

Weekly Newsletter

WEDNESDAY 14 AUGUST 2019 | WEEK 4, TERM 3

2019 Charity Day and Fight MND Big Freeze a Huge Success



The morning of Thursday 8 August was chilly, however for some individuals, it was about to get much, MUCH colder! Mr. Brad Maney, Health and Physical Education teacher and Year 9 Wellbeing Coordinator, along with Year 12 Student Lara Willoughby planned a freezing-fundraiser, modelling the famous Neale Daniher's Big Freeze at the G.

The "Big Freeze for MND" was part of the College's "Charity Day" - One of the biggest and most fun College fundraisers of the year.

Students arrived at school in casual clothes, bringing along a gold coin donation and a can of food. The cans were then donated to the Vinnie's Winter Appeal. Following homegroup, students enjoyed the "Big Freeze" event, which raised funds for Motor Neurone Disease (MND). Many staff, students and community members donated their time and experienced a dip into the ice cocktail for the cause. In the lessons between recess and lunch, classes congregated in the Barrie Holmes Stadium to participate in many fun activities planned by our Year 12 Students.

Huge thanks to the many supporters of the day, whose assistance made the day such a success:

- | | | |
|---------------------------|--|--|
| - Godrik Constructions | - Mount Gambier Fire Department | - Brad Maney, Tania Sigley and Neal Turley |
| - OneFortyOne Plantations | - McBain Family | - Brad Colliver |
| - Borg | - The College PR and Events Team | - Lara Willoughby |
| - South Eastern Hotel | - Justin Kenny and the College Grounds team | - Scott Dickson |
| - South Aussie Hotel | - The College IT Team | - Nick Patzel |
| - Gambier Hotel | - College Captains, Emily Turley and James Lucas | - The Poplars for the loan of their slide! |

Additionally, thank you to those who gave their time to be part of the fun:

- | | | |
|------------------------------|-------------------------------------|----------------------------------|
| - Ben Hood | - James Gilham | - Michael Ross & Mitchell Tinley |
| - Ben Paparella | - Jamie Edwards | - Nick Patzel |
| - Chloe Shanahan | - Kaitlin Egan | - Simone Gill |
| - Ciaran Buckley | - Kentrell Barkley & Dayjar Dickson | - Tanya Tonkin |
| - Daniel Ker | - Lara Willoughby | - Tayne Hogan |
| - David Meziniec | - Lisa Fyfe | - Tom Daly |
| - Emily Turley & James Lucas | - Mark Lane | - Troy Bell |

Final numbers are still coming in, but it is anticipated that the Big Freeze fundraising efforts have yielded in excess of \$6,000.

Following recess, the year 12 Cohort set-up their specially designed stalls in the gym and surrounds. Stalls included; Lucky dips, guess the lollies in the jar, guess the name of the song, life sized monopoly, food decorating, face painting, and more. These stalls were a hit - especially for the younger year levels!

In total, the Year 12's themselves raised a total of \$1,634.20 to go directly to Sunset Kitchen, and the Breakfast Club. Special thanks to Margret Street Meats, Collins Court Butchers and Bakers Delight James Street for their bread and sausage donations as well as the Sugarloaf Cafe for their lovely cupcakes.

Overall, the day was a huge success. We want to thank everyone involved.

Emily Turley and James Lucas | College Captains
Lara Willoughby | Year 12 Student

From The Principal

Feast of Mary of the Cross MacKillop and our Charity Day

Thank you to all students, staff, parents and community members who ensured that our "Cans, Coins and Casuals for a Cause" event was a success, last Thursday 8 August. Fittingly, the event fell on the Feast of Mary of the Cross MacKillop.

It is pertinent that this day accentuated the spirit of Mary MacKillop - The Australian sister, who chose to make a difference to the society in which she lived in the 19th Century. The feast of St Mary of the Cross MacKillop is celebrated on the anniversary of her death (8/8/1909) and we acknowledge with the deep gratitude of our actions the efforts of the Sisters of Saint Joseph of the Sacred Heart.

While we celebrate a rich legacy and a significant impact on the weave of Australian society, that commenced over 150 years ago, we also recommit ourselves to the Josephite charism. Just as Mary did, we too are called to make a difference for our times.

With a spirit of generosity and simplicity of life, open to the changing needs of society and prepared to stand with people in the ordinary circumstances of their existence. Our Charity Day was a vivid expression of this charism.

*Through the example of Mary MacKillop,
May we learn to recognise God's will for us and trust in God's providence.
May her life and service be a light to our path,
Awakening in us a deep respect for those who suffer and a passion for justice.
May we share in her courage, see with her vision, and love with her heart.*



From The Principal *continued...*

The Assumption and Whole School Mass

Thursday 15 August is the Solemnity of the Assumption of the Blessed Virgin Mary and is a Holy Day of Obligation. The Feast of the Assumption commemorates Mary's entrance into Heaven, body and soul. We commemorate this with a Whole School Mass in our Barrie Holmes Stadium this Thursday, 15 August at 11:00am.

For Catholics, Mary is a special symbol. Reinforcing our confidence that death is not an end. In her assumption, Mary is a wonderful sign of hope for us, because after her Son, she is the first to be assumed body and soul into heaven. Just as Mary's Immaculate Conception is a symbol of what God is doing for all people, her Assumption is also a symbol of what will happen to all people in the 'ages to come' when everyone who has died will be given a new and different kind of life.

As Saint John Vianney indicated, "Jesus Christ, after having given us all He could give, that is to say, the merit of his toils, His sufferings, and His bitter death; after having given us His Adorable Body and Blood to be the Food of our souls, willed also to give us the most precious thing He had left, which was His holy Mother."

So, the Assumption is a feast of profound hope; a hope that inspires all we do as a Christian community. As reiterated by Saint John Vianney, "Jesus on the Cross said to the disciple whom He loved: "Behold your Mother!" How sweet are those words to the Christian who is able to understand what depths of love they contain?!"

Our College Plans – Building for an Exciting Future

At Tenison Woods College, we look forward to this transition taking place in 2021. The College Board has been preparing for the future for the past five years, with an exciting and comprehensive [Master Plan](#). The first horizon of the Master Plan will include preparing for the stimulating opportunities that we will be offering these Year 7 students - Both current Students of the College, and those who will join us from the various Mount Gambier and Regional Primary Schools.

The specific precinct for the year 7's in 2021 will be what we currently call the "Pines Precinct", located west of the Thomas Ryan building. The reconceptualised community for Year 7, 8 and Poplars Students, will also contain Staff preparation spaces, breakout spaces, ablution facilities, and a stronger undercover connection with the Thomas Ryan Building. The area will also be well supported by road access and parking facilities. The new community area will display our commitment to ecological stewardship to broaden the Students' understanding of sustainability, so that they can lead as ecological stewards in our local and global community.

Care for Children in the Mornings Before School

I remind families that the College commences its yard duty supervision of Students at 8:20am each morning. I ask that Students arrive at school as close as possible to this time to ensure the safety and supervision of the children can be guaranteed. Arrival at school considerably earlier than this time potentially places the safety of your children at risk.

I also inform families that Sarah Seebom, Marc Lock and their committed Out of School Hours Care team offer a fun, caring & professional before & after school program for our community. OSHC offers before school care that is only \$15 per child before the rebate is factored into the cost. OSHC before school care offers parents peace of mind in the morning, given that the school grounds are not formally supervised until 8:20am.

For further information and bookings contact Aleisha, Sarah or Marc on (08) 87 244 633 or [email](#). You can also visit the OSHC page on our [website](#).

Reception Enrolments 2020

I advise parents and caregivers that interviews are well under way for all 2020 Reception Enrolments. We invite parents and/or caregivers to schedule an interview time with Mrs Jill Rogers, Head of Junior School, to formalise their child's enrolment for 2020. If you have a child who is due to start school in 2020, but have not received a letter, please contact the College Registrar Tracey Davey on 87 255 455 and she will help you organise this.

Parish Planned Giving Rebate

A reminder to families that parents contributing to the Parish Planned Giving may claim a rebate from Tuition Fees of 50% of their contribution up to a maximum claim of \$750. Official Parish receipts can be presented to the College's Finance Department now for the deduction to be made.

God Bless,

David Mezinec | Principal



From the Assistant Principal – Student and Staff Development

The Importance of Fire and Lockdown Drills

As part of our commitment to Work Health and Safety, the College is required to perform two fire drills and two lockdown drills each year. These occur one a term. Not only do these drills ensure that all staff, students and visitors understand what they need to do if there is an emergency or fire, they also help us test how effective our safety and evacuation plans are, allowing us to make improvements and adjustments if necessary.

Everyone in the College from students in the Early Learning Centre to Year 12, all staff and visitors need to take part in regular drills. It helps everyone grasp fully the College's escape routes and the instructions they must follow.

When a Fire Drill occurs, a siren will ring continuously and everyone is required to move to the oval and line up in designated areas. At this stage, wardens will occupy College entrances to stop vehicle traffic entering, allowing a clear entrance for emergency vehicles if needed. The siren will cease when we know all areas are safe. Once the 'all-clear' is given and all members of the College and visitors are accounted for, Students will return to class and the College will continue with its normal day.

A Lockdown Drill is a practice in case there are external hazards or threats to the College environment or community. For a Lockdown Drill there are two components: an Orange Alert and a Red Alert. An Orange Alert could occur if there was an external hazard such as a chemical spill on the road, smoke from a nearby off-site fire or other reasons. It is important that everyone stay inside. A Red Alert could occur if there was an external danger such a threatening or armed person on the grounds.

With the Lockdown Drill, it begins with an Orange Alert – A voice recording repeatedly states, "this is an Orange Alert". This is the signal for everyone to move into the nearest room if outside and ensure doors and windows are shut. If an Orange Alert occurs during class time, then students can continue working. The next component of the drill is the Red Alert. The voice changes to "this is a Red Alert". When this occurs, everybody must be inside, doors and windows locked, lights off, and out of sight; either by sitting against walls under windows, under tables or other areas where they are not visible from the outside. Once the all clear is given, everyone must move to the Barrie Holmes Stadium to be accounted for.

In particular, these drills help us all become accustomed to the process and recognise that we need to take safety seriously. This can help to reduce confusion, panic, and any complacency. If you have any queries or concerns about these processes please let us know.

Jennie Sanderson | Assistant Principal – Student and Staff Development



CIM Team News

Mary Mackillop Feast Day

On Thursday 8 August, we went on a trip to Penola with Ms Coote for the Mary MacKillop Feast Day. First, we went to a Mass held by Father Michael and some of the students from Mary MacKillop Memorial School. We then spent the rest of the day joining in activities. We participated in a quiz with one of the classes; we played basketball and did many activities with the students and teachers, such as a STEM challenge. The challenge was to make the tallest tower out of play dough and match sticks. We also made Prayer cards and on the Prayer cards, we drew pictures of Mary MacKillop.

At lunchtime, we had a sausage sizzle and went back for seconds because they were so yummy! During lunch, it was raining, so we went into the library. Some of us danced at the disco or played on the undercover court. The disco was a lot of fun and the friendliness of the other students asking us to dance made us feel very welcome.

After lunch, we had a look in the church and in Mary MacKillop's school that she taught in. We saw lots of Father Julian Tenison Woods' belongings and old paintings before we headed back to Mount Gambier. It was a great day celebrating one of our college's founders, St Mary of the Cross Mackillop.

Harry, Elodie, Maggie and Patrick | Year 5 Student Leaders

'Pride in Your Stride' Walk

On Friday 9 August, the Year 5 classes participated in the AC CARE 'Pride in Your Stride' walk; raising awareness for homelessness in the Limestone Coast. We participated in the Community Walk from Vansittart Park along Commercial Street to the AC CARE building on Ferrers Street. Last term, the Year 4 and 5 Students learnt about local homelessness through the informative guest speakers from AC CARE. This talk sparked a lot of interest and discussion amongst the Students of what action they can take in our

community to raise awareness for homelessness, and all wanted to participate in the walk.

Students decorated images of shoes, which were used to decorate the AC CARE building during Homelessness Week. The walk has further inspired our learning in the classroom around the focus of our 'Food For All' R.E. topic. The children have also engaged in discussion with Sunset Kitchen representative Sandra Pearson, as to how we can further assist those in need in our community.

Nikki Bishop, Becky Higgins, Sharn de Nys and Tina Opperman | Year 5 Teachers

Feast of the Assumption of the Blessed Virgin Mary

This Thursday, we celebrate the Feast of the Assumption of the Blessed Virgin Mary. This is the most important Marian (Mary) feast in the liturgical year and highlights the importance of Mary in our Catholic Tradition. This feast celebrates Mary being 'assumed' body and soul into heaven after her death to share in the Resurrection of her Son, Jesus.

The Feast of the Assumption is a Holy Day of Obligation for all Catholics. We will celebrate this important feast day with a Whole School Mass at 11:00am in the College's Barrie Holmes Stadium. We warmly welcome all families to join with us to celebrate this mass on Thursday.

ACYF fundraiser

In December, a group of 14 Staff and Students will head to Perth for the Australian Catholic Youth Festival (ACYF). This biannual event, organised by the Australian Catholic Bishops Conference (ACBC), brings together thousands of young people from across Australia. The ACYF exists to provide young people with opportunities to deepen their relationship with Jesus, be empowered to be disciples in the world today and encounter and celebrate the vitality of the Church in Australia. The ACYF group will be having a fundraiser on Sunday 25 August where they will be working together with Aero Espresso to bake homemade pies, pasties and sausage rolls. [Here](#) is the order form. Aero Espresso is well known for their delicious pastries so spread the word and get your orders in.

Parish Mass

A Mount Gambier Catholic Community Parish Mass is held each Thursday of the Term and is led by a different class or year level each week. Mass is held at 9:00am in the College Chapel and all parents, grandparents and friends are welcome to attend.

The roster for Term 3 Masses is as follows;

Week 4	Whole School Mass 11am – Feast of the Assumption
Week 5	Year 8
Week 6	Year 6
Week 7	Year 7
Week 8	Year 4/5
Week 9	Year 9
Week 10	Year 10

Michelle Coote | APRIM – Assistant Principal Religious Identity and Mission

MOUNT GAMBIER CATHOLIC PARISH

YOUTH GROUP

MASS · DINNER · GAMES
CATECHESIS

**ST. PAUL'S CATHOLIC CHURCH
MOUNT GAMBIER**

**6-7 PM SATURDAY VIGIL MASS
7-9 PM YOUTH GROUP**

**EVERY 3RD SUNDAY OF THE
MONTH**

Youth Masses for 2019

Starting August 2019, the Youth Mass will be celebrated on the Vigil (Saturday night) every 3rd Sunday of the Month. Music and readings are led by the youth from Tenison Woods College and our Parish. There will be meals, games and Catechesis in the hall for the youth after mass. This youth group is aimed for children in year 7 and above. For more information about this initiative please grab a postcard listing all the dates on the Bulletin stands or [email](#) the Youth Group Coordinator.

Cisca Teodoro | Sacramental Coordinator, Mount Gambier Catholic Parish



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Shining Light Awards Tickets On Sale Now

Our 2019 Shining Light Award Night is on Saturday 26 October at Commodore on the Park!

This year, we are recognising the following recipients:

- Tom Kosch
- Pam (deceased) and Brian (deceased) O'Connor
- Hopper and Bob (deceased) Gabriel
- Ken Green

Tickets can now be purchased via Ticketebo [here](#).

Congratulations to these Old Scholars and College Community Members who will be celebrated in October.

To find out what the Shining Light Awards are all about, visit our [website](#).



New Hair Accessories at Uniform Shop

Navy hair accessories are now available in the uniform shop including; ribbons, bows, clips & scrunchies. Costs are between \$2 - \$5.

Homestay Family Needed

Tenison Woods College is presently looking for a suitable family for a Regional Student from Robe. The 15-year-old male student will be enrolled in Year 10. His interests include reading, listening to music, computers and karate. The student will require homestay mid-week only as he will return home on weekends.

A suitable family can be one with younger children, a family with teenage children, a single person or an older couple/family with no children at home.

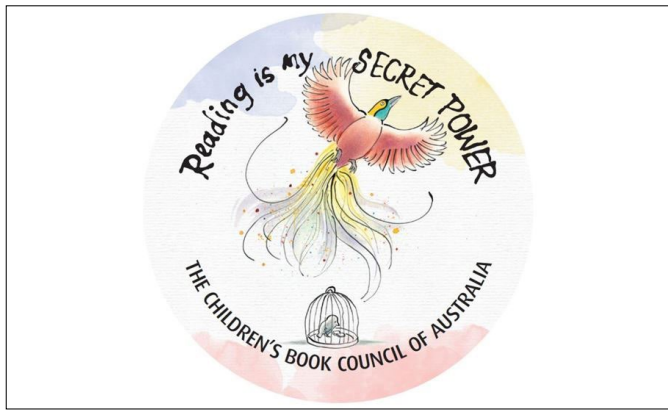
Regional students pay their host families board.

If you are interested in hosting this student, or you know of anyone who may be interested in hosting, please contact **Annie Clifford**, International Student Coordinator/Homestay Coordinator for more information.

Phone: (08) 8724 4635

Mobile: 0408 372 428

Email: clifa@tenison.catholic.edu.au



Book Week 2019: Reading is my Secret Power

Week five this term is Book Week and as always we are all looking forward to celebrating the many positive benefits of reading books. The Library has competitions for R - 7 students to enter.

For details please click on these links [competition details](#) and [competition templates](#).

The Book Week Parade will be held at 9am in the Barrie Holmes Stadium on Friday 23 August and all community members are encouraged to join us. The PTA are having a coffee get together in the Sugarloaf Cafe at the conclusion of the Parade so please also put this in your calendar, more details can be found on the [PTA Facebook page](#).

Happy reading!

Chris Lloyd | Teacher Librarian



Music Campers Battle Weather to Shine

Last week's Junior Music Camp was a tremendous success, despite the fierce storm, blackout, freezing conditions and hail! Congratulations to all the Students who dealt with these less-than-ideal conditions with good humour and common sense.

The Year 6/7 Band and Music Connection braved the wintery conditions at the Karnkendi Campsite in Nelson and enjoyed a full day of rehearsals and activities before the storm hit. Based around the theme of 'The Lion King', Students were divided into teams and collaborated in many different ways.

Once the storm arrived, Students tried to sleep through the noise of the weather. When the blackout occurred, everyone was grateful for the wood fires so all could stay warm! With the assistance of a generator in the morning, all campers were able to have a hot shower and some breakfast before setting off to collect the Storm Drum Corps on the way to Millicent.

Students presented an excellent concert to the St Anthony's School Students. It was a great showcase of their musical talents, with the audience very appreciative of their performance. Despite the many tired bodies, the Students were great ambassadors for the College.

A huge thanks to the Staff who supported the Students during the camp in such trying conditions - Tameka Nube, Jodi Swiggs, Alison Gwilym and Nathan Creedy. It truly was a camp that we won't forget!

Beth Creedy | Head of Music

Three from Three for Titans Basketballers

On Friday 9 August, Tenison Woods College sent our Year 6/7 Boys and Girls SAPSASA Basketball Teams to compete in the District SAPSASA Basketball Competition.

Students competed against many different schools from around Mount Gambier, with various levels of competition being met throughout the day.

Our Division 2 Boys Team played five games over the course of the day, finishing the competition undefeated and with great pride, successfully playing great team games.

Both the Boys and Girls Division 1 Teams played four games each - all of which were won. This saw both teams progress through the competition undefeated also, thus qualifying them for the SAPSASA Regional Competition, to be held on Friday 23 August!

Well done Titans!

Tori McIntyre | Sports Administration Trainee



Div 1 Boys Team



Div 1 Girls Team



Div 2 Boys Team



Debating Eisteddfod Success

Last week saw Tenison Woods College enter six teams across three divisions in the Mount Gambier Eisteddfod Debating. This competition sees schools travel from all over the region and this year included teams from as far away as Frances and Hamilton, Victoria.

The College's Year 7 speakers were involved in two debates, taking each side of the topic 'That reading books is better than watching television'. The affirmative team of Nellie Badenoch, Sarah van Rijthoven and Amelie Hayes won their debate. The second team, consisting of first-timers Jaimee Smith, Susannah Bhutia and Paige Exelby, took the negative side of the topic and presented well. While they were narrowly defeated, they gained a lot from the experience in terms of delivering speeches and dissecting rebuttal points.

On the Thursday, two teams were involved in the Junior Secondary Division, with the team of Ethan Hopgood, Liam Nott and Aiden Mustey victorious in a close debate, arguing the topic 'That superheroes are more relevant than ever', presenting some excellent rebuttal of their opponent's arguments. Later in the day, the team of Ashley de Jong, Campbell Fox and Edie Jones went on to win their debate on the topic 'That crime does pay', delivering a wider-ranging argument.

The Senior Secondary Division was held on the Friday, with another two teams from the College competing. The first, with Jemima Aungon, Adele Proserpi-Porta and Laura Cesario presented a strongly-researched and highly articulated refutation of the topic 'That the media serves us well', winning their debate with a clinical dissection of their opponents arguments. Our final team argued the more light-hearted topic 'That vampires are better than werewolves'. Sophia Weston, Matisse Schmidt and Amelia Taylor delivered an entertaining, informed and pun-filled debate, which successfully put the bite on their opponents. Sophia Weston was also awarded the Runner-Up Best Speaker for the day, which is a significant achievement in her first debate.

The Eisteddfods provide a challenge for our Students, where they can develop their skills no matter their ability or experience, mix with other like-minded Students across the region and push themselves to continuously improve. If your child is looking to do any of these, Debate Club runs every Thursday at lunch, upstairs in the Pam Ronan Centre, and we would love to see them there!

Adam Taylor | Teacher



Year 10 PLP Session #8

We are nearing the conclusion of the SACE PLP course, which commenced in Week 2 of Term 1 for our Year 10 students. They have recently completed Task 3 and on Monday 19 August at 12:00pm, the Students will be introduced to Task 4 'Reflection on learning'. The afternoon is shaping up to be a good opportunity to make inroads on the final assessment.

David Cole | Year 10 Wellbeing Coordinator and PLP Key Teacher



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Seniors Brave Cold for Winter Sleep Out

On any given night in Australia, approximately 116,000 people find themselves homeless. A large number of these people are under the age of 25.

On Friday 9 August, a group of Year 12 Students and Staff braved the cold Mount Gambier weather for the annual Winter Sleep Out.

This event aims to raise awareness of homelessness in the South East during the long, cold winter months. It also gives a glimpse into the conditions that those sleeping rough endure on those nights.

It became apparent early in the night as the temperature dropped to a low of 4°C, while winds increased and the rain poured down, that all involved in this event were grateful for a roof over their heads and a warm bed. A simple meal of bread and soup was offered to Students to provide another glimpse into the lives of those less fortunate than us in our community.

A very big thank you to those Parents and Staff who generously donated bread and soup, along with those Staff members and Students who came and visited on the evening to show their support to the group who were sleeping out.

Chloe Shanahan | 10-12 Catholic Identity and Mission Co-ordinator



HPSP Student Athletes Experience Tours

On Sunday 11 August, our High Performance Sports Program Football Students travelled to Melbourne to take part in the 2019 HPSP AFL Experience. Arriving in the city in the afternoon, the group journeyed to the MCG, where they saw the Carlton vs Richmond AFL Match. This was an incredible opportunity for our students to view and understand deeper concepts of the game and the athletic abilities that are required, all whilst watching their favourite players.

On Monday 12 August, our Students were privileged to be taken on a guided tour throughout the Melbourne Storm Rugby League facilities by former PE Trainee, Bec Bruhn. This allowed the group to gain an insight into what professional sporting training facilities look like and how they function, as well as expanding their knowledge on how demanding professional sport can be. Following this, Students headed over to the MCG, where they experienced a second guided tour. In being shown around this famous sporting facility, the group were able to grasp concepts regarding the MCG's sporting history, gaining knowledge on topics such as the 1956 Olympic Games, Sir Donald Bradman's cricketing achievements, and multiple historical AFL moments.

Tori McIntyre | Sports Administration Trainee

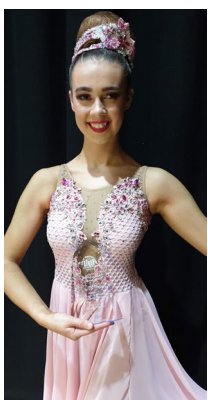


Students Raise Awareness about Homelessness

On Friday 9 August, a group of the College's Middle and Senior School Students set off to Mount Gambier Central to play the Vinnie's "Below the Poverty Line" game as part of Homelessness Week.

This over-size board game aims to highlight the work that Vinnie's does with the 1.8 million people across Australia who experience poverty and homelessness. Having this game in such a prominent place within our community allowed members of the public the chance to interact with our Students and have discussions about the work that Vinnie's does, as well as gain an understanding of what it is like for the 3 million Australians who live below the poverty line.

Chloe Shanahan | 10-12 Catholic Identity and Mission Co-ordinator



Fatchen Wins at Warrnambool Eisteddfod

Year 12 student, Taylor Fatchen (of Mount Gambier's Tonique Dance Studio) was honoured with the Rosemary Kelson award at the recent Warrnambool Eisteddfods. Rosemary Kelson was a life member of the Warrnambool Eisteddfod Committee and involved in most disciplines as well as serving on the Committee for over 20 years. In her honour, an award is given each year by the Committee and sponsored by the Rotary Club of Warrnambool and Lifetime Trophies.

Recipients are chosen from different disciplines each year and in 2019 the discipline was Calisthenics. This was the first time the award was made to Calisthenics.

Taylor was chosen for excellence in her discipline and also her sportsmanship and the courteous way she treats volunteers and encourages other competitors.

Hospitality Uniforms Wanted for Resale

Students who are looking to sell their pre-loved Academy of Hospitality uniforms are welcome to hand them in for resale to current Students for half the purchase price.

Please place clean, folded uniforms in a plastic bag and hand to Jen McCourt, or leave with Tanya Thomson at the Senior School office to be placed in Mrs McCourt's pigeonhole. Remember to place your name and contact details on a piece of paper inside the bag.

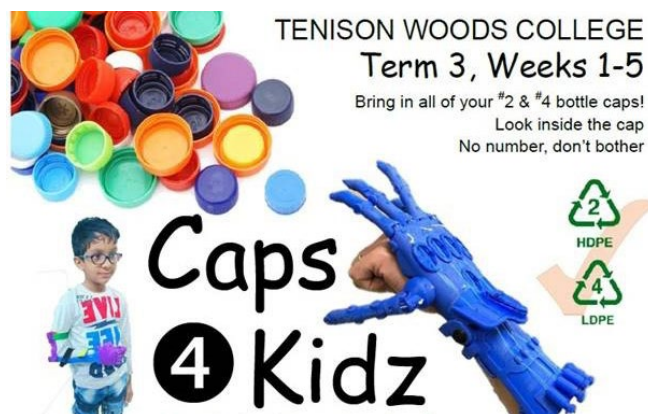
Jen McCourt | Hospitality Teacher



Counsellors Corner Posting Pictures of your children on the internet

Please click [here](#) to read the full article.

Josie Ashby | Wellbeing Counsellor
Mairead Mackle and Laura Herbert | Student Counsellors



Collecting Bottle Caps 4 Kidz

"Caps 4 Kidz" is a project aimed at collecting plastic bottle caps to reduce landfill. The bottle caps collected during this campaign will be melted down to make prosthetic hands and arms for children. Working in conjunction with UniSA and Envision, the Students of Year 7C have volunteered to oversee the collection of these bottle caps for Middle and Senior School. Collection points have been set up around the College and in classes for the plastic bottle caps. \$500 is up for grabs to the school who collects the most bottle caps.

Here's how the campaign works;

1. Bottle caps will be collected during Weeks 1-5.
2. At the end of Week 5, representatives from UniSA will collect the bottle caps and measure each school's collection through weight.
3. UniSA: Mount Gambier will then notify the winning school later in the Term.

What type of bottle caps are eligible?

- Number 2 and Number 4 bottle caps are required. Please check caps before donating. If there is no '2' or '4' on the inside of the cap, please do not add to the collection.
- Bottle caps must be washed and dried.
- Please take out the plastic seal (ring) as this cannot be used by Envision.

Schools of all sizes have an opportunity to win!

The winning school will have the most bottle caps per capita. E.g. 1000 bottle caps/500 students = 2 per student. 1000 bottle caps/100 students = 10 per student. (Please note bottle caps will be measured by weight, rather than counting).

For additional information, please watch this [video](#).

Barb Metzger | Year 7 Teacher

See the Community Noticeboard for posters and notices of upcoming events within our College, and wider community.

Please click [here](#) to view this page.



Jumping for Heart

This Friday 16 August is “Jump Off” Day for the Junior School Students at Tenison Woods College. The day will start in lesson one until lunch time. There will be 33 minutes of music to help Students to be active and will have a great time skipping up a storm in the Gym. The “Jump Off” timetable is outlined below. Parents and Caregivers are welcome to come watch and join in.

Lesson 1: 2 KD

Lesson 2: 1 NATJ and 3 LS

Lesson 3: 4 DJ, 4 CR and 1 MB

Lesson 4: 3 SCTB, 3 AS, Reception VG and 5 NB

Lesson 5: Reception KWHM and 5 RH

Lesson 6: 4 AE, 1KT, 5TO and Reception AO

Troy Mustey | P.E. and Library Staff



World-Renowned Craftsman Guides Technology Students

During Semester 1, Year 11 Students in Design & Technology began a new and revamped Woodwork Program, offered this year at a Stage 1 level.

The program had Students design and build a contemporary wooden stool. The project was a perfect introduction to the beautifully designed ‘perch stool’ by Peter Galbert - one of the world’s finest chair makers from New Hampshire in the USA. Students had the opportunity to talk with Peter through social media. The renowned chair maker was more than happy to assist our keen learner’s, giving crucial tips along the way.

The Students began with creating a computer-aided design (CAD), then a 3D-printed design of their project. They then used traditional chair making tools, focusing on the finer skillsets of using their hands to produce their unique fine furniture piece. They integrated modern technologies, including lasers for drilling perfect angles and laser etching a design into the seat before polishing their piece.

The Students completed their stools to an exceptionally high standard, which they should be very proud of.

Thank you to OneFortyOne for very kindly donating the locally grown timber that Students were able to use for the legs of the stool.

Brad Colliver | Business Enterprise & Technology Coordinator.



Recipe of the Week Malaysian Laksa

Please find the recipe [here](#).

For daily posts, please follow the Stephanie Alexander Kitchen Garden on Instagram at sakg.twc.

Jen McCourt | Hospitality Teacher



Headspace Checks In at the College

Today, Wednesday 14 August, the College welcomed Paul Lowe from Headspace Adelaide. Paul spoke to Students from Years 7 to 11 about topics like “Bullying and Mental Health”, “Looking Out For Your Friends” and more. Paul also described what mental health is, life events that can decrease our mental health, what happens to the body when your mental health is not good, different types of bullying, strategies to help, signs to look out for your friends & family and supports that you can be using.

Sources Paul mentioned he uses include:

- [Mental fitness videos](#) (positive mindset, resilience etc):
- [For young people](#)
- [Information on the Mental Health Continuum](#)
- [Smiling Mind \(mindfulness\)](#)
- [Tips for a healthy headspace](#)

Some support services Paul ran through included:

- Beyond Blue
- Eheadsace / headspace website
- Kids helpline 24/7
- Reach out.com
- RUOK (including RUOK day in September)
- Emergency services (if a friend is in danger or harm etc)
- GP / local and other online services

“He taught us a lot about Mental Health and strategies to maintain positive Mental Health.” - Teangi and Deacon, Year 7 Students

We thank Paul and Headspace for educating our Students on such an important topic.

Tania Sigley | Director of Wellbeing



Upcoming Events:

Wednesday 14 August

- Open Boys and Girls Basketball Finals, Adelaide

Thursday 15 August

- 11:00 am - Whole School Mass - Assumption Of The Blessed Virgin Mary, Barrie Holmes Stadium

Friday 16 August

- SAPSASA Regional Golf Day, Naracoorte
- 9:00 am - R-5 Jump Rope for Heart, Barrie Holmes Stadium
- 9:20 am - Junior Poplars Gymnastics Excursion, Blue Lake Gymnastics Club - West Gambier
- 10:15 am - SSSA Year 8/9 Boys Soccer, Grant High School

Saturday 17 August

- 6:00pm - Mass, Liturgy of the Word for Children, St. Pauls Church

Sunday 18 August

- 11:00 am - Youth Mass - Liturgy of the Word for Children, St. Pauls Church

Monday 19 August

- Book Week
- 12:00pm - Year 10 PLP 1/2 Day - Session 8
- 4:30pm - 2020 Senior School Subject Selections, Millicent
- 5:00pm - 2020 Year 8 Subject Finalisation - St Anthony's Catholic Primary School, Millicent

Tuesday 20 August

- Book Week
- 9:00am - Year 10 & 11 Immunisations
- 4:30pm - 2020 Senior School Subject Selections, Penola
- 4:45pm - 2020 Year 8 Subject Finalisation, Mary MacKillop Memorial School, Penola
- 6:15pm - 2020 Year 8 Subject Finalisation, Naracoorte

Wednesday 21 August

- Book Week
- 2020 Subject Counselling - Years 10, 11 & 12, Lecture Theatre
- 7:00am - Open Girls Soccer, Bordertown
- 9:00am - Year 10 Bushwalking Camp, Cape Bridgewater
- 11:00am - Reception Liturgy, Chapel
- 11:30am - Year 2 Liturgy, Chapel
- 11:50am - Middle & Senior Poplars Ten Pin Bowling, Kaboom Entertainment
- 12:00pm - Year 1 Liturgy, Chapel
- 12:30pm - Year 3 Liturgy, Chapel
- Parent Teacher Interview Bookings Open, emails sent out on this day

Canteen Roster - Week 5, Term 3

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 - Naomi Mitchell

Tuesday - Lyn Wilson

Wednesday - Kate Pohlner

Thursday - Sarah Cutting

Friday - Amanda Mackay

Lunch order bags can only be used once, they are not reusable.

Icy poles cannot be ordered on lunch bags. Children need to come to canteen to purchase.

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 for Term 3.

Contact Us:

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