

Weekly Newsletter

WEDNESDAY 1 MAY, 2019 | WEEK 1, TERM 2

Students say ‘Sayonara’ to Japan and return from Immersion



Japanese Immersion Students at a Buddhist Temple in Machida city after Zazen Meditation

A delegation of 12 students and 10 adults undertook a two week educational and cultural trip to Japan over the Easter holidays. The whole trip was amazing with a wide variety of undertakings and experiences which covered the broad timeline of ancient history through to the modern technology that Japan has to offer. We stayed in downtown Tokyo, with its busy neon lights and crushing crowds, through to the tranquil rural setting of the Eco-institute at Shirakawa-Go where we experienced the snow in the Japanese Alps and traditional Japanese outdoor cooking called Nabe, or ‘one pot cooking’.

We experienced ancient religious culture with visits to Zen and Buddhist temples, and the modern museum experience of “Team Lab” with interactive visual projections and mirrored rooms.

The group picked two highlights from the tour. The first was our visit to the Tamagawa Academy where we observed the Year 2 classrooms, saw an English lesson being taught and marveled at the size and facilities of the school. The second highlight was experiencing the snow with our guides from the Shirakawa-Go Eco institute and doing some tobogganing on plastic sheets of paper.

We were on the go a lot during our two week trip which was tiring at times, but it gave us so many opportunities to experience the culture and diversity of Japan.

Each of the cities we visited (Tokyo, Kanazawa, Kyoto, Hiroshima and Osaka) had unique personalities with different food, fashion and culture.

With most of us going to Japan with limited knowledge on language and food, we enjoyed saying “Thank you” to our lovely hosts, and “excuse me” when negotiating the busy crowds and a few more Japanese words were added to our vocabulary. We tried some interesting food, such as rice balls from the 7/11, Pocky, fish eggs, raw white fish, seafood sushi, okonomiyaki (savoury pancakes), bento boxes and takoyaki (little morsels of octopus), but none of us could bring ourselves to try sea urchin or the poisonous puffer fish.

At the Tamagawa Academy there were many lovely reconnections with students who we have hosted this year and in past years. Some students joined us at Machida city shopping centre to catch up with previous Tenison Woods College hosts and friends.

We were very lucky to have a tour through a Zen Temple in Tokyo by the father of one of the students who visited Australia – and we participated in a Zen relaxation meditation. Afterwards we had traditional green tea and Japanese sweets.

As always we were very appreciative of the support and guidance provided by our hosts from Calvary English School, Yoko, Maya and Sarah Inoue. We look forward to celebrating 19 years of the relationship between the Schools next year.

Annie Clifford, Sharon Brodie, Trent Eitzen | Tour Leaders



From The Principal

Welcome to new families – and an Invitation to SHINE

As I welcome all families back for Term 2 2019, we especially welcome new families to our community, hoping that they will enjoy being a part of our learning family.

The term has commenced smoothly and students have once again settled into the routines that were established in Term 1. As we celebrate the joy of Easter and the start of Term 2, I invite the College community to focus on the ‘I’ of SHINE, which asks us to Get INVOLVED. If we break down ‘get Involved’ further, we see that we are asked to:

- Set goals
- Know your strengths
- Get in the flow

So, as we look forward with fresh energy to the learning experiences to be encountered during the term, I ask that we do it with an Easter joy that accentuates the ‘get Involved’ of SHINE.



From The Principal *continued...*

The ELCC Story as an Example of the 'I' in SHINE

As we celebrate the ELCC's 5th Birthday, I reflect on their story and offer it as an example of the 'I' in SHINE; a story of what a community, inspired by a compelling vision, can do when many come together and play their part in creating a family centred school and family centred Church.

I remember when I first was appointed as Principal of Tenison Woods College in 2011, I met with the Director of Catholic Education, Paul Sharkey and the Vicar General, Father Philip Marshall, and I indicated that our community was very keen to build an Early Learning and Community Centre. In the conversation that outlined the benefits and that it had been discussed since 2007, they dutifully and respectfully asked what sort of cash reserve we had backing us. To which I replied, "Well not much ... well actually nothing ... but now is the time for us ... it will be a winner ... I am sure we will be able to repay the loans."

So, inspired by a vision and with very little cash, a Parish and School Working Party set out on a journey with great belief and support from the Tenison Woods College Board and the Mount Gambier Catholic Parish Pastoral Council. The commitment of the working party was outstanding, meeting monthly on Friday afternoons, many forgoing or at least delaying their own happy hours.

Along our journey we received outstanding support from the Catholic Diocese and Catholic Education SA. Our journey coincided with a City Council deeply committed to learning and child development through its Lifelong Learning Subcommittee, and our discernment was significantly complemented by our participation in the Thinker in Residence Program, Reggio Emilia approach and Carla Rinaldi's discriminating wisdom. The generosity of other Early Years Providers, TAFESA and UniSA in sharing their practices and learnings in relation to the early year's space was also greatly appreciated.

In a project that faced a significant timeline challenges and deliberate financial parameters, it was heartening to see the creative thinking, collaboration and 'can do' attitude that was expressed by all involved.

I offer appreciation to Pino Dichiera and the Edge Architect team, Dycer Constructions, PT Design and Meinhardts Engineering who committed themselves to a difficult 33-week construction timeline to ensure a 28 April 2014 start.

The staff of the ELCC (both past and present) who, under Domenica Dunn's passionate, experienced and nuanced leadership, prepared the very well-designed building into a warm, inviting and engaging centre in a very short period. Our staff accentuate the beautiful features of the site and ensure the range of delightful resources were ready for our children.

So, full of pride in the achievements of our school and local community, and deep appreciation for the amount of people who have 'gone above and beyond' in a range significant of ways, I am very pleased to say that the ELCC is serving our community with distinction.

The ELCC is a wonderful expression of the hopes our Tenison community has for our young. As I have said on many occasions, the ELCC is not just our commitment to young learners or a band of learning, but much more how we as a whole school community visualise the competent learner, the family and the community, how we enable the child's 100 languages to flourish, the adolescents 100 languages to flourish and the family's 100 languages to flourish.

I thank the families of all those who were involved in the process and punishing work schedule to bring the centre to a reality. And then to all the families who have been part of the centre's story for the past five years I sincerely thank you for etching your mark on the wonderful community which is the ELCC. I hope you also take some satisfaction in this wonderful centre, knowing that you have contributed to creating a very special service, where children can discover, learn and shine.

'Leading from Within' – Our Leaders Shine

During the school holidays, 28 staff leaders of Tenison Woods College, participated in the leadership program called "Leading from Within" facilitated by the internationally recognised Brown Collective. Stephen Brown, founder and facilitator of the program, indicated that the collective is anchored by agreed ideals and ways of working: an explicit commitment to excellence informed by research and evidence; shared values; ethical and sustainable practices; and a clear moral purpose.

Stephen and co-facilitator Amanda Ypinazar, acknowledged the importance of identifying, supporting and developing a diverse range of leaders, and through the program, provide an opportunity for individuals to self-reflect about their leadership capabilities, understand the importance of interpersonal relationships in their leadership, and make a contribution to the shared direction of their school and the broader system.

We were very fortunate that our staff were able to participate in a three-day high energy program by two highly regarded facilitators with the committed

support of staff from Catholic Education South Australia, and I look forward to the outcomes of the leadership challenge projects which each participant will complete this year.

Welcome Home – Japan Delegation

We welcome home the Japan Delegation, with the understanding it was a wonderful experience for the delegates, full of rich culture, inspiring locations and very warm Japanese hospitality. Congratulations to Annie Clifford, Sharon Brodie and Trent Eitzen on a superbly organised tour, experience and care for the group.

Staff News

We wish Ian Ross, Head of Middle School, all the best as he takes long service leave this term and Sarah McDowell all the best with her leave. We thank Sharon Brodie (Head of Middle School), Nick Patzel (Year 8 Wellbeing Coordinator), Julie Hoppood, Dale Domleo and Rosie Collins for covering their respective roles this term.

We also wish Barb Metzger all the best as she returns from Long Service Leave.

Generations in Jazz Weekend

I remind families that next weekend is the Generations in Jazz Festival; an outstanding expression of jazz music, youthful energy and passionate learning. I encourage you to get along and soak up an inspiring atmosphere.

Tickets are available online or from Chapman's Newsagency. If you have not yet had the pleasure of attending the event I can assure you that you will be amazed at the talent, energy and sense of community which the Generations in Jazz creates.

If you would like to offer parochial support for our Tenison Woods College students then head out to the Barn Palais on Saturday at these times:

- **Big Band** (Don Burrows Pavilion) - 8:40am
- **Senior Vocal Ensemble** (ANZ Pavilion) - 9:50am
- **Concert Choir** (Evans Pavilion) - 2:10pm.

ANZAC Day – 'Lest we forget'

I was delighted that Tenison Woods College was formally involved in the Mount Gambier ANZAC Day commemorations. I believe ANZAC Day not only offers us an opportunity to acknowledge those Australian and New Zealand Army Corps soldiers who fought and died at Gallipoli in 1915, but is also a day of remembrance for all soldiers who have died while fighting for their country as well as their families whose lives have been significantly transformed by the supreme sacrifice. Furthermore, ANZAC Day invites us as a community to acknowledge the commitment of our contemporary armed forces and their families; a day to say thank you with deep appreciation.

I thank our College captains, Emily Turley and James Lucas for representing the College at the service. It was also pleasing to note the number of Tenison Woods College students who, as cadets, were involved in the proceedings of the day. Likewise, it was pleasing that many students of the College attended the ceremonies during the day with their families.

*They shall not grow old, as we that are left grow old:
Age shall not weary them, nor years condemn.
At the going down of the sun and in the morning,
We shall remember them.*

God Bless,
David Mezinec | Principal



Tip of the Week from the Deputy Principal

From Week 2 of Term 2 Tenison Woods College will be trialling EdSmart for a number of Health and Physical Education excursions. EdSmart is a digital system that replaces all those paper forms we used to send home to complete and return. EdSmart does all the work. You do not need to download any apps or remember extra passwords, registrations or logins, resulting in no extra hassle for you. No more writing down the same information again and again. Other schools in the EdSmart customer community report that their parents are greatly appreciative of this tool and it has saved them plenty of time and worry.

Here's how it works:

From Week 2 this term a number of parents will receive notification that their child will be attending a Health and Physical Education excursion and consent for attendance to this excursion will be provided by parents via Edsmart. Instead of paper forms coming home to provide consent, parents

will be sent an email notification with a link that opens a secure web page version of the consent form to complete and submit. This consent form can be completed on your phone, tablet or computer at your convenience. All of the data you submit on the form is held in a secure database only accessible to selected school staff. EdSmart will help us better manage any needs in the school community with the extra time saved. Another bonus is that we'll be reducing our carbon footprint and cost significantly. You can learn more about EdSmart [here](#).

Liza Couzens | Deputy Principal



CIM Team News

Mothers' Day Events

All Mothers, Grandmothers and Special Friends are invited to the Mothers' Day Liturgy and Morning Tea on Friday, 10 May at 9.00am. The Liturgy will be held in the Chapel and the Morning Tea will be held in the Staffroom following the Liturgy.

Children will need to be collected from their classroom by an adult. Please RSVP via email to Nada Brookes at [email](#) by Monday, 6 May for catering purposes.

Sacrament Family Session

On Thursday, 9 May all students who are enrolled in the Sacramental program are required to attend the fifth of the family preparation sessions. All students are to attend with at least one parent/carer. Sessions are held in the Tenison Woods College staffroom at either 4.30pm or 6.45pm.

Year 9 Retreat

Tomorrow, the Year 9 students will be at St Paul's Hall and other venues for their Year 9 Retreat day.

Parish Mass

Mass is celebrated in the Tenison Woods College Chapel each Thursday at 9.00am during term time. All members of the community are invited to attend. Each week the mass is attended and led by a different year level.

The roster for Term 2 masses is as follows:

Week 2	Thursday 9 May – Year 12
Week 3	Thursday 16 May – Year 11
Week 4	Thursday 23 May – Year 10
Week 5	Thursday 30 May – Year 4/5
Week 6	Thursday 6 June – Pupil Free Day
Week 7	Thursday 13 June – Whole School Mass
Week 8	Thursday 20 June – Year 9
Week 9	Thursday 27 June – Year 8
Week 10	Thursday 4 July – Year 6/7

Michelle Coote | APRIM – Assistant Principal Religious Identity and Mission



2020 New Zealand Netball Tour Information Night - TONIGHT

Following on from other successful international tours, Tenison Woods College is thrilled to announce a 2020 New Zealand Netball Tour. A meeting will be held TONIGHT (Wednesday 1 May) at 6.00pm, upstairs in the



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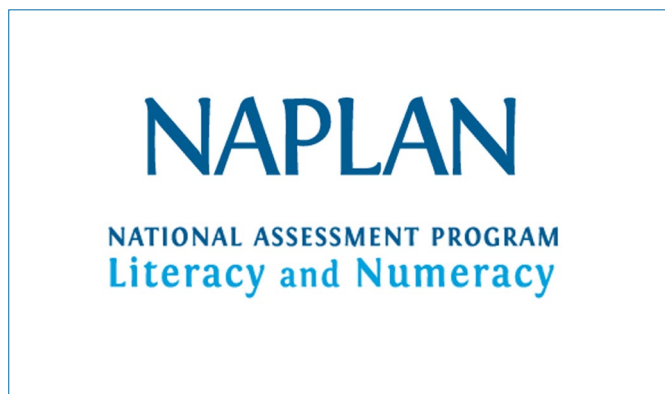
Pam Ronan Centre. The meeting will give an overview of the proposed tour. We are seeking initial interest from students wishing to attend this trip. We also extend the invitation to new and/or potential students and families to the College.

The proposed trip is currently open to student netballers in Years 7-11, for an approximate 12 to 14-day trip in July 2020.

Following this meeting, more information will be provided to families.

If your child shows interest in attending this tour, or you would like further information, please either attend the meeting, or register your interest via email at [email](#).

Kate Exelby | 2020 New Zealand Netball Tour Coordinator



2019 NAPLAN Testing Information

NAPLAN testing for students in Years 3, 5, 7 and 9 will occur over 6 school days from 14 May (Week 3 Term 2). Testing will be online again this year, except for the Year 3 Writing test which will be completed on paper.

Students in Year 9 will be using BYOD for the testing and should have already downloaded the Lockdown Browser app on their device. This simple app ensures that they cannot access any other programs or internet sites while doing the NAPLAN tests.

All parents and carers are strongly encouraged to read the attached information or visit the parent support site.

Please do not hesitate to contact your child's home group teacher or myself if you have any questions or concerns.

Please click [here](#) for further details about the National Assessment Program.

Chris Lloyd | 2019 NAPLAN Coordinator



Open Boys Cricket Team snare second State Title

The Tenison Woods College Open Boys Cricket Team travelled to Willalooka on 11 April to compete in the Open Boys Knockout Cricket State Finals against Heathfield High School.

Adam Kuhl finished with 5 wickets, while Elliott Fisher and Connor Prior performed well with the bat, making 35 and 25 respectively.

The boys were able to come out on top with a win, taking home the State Title, successively making it the College's second State Title for the year!

Tori McIntyre | Sports Administration Trainee



Year 10 Student athletes to compete in SANFL Grand Final

Congratulations to Year 10 High Performance Sports Program football student-athletes, Oscar Adams, Kade Varcoe and Billy Shanks, who will be competing in the U/16 SANFL Grand Final this Sunday.

These three students have played numerous games over the last 8 weeks for Glenelg Football Club at various SANFL grounds, and will be competing against the minor premiers, West Adelaide.

The College takes this opportunity to wish the boys the Best of Luck for Sunday.

Kate Exelby | High Performance Sports Program Coordinator



Donations welcome for PTA Mother's Day Stall

The PTA will run a Mother's Day Stall on Friday, 10 May.

We would like to invite each Junior School family to donate an appropriate gift in new condition to our Mother's Day stall. This could include items such as hand creams, candles, chocolates, stationery, etc.

Alternatively, we would appreciate donations of pre-loved books in good condition that can be purchased by students for Mother's Day.

Donations can be dropped off at the Front Office. All proceeds will go towards the PTA SHINE Initiative.

Aleathia Holland | Parent Teacher Association Director



Timor-Leste Immersion Wine Drive fundraiser



In Week 10 of this Term, the Timor-Leste Immersion group will once again visit the communities of Timor and distribute the money raised from fundraisers during Term 2.

The first fundraiser is a wine drive, proudly supported by Hollick Estates.

If you would like to purchase some wine to support the Timor-Leste trip, please contact me via [email](mailto:bernadette.fisher@tenison.catholic.edu.au) with your order before Wednesday 8 May 2019.

Bernadette Fisher
Timor-Leste Immersion Group Coordinator

Orders can be made with one of this year's Immersion participants or Bernadette Fisher on 8725455 or [E:bnf@tenison.catholic.edu.au](mailto:bernadette.fisher@tenison.catholic.edu.au). Mixed boxes available. Pick up - Friday 10 May from Tenison Woods College PRC office. (Delivery can be organised upon request) Payment on delivery.



Counsellor's Corner - Challenging unhelpful thinking

This week in Counsellor's Corner we will be looking at challenging unhelpful thoughts. Thought challenging helps to keep things in perspective and you may find it helpful to ask yourself the following questions:

What are the facts?

Sticking to the facts can help you to avoid unhelpful thinking styles such as catastrophizing (thinking the worst) and mind reading (making assumptions about what other people are thinking).

Are there any positives in yourself or the situation that you are ignoring?

Often when we are low, we focus on the negatives in our lives and look for validation of this in the environment. By asking yourself the question above, it will help you to avoid this trap, and to notice positives as well as negatives.

What would you say to a friend in this situation?

Self-criticism is common with anxiety and we often berate ourselves for things we don't do well or call ourselves names and it can be very unhelpful. Self-criticism just lowers our mood and contributes to a vicious cycle. Talk kindly to yourself and remind yourself to use the same kind of language and show the same kindness and compassion.

Here are some other questions that might be helpful for you to challenge unhelpful thinking:

- What evidence do I have for believing this?
- What happened last time I worried about this?
- Am I jumping to conclusions that are not completely justified by the evidence?
- Are there any things that contradict my thoughts that I might be ignoring?
- What's an alternative explanation? Are there any other ways to view this situation?
- Is what I believe the only or best way to explain what is going on?
- Would everyone in a similar situation think this way?
- What is the worst thing that could happen, and how bad would that really be?
- What is most likely to happen?

This can be challenging at first and may feel uncomfortable. Thoughts and unhelpful thinking styles are like habits and like any other habit, you need lots of practice to be able to change them effectively.

Article has been adapted from this [source](#).

Josie Ashby | Wellbeing Counsellor

Mairead Mackle and Laura Herbert | Student Counsellors



Shining in the Classroom: God's Eye

During Visual Arts lessons last term, Year 3 students completed God's Eyes creations whereby wool was woven around intersecting pop sticks. Students were challenged to use 4 different colours of wool necessitating the knotting of ends together. They were also required to keep their wool in lines that sat side by side. This was a useful exercise which helped the students realise that lines are not just made by pencils.

Students who finished their God's Eye using two pop sticks were encouraged to attempt an extension task whereby a frame of three pop sticks were glued together. This resulted in a hexagon shaped pattern to emerge using the wool. Some examples of our God's Eyes creations are shown here and have been created by the following textile artists: Jaques Aslin, Vespa Scott, Ivy Trigg, Harry Freckleton, Jessica Oxlade, Sam Marcus and Jack Humphries.

Monika Kolhoffer | R – 5 Arts Specialist Teacher



Uniform Shop Position Vacant

Tenison Woods College has a position vacant in our Uniform Shop. Perm-A-Pleat Schoolwear is a family-owned, national company and is one of the largest manufacturers and suppliers of school wear and accessories in Australia. Perm-A-Pleat promotes a friendly, team-orientated and safe working culture, taking great pride in the quality of its products and striving to deliver exceptional service to our College community.

Applications are via [Seek.com.au](#).

For more information, please contact Jennie Sanderson via [email](#).

Jennie Sanderson | Director of Wellbeing



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Upcoming Events:

Wednesday, 1 May

- Friends of Music Pie Drive (All Week)
- Year 11 Work Experience (All Week)
- 8.30am Solar Power Installation
- 5.30pm Generations in Jazz Warm Up Concert
- 6.00pm 2020 New Zealand Netball Tour Information Evening
- 7.00pm TWC Board Meeting

Thursday, 2 May

- 8.40am Year 9 Retreat, St Pauls Church

Friday, 3 May

- Generations in Jazz
- SAPSASA District Golf Day
- 9.00am Year 8, Life Changer program
- 10.40am Pre GJ Performance
- 2.30pm Junior School Assembly

Saturday, 4 May

- Generations in Jazz
- 6.00pm, Mass, St. Pauls Church

Sunday, 5 May

- 11.00am, Mass, St. Pauls Church

Monday 6 May

- Friends of Music Pie Drive (All Week)
- 6.00pm Naracoorte Families Gathering
- 7.15pm 2020 Year 8, Naracoorte Information Evening

Tuesday 7 May

- 9.00am Principal Tour / Open Morning
- 10.40am Year 2C "Waterworks" Excursion, Blue Lake Pumping Station
- 11.40am Year 2A "Waterworks" Excursion, Blue Lake Pumping Station

Wednesday 8 May

- 1.30pm Year 11, MFS Road Awareness Program
- 6.00pm Millicent Families Gathering
- 7.15pm Millicent 2020 Year 8 information Night

Canteen Roster - Week 2, Term 2

For those rostered to work in the canteen, your starting time is 10.00am and your finishing time is 2:00pm. If you have any questions, please contact the Canteen Manager, Leanne Sandow.

Monday - Kate Pohlner

Tuesday - Lyn Wilson

Wednesday - TBA

Thursday - Renee Szapony

Friday - Kate Pohlner

Uniform Shop

Regular Opening Hours:

Tuesday: 8.00am - 12.00pm

Thursday: 1.00pm - 5.00pm

A reminder that Students are required to wear their Winter Uniforms from Week 1 of Term 2

Contact Us:

E: thecollegeshop@tenison.catholic.edu.au

T: (08) 8724 4637