with problems that arise as a result of inappropriate use of social media; we also spend a lot of time using social media to inform our community of what is happening around the place. The students are using social media to deal with relationship issues. These issues are nothing new, it is just the format that they are expressed that has changed. So the Social Justice statement is relevant for us as we continue to navigate our increasingly digital world and look for ways to experience "Genuine Human Encounter".

The full statement can be accessed at <https://socialjustice.catholic.org.au/files/Order-forms/2019/Social%20Justice%20Statement%202019%20WEB.pdf> (more screentime, I know) and a summary is attached.

 Ten Steps.pdf

Mr Anthony Chapman
Director of Identity and Mission



A Curriculum Snapshot

Upon reflecting on the past 10 weeks it is remarkable to consider the diversity of learning opportunities that have been enjoyed by students across the College. Highlights include the weekly celebrations of Book Week and Science Week. Countless excursions from Kinder to Year 10 have taken place including the Year 6 Interstate Trip to Canberra and Melbourne, Bush Kinder, Outdoor Education camps and STRIVE activities.

On Tuesday, a small group of students headed to Japan while in the first week of the holidays another cohort will embark on their China adventure. Competitions have played a significant role over the course of the term especially Tournament of Minds and most recently, the ICAS and Australian Mathematics Competitions. The Year 9 students experienced Common Testing this week as a taste test of what is to happen in Years 10 and beyond. The Arts Festival was an outstanding showcase of talent not to mention the success of the choirs at the eisteddfods.

Thank you to the teachers and teacher assistants who have provided so many rich opportunities this term. We wish all the students and their families a lovely holiday break, ready for a final term of learning.

Rose Goward and Sarah Wilson-Haffenden
Curriculum Leaders



Headline Act

Rock Challenge

Last Thursday, Molly Marshall and Isabella Mahmoud, both in Year 10, participated in the Tasmanian Rock Challenge Final in Launceston. They previously won through to the final with their performance of two original songs at the Southern Heat. Both performances were energetic and captivating, and the girls displayed a high level of musicianship and performance skills. Congratulations Molly and Isabella.

House Drama

This year the school tried something different for our annual House Drama Competition. Instead of the usual 'House plays', we decided to try two Theatre improvisation games. The Year 7/8 students played, "*In a .. with a .. while a ...*", while the Year 9/10's, "*Thank God You're Here*". Both games called on students to be spontaneous, quick witted and work as a team to create a short, creditable and (hopefully) funny impromptu play.

Earlier this term, students divided themselves into house teams of four or five and practiced the games during lunchtimes in readiness for the competition. We ran repechage heats in week eight to determine the teams for the grand final; four Year 7/8 teams were chosen and five Year 9/10. Teams 'fought it out' for the prestigious Pepper Pig trophies in the Grand Finals.

And now the winning teams. Drum roll please!

The winner of the Year 7/8 Grand Final was a team from Lourdes house featuring the incredibly talented Kala Roberts, Zoe Fava, Aimee Stacey and Layla Nicols.

The winner for Year 9/10 was a Carmel house team featuring the spontaneous and 'don't stop us now we're only getting started', Sarah Wilson-Haffenden, Gabby Cousins, Ella Marsh, Bronte Gadon and Cassidy Howells.

And the House taking home the inaugural, and very prestigious 'Tri-cows trophy', was announced in the final assembly for Term Three and that house was Lourdes.

All up, around eighty students participated in House Drama this year and all earned points for their house. Thank you to the house captains and Head of House teachers who did a mighty job, organising teams and keeping the enthusiasm high. Congratulations to the many students who performed and thank you to the throng of Primary and Secondary students who came to watch and cheer on their house teams.

Mr Rob Owens
Drama Teacher

Australian Dance Festival

Recently a group of our dancers had a monumental few days at the Australian Dance Festival in Sydney. The students had a heavy schedule of Dance Workshops with some of the biggest names in the Australian Dance Industry and they were able to engage with some incredible learning opportunities. Many of our girls also represented their various Hobart dance studios by performing routines during the evening showcases and competitions. Congratulations to all those students who took part and represented their studios, Mount Carmel College and Tasmania so beautifully. In particular, congratulations goes to Maddison Cooper, Kate and Olivia Johnston, Ava Hadfield and former student Lily Alcock (Class of 2017) who all performed with the Hobart Dance Academy in the "Australia's best Dance Crew" competition and were awarded "Most Technically Excellent". This is a huge achievement for these girls as they were pitted against full time professional schools! Lily was also the only Tasmanian to be selected to perform as part of the solo competition.

Miss Phoebe Wootton
Dance Teacher



Canberra & Melbourne Trip

Canberra and Melbourne 2019



You could feel the energy bouncing off the walls in the classroom as we all gathered together - we were about to embark on a grand adventure, the Year 6 trip to Canberra and Melbourne!

It was 3.00pm on Monday, the 16th of September when we boarded our Virgin Australia flight, our destination? Canberra! The flight went very smoothly and we were all extremely excited and tired when we arrived at the Ibis Styles hotel in Canberra. We were delighted to see our rooms, with freshly made beds, TV's equipped with all the movies you could ask for and of course the delicious food. It was only now that we found out whose room we would be in, and as you can imagine we were all delighted to see we were sharing with our friends.

The following day we started early with breakfast and a taste of Canberra with a drive past all the amazing embassies, closely followed by a walk around Reconciliation Place, Floriade to smell the roses and grab a hot chocolate or two given how cold it was. Soon it was time to venture to Old Parliament House a place that had never been on the itinerary before, and Miss Sluyters was very much looking forward to. Our first full day in Canberra also saw us explore the corridors of Parliament House and have our own personal escort in the form of Mr. Andrew Wilkie. The day concluded with a night tour of Australian National Botanic Gardens and then back to the hotel, and lights out. We were exhausted.

On Wednesday, most of us agreed the highlight was the AIS the best part of the day, with a swim that night in one of the AIS pools. We also went to lots of new places such as the High Court, National Gallery and the National Museum.

Our last full day in Canberra was Thursday and here we explored a few more attractions Canberra had to offer including: The War Memorial, which truly was awe inspiring. We walked ANZAC Parade with a guide finding out about some of the memorials, the Arboretum for lunch and then on to The Ian Potter Technology Centre where, as a Year group, we tried to solve the environmental issues regarding the impact of plastic on our oceans. For the first time The Year 6's had a dinner to celebrate all that was Canberra, for many of us we were in 'food heaven' as we dined at The Star Buffet, however, we all left feeling extremely full!

Our next stop was Melbourne where we unpacked information linked to migration at the Immigration Museum, had a food tour of China Town and then ate at the Victoria Markets before lazily lying in the sun or playing on play equipment at the park. These five days away were so jam packed with fun times and memories that we will remember for a life time.

All Year 6 students would like to give a special thank you to Mr. Wierenga, Mrs. Wallis, Mrs. Wilson Haffenden, Mrs Judd and Mrs Belbin, but most importantly Mrs. Dooley and Miss Sluyters. This truly was a trip of a lifetime and we're all extremely grateful.

We are extremely grateful for the support provided to us as a Year 6 class from the Australian Government who support the PACER program and allow the College to be reimbursed a total of \$200 in order to assist all our families. It is clear that The Australian Government recognizes the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education.

Eloise Hodgman - Year 6 Navy student

Miss Melanie Sluyters - Year 6 Navy Teacher



College Sport

SATIS Athletics Carnival

Mount Carmel has had an outstanding Athletics season. Following on from the team's win at the Southern carnival, they headed to Launceston last Saturday for the State carnival. Unfortunately the event was eventually cancelled due to a storm and persistent rain. At the time the event was abandoned, Mount Carmel was performing very strongly against some tough opposition. The bus left school at 5:30am, so it was a huge day for these athletes, and we are extremely proud of their achievements. Well done to everyone for their commitment and hard work this year, and to the coaches for their time and significant contribution.

Congratulations to the following students that achieved Top 5 placings in their events:

U16		U14	
200m	3rd Ava Faint	High Jump	1st Ila Usuga
400m	3rd Ava Faint	Long Jump	1st Ella Wagner
800m	5th Ava Faint	U13	
Hurdles	5th Maisie Tully	100m	5th Jessica Bray
High Jump	3rd Maddi Hay	200m	4th Natasha Furjanic
Javelin	2nd Melodie Armstrong	400m	3rd Natasha Furjanic
Discus	2nd Maddi Hay	800m	2nd Avalon Forbes
U15		Long Jump	2nd Jessica Bray
Hurdles	5th Rebekah Furjanic	Discus	1st Jessica Bray
Triple Jump	1st Ella Wagner (U14)	Javelin	1st Jessica Bray
		Shot Put	3rd Jessica Bray
		Hurdles	1st Jessica Bray

Nitro Athletics



A smaller group of athletes took part in the exciting new Nitro Athletics Event on Tuesday afternoon at the Domain Athletics Centre. In the Junior (7/8) division were Year 8 student Felicity Wilson-Haffenden and Year 7 students Avalon Forbes, Jessica Bray and Natasha Furjanic. The Year 9/10 team in the Intermediate division included Maddi Hay, Ava Faint, Maddison Brooks, Taylor Brooks, Mel Armstrong, Maisie Tully, Ella Marsh and Rebekah Furjanic. The event was a fun, fast paced variation on the usual athletics programs, and enabled students to test their athletic ability against schools from all over the state.

Primary Basketball



Well done to all the students that have been competing in the JSSATIS Basketball competition. The roster finishes this afternoon, with our Year 3/4 team and two Year 5/6 teams having had a great season. All teams had a combination of new and experienced players, and it's been fabulous to see the players growing in confidence as the


roster progressed and combining well as a team. Thanks to Stacy Browne and Lisa Cranefield for coaching teams. Last week when the Year 6s were in Canberra, the Year 4 and 5 students played a game against each other. They had a fabulous game with great spirit, and lots of laughs.


Some of our basketballers are now turning their attention to the Primary Regional Basketball Championships which are being held on 19/20 October. Mount Carmel are entering one team in both the Year 3/4 and Year 5/6 competitions. Good luck to our teams!

Triathlon

The Tasmanian Schools Triathlon Challenge is aimed at promoting healthy lifestyle choices to students, regardless of ability, sporting background or current lifestyle. Participation and enjoyment are at the foundation of this event. Students in Year 3 - 9 will have the option to participate as an individual competitor, as a member of a team of both. The Secondary Event is on Thursday 5 December and the Primary event is on Friday 6 December at Bellerive Beach. Letters will go out to interested students to be returned early in term 4.

School Holiday Programs

 [Hot Shots Tennis.pdf](#)

 [Hockey Skills.pdf](#)

Ms Nikki Stuart
Sports Coordinator



Uniform Shop News

School Holiday Opening Hours

The Uniform Shop will be open the following days and times during the Term Three holidays:

- Monday 30 September - 10.00am - 3.00pm
- Wednesday 2 October - 10.00am - 3.00pm
- Friday 4 October - 10.00 - 3.00pm

These days are 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.

Mrs Branna Magill
Uniform Shop Manager



Other News

'Jump Off Day' for Jump Rope for Heart

This Friday, we will be combining Footy Colours Day with the annual Jump Off Day. Students will have access to ropes at lunchtime and the Year 5 and 6 House Captains will supervise and assist students. If you decided to fundraise for The Heart Foundation you would have already gone online, setup an account and collected sponsorships. The money you have raised needs to be finalised by Friday.

Thank you for all your assistance and enthusiasm around this great cause.

After School Care

The After School Care team are considering having the [Bricks 4 Kidz](#) team run Lego building workshops on Friday afternoons.

If you are a parent or carer of a student that attends the After School Care program on a Friday, Helen Crawford would love to hear your thoughts on this idea.

You can contact Helen at: helen.crawford@mountcarmel.tas.edu.au

National Redress Scheme

If you experienced institutional sexual abuse as a child you are likely to be eligible under the National Redress Scheme for survivors of institutional child sexual abuse. The Sexual Assault Support Service (SASS) offer a free and confidential support service for people who are seeking information on, or wanting to apply to, the National Redress Scheme. To find out more you can contact SASS on (03) 6231 0044, or go to our website <https://www.sass.org.au/redress-scheme-support-service>.

Tomorrow's Leaders

World Challenge invites young women of the Alliance of Girls Schools Australasia to embark on a 10 night journey through one of the most beautiful places on planet Earth, the foothills of the Himalayas, Nepal.

Departing in April 2021, the incredible journey will be led by local experts, exploring ancient cities, marvelling at the Himalayas and learning how Nepalese women are striving for change.

It will be a journey that sparks learning, growth and greater possibility.

More information will be available in the months to come. In the meantime, you can learn more about World Challenge at: weareworldchallenge.com/



Upcoming Dates

Term Three

- Friday 27:
 - Footy Colours Day
 - Term Three Concludes
- Tuesday 24 September - Monday 7 October: Japan Trip
- Tuesday 8 October - Friday 18 October: China Trip

Term Four

- Tuesday 15 October: Term Four Commences (Summer Uniform)
- Wednesday 16 & Thursday 17 October: Co-Curricular Photos
- Friday 18 October: Mud Run
- Saturday 19 October: Sisters of Charity Mass, St Canice Church, 15 St Canice Avenue, Sandy Bay, 10.30am
- Tuesday 22 & Wednesday 23 October: Year 4 Camp
- Thursday 24 October: Royal Hobart Show Public Holiday
- Friday 25 October: Student Free Day