

Weekly Newsletter

WEDNESDAY 30 OCTOBER 2019 | WEEK 3, TERM 4

Year 12 Breakfast, Assembly and Morning Tea



Thursday 24 October marked a very special day for our Year 12 students and their families. It marked a rite of passage, as it was their last day of formalities as a Tenison Woods College student.

The day commenced with a formal breakfast with staff, followed by a Farewell Assembly with the whole school. Students and families then gathered with staff over morning tea, before concluding with a final Mass. It was fitting to end with the Mass, as it is a visible sign of our mission in Catholic schools. We were privileged to have Fr Dean celebrate Mass with us, as he highlighted the significance of the occasion and the journey our Year 12 students had been on. Thanks to the parish Rosary Beads Making Group, who presented hand-made rosary beads to each individual year 12 student at their final Mass together.

Many people contributed to the success of Thursday, with representatives from all areas of the school taking part. At the assembly, the Reception students sang the song 'My Wish' to the Year 12 students. This had special significance as it was the song our Year 12's sang to their buddies all the way back when they were in Reception. Junior School students led prayer, whilst representatives from Year 9 and Year 11 presented a tribute to the Class of 2019. Our 2019 College Captains – Emily Turley and James Lucas – presented some heartfelt thanks for the support shown by the school. Emily and James also presented our 2020 College Captains – Ethan Herpich and Jess Snell – with a candle, as a symbol of the light that shines in all of us and their captain's blazer.

A highlight of the day was the family involvement. It was rewarding to see so many parents, family members and friends sharing in the celebrations and reflections. Families should be recognised for the tremendous support that they give their children, and this milestone is just as much about the families as it is the student.

The Class of 2019 have all demonstrated growth during their time at the College – academically, spiritually, socially and physically – of which we are very proud. I have every confidence that once they leave us, they will be the best people they can be for the world beyond school. Best of luck with your exams.

Ciaran Buckley | Head of Senior School



From The Principal

Shining Light Awards and Reunion

Last Saturday evening, 26 October, I was delighted to be involved in a celebration of Catholic school communities in Mount Gambier; communities which have let their light shine for 139 years. The evening continued the journey of telling our school story proudly, by capturing the story of individuals who offered insights into who we were, who we are, and who we want to be.

The evening was all about valuing that story of endeavour, from the pioneering efforts of Father Julian Tenison Woods and Saint Mary of the Cross MacKillop, to the Sisters of Mercy and Marist Brothers, who chose the path less travelled and made all the difference to the families of the South East. As such we valued the story of St Joseph's Convent, St Mary's School, Mater Christi College, Marist Brothers Agricultural College, St Paul's School, Tenison College and now Tenison Woods College. The evening celebrated the contributions of all students, parents, staff and friends of the College who have helped us evolve to become the community we are today.

The awards aim to recognise significant contributions made by former students, families or staff to our local and global community in order to inspire current and future students about the essence of our community and their call to service.

So, Saturday, in the capable hands of the talented David Kenseley as MC, local identity and former student of Tenison College, we continued by celebrating:

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

These Shining Lights add to our honour role from 2018, including Alan Balshaw, Sr. Sally Duigan, Jenna McCormick, Jeanette Elliott and Anthony Casadio

These Shining Lights add to our honour roll from 2017, including: Maurice Corcoran, Natalie Medhurst, Robert Peake, Pauline Kenny and Noel Bull

And our 2016 Shining lights: Lorraine and Ken Gazzard, Jessica Braithwaite, Tony Pasin, Cristina D'Agostino and Eric Roughana.

We heard Saturday about their life and contributions, their inspirations and motivations, as people who have let their light shine. Just like the Shining Light mementos they received as an acknowledgement, they have stood out as beacons for those around them.

I trust that these stories will help us reflect on others who deserve nomination, in the spirit of telling the wonderful story that has evolved today to be Tenison Woods College.

Please follow this link to hear more about our Shining Lights: <https://vimeo.com/showcase/6538364>

I feel the reunion was a wonderful celebration of individual endeavour, but also of the family nature of our community and the way this community over many years has inspired individuals to achieve and serve their community.

I thank members of our community for attending this significant evening in the story of our community. I particularly thank the Public Relations and Events Team: Jess Herring, Jason Scheidl and Sienna Rossi. Similarly, I thank the Friends of Tenison Woods College Committee: Domenica Dunn, Michelle Coote, Francesca Dickson, Tory Brett, Joanne Turley, Jess Herring, Patricia Kitney and Alex Nicholson for their efforts in preparing for the evening.



From The Principal *continued...*

Special thanks to Jen McCourt and our Hospitality students: Bianca Dowdy, Clancy Cane, Sari Mutton, Charlie Facy and Connor Hall whose service during the evening was exemplary. Likewise, our talented students Alina Crispino, Lauren Smith, Amelia Taylor, Scott Hanel, Ryan Creedy and Ethan Hopgood provided musical entertainment of the highest quality.

Finally, it was a delight to have the reunion at the Commodore on the Park and we thank Tom Kosch, the Kosch family and his team for their characteristic hospitality, support and generosity.

Now who should be one of our 2020 Shining Lights? If you would like to nominate somebody, please visit the Old Scholars page on our website, and scroll to the bottom of the page for the Nomination Link. <https://www.tenison.catholic.edu.au/community/old-scholars>.

Student Leadership

At last week's whole school assembly, we thanked our Year 12's for their efforts over the past year as our Senior Leaders. Our Year 12 Senior Leaders also concluded their active leadership in the School so that they have time to prepare for their exams and concluding assignments. We thanked the Music Leaders, Sports Leaders, Faith, Wellbeing, Sustainability and House Leaders for their commitment to our College community, noting also the particular leadership of our College Captains, Emily Turley and James Lucas.

Emily and James also had the pleasure of announcing that, from an outstanding array of young people who offered their talents, Jessica Snell and Ethan Herpich would be the College Captains for the next school year.

Following on from the student leadership this year I am excited about the next year of student leadership in the College and I pledge the College's support for Jessica and Ethan's efforts so that their servant leadership will have an impact. I also expect that their leadership will be critical to what we as a school achieve and how the student's voice is given expression in our school community.

AR19 – Our Challenge and Our Celebration

Last Thursday afternoon and Friday, which is our student free Show Day, we conducted our Tenison Woods College Staff Conference, AR19, (Action Research 2019), which was a wonderful celebration of action research conducted in 2019 by teachers and co-educators in the learning environments of Tenison Woods College.

At this time of the Catholic Education South Australia (CESA) Living, Learning, Leading Framework, AR19 is a commitment to continue reflecting on our craft as Catholic educators, who aspire to enabling each and every learner at Tenison Woods College to shine, with all the deep reflection, critique, collaboration, humility, professional frailty and wonderful communal success that such whole staff endeavour brings. Rowena Ulbrick, our College facilitator and provocateur, made the following comments about our efforts this year: "Throughout AR19 educators at Tenison Woods have focused on developing well scaffolded collaborative learning tasks that are both authentic and challenging. Explicit learning tasks were designed to enable collaborative learning experiences and create a meta-language around collaboration and social capability. This enabled learners and educators to engage in rich dialogue about the expectations, process and outcomes of working together to solve complex problems. Crucially, learners were not only provided with the opportunity to engage in collaborative learning experiences, but were also measured on their capability through co-constructed success criteria, assessment rubrics as well as self and peer assessment. Many educators employed a highly empirical approach to their Action Research, generating data on the progress that learners had made against the ACARA social capability outcomes. This resulted in educators being able to make insightful reflections about the impact of their learning design on student outcomes, empowering them to feel confident in identifying effective strategies for collaborative learning and developing clear objectives for next steps in their professional practice. Educators at Tenison Woods possess a strong moral imperative to both deliver a quality education and prepare young people for the future world. It is within this environment that a culture of continuous learning enables the evolution of pedagogical practices which are demonstrated through the Action Research projects, year after year."

Working Bee Saturday 26 October

Thank you to the sixty people who offered their time to the Working Bee last Saturday. During the Working Bee we to added bark, soil and sand to the ELCC grounds, barked the Indigenous Garden, removed 5,000 pavers from the old Pines precinct and made a start to painting the Junior school Playground. It was a great job in amongst some challenging weather early in the day.

Parish Pastoral Council Nominations

Parish Pastoral Council nominations are now being sought. Nomination forms are located on the Bulletin Stands at the church entrances. Please fill in the form with the name of a person you wish to nominate and return to the Parish Office.

Parish Facebook Page

Check out the parish Facebook page, 'like' and 'follow' it at www.facebook.com/mtgambiercatholicparish.

Transforming The Pines

Dycer Constructions are busy completing the work on the new Pines precinct, the significant preliminary stage of our master plan.

Navigation of the car park at the rear of the Moorak/Thomas Ryan Building is restricted to one way only. Vehicles are only be able to enter this car park via the White Avenue driveway. Cars entering via Shepherdson Road are only able to drop students off outside of the Music building and then exit again via Shepherdson Road.

Key milestones for the next two weeks will include:

WEEK 3

Wed. 30 October Poplars temporary class location shift.
Thurs. 31 October Internals and external removals from Poplars.
Fri. 1 November Demolition of Poplars Staff Area Portable.

WEEK 4

Mon. 4 November – Four Poplars portables removed and placed in the new
Fri. 8 November Pines Precinct. Playground will remain for use by
Poplars students until later in the year.

Key dates for the commencement of 2020:

A full list of 2020 key dates will follow soon, but to assist with planning I inform our College community of dates to commence the academic year:

Wednesday 22 January 2020 All Teaching Staff commence
Friday 24 January 2020 Book collection day
Monday 27 January 2020 Australia Day Public Holiday
Tuesday 28 January 2020 Reception, Years 6, 8, 10, 11, 12
commence term 1.
Wednesday 29 January 2020 All other students commence term 1.

You will note the staggered start to the commencement of the year for students. This approach will assist students in the identified year levels to complete the best possible transition processes with the relevant teaching and support staff. We also look forward to preparing transition programs that will accentuate our relationship with parents and carers in the support of student learning and wellbeing.

God Bless

David Mezinac | Principal



From the Assistant Principal Student and Staff Development

Last week was one of those special times of the year when I realise why I am proud to say I work at Tenison Woods College. There were four significant events involving students and staff that showcased the depth of commitment and high level of ability of both cohorts, past and present.

On Tuesday ten Year 11 students spoke to the Middle and Senior Schools about their desire to represent the College as Captains for 2020. It is a daunting prospect standing up in front of your peers and putting yourself forward. Each student spoke clearly and passionately about their commitment to the College and each one would have been a worthy recipient of the title, College Captain. Congratulations to Ethan Herpich and Jess Snell and I hope the other students will continue to be involved in senior student leadership.

The next event was the farewell assembly for the current Year 12 students. This is always a poignant moment for staff, students and their parents. It was wonderful to see such a large turnout.

Thursday evening and Friday was the staff Action Research presentations. Each year I am amazed at the depth of innovative and inspiring activity that our staff and students are involved in. The level of educational rigour that is occurring across all areas of the College is inspirational and a credit to our staff. We were very fortunate to have the use of the marvellous facilities at Uni SA to present our research.

The finale of the week was the Shining Light Awards on Saturday evening. We were treated to four outstanding and inspirational presentations about past scholars or those who have helped make Tenison Woods College the place it is today. Please keep a look out on Facebook and on our website for the videos of the recipients, they rival Australian Story!

As you can imagine none of these events happen without a lot of hard work and creativity. While there are too many people to thank individually, a common thread for each of the four events is our Public Relations Department, Jess Herring, Jase Scheidl and Sienna Rossi. They had a huge week showcasing the College and were still smiling at 11.30pm on Saturday Night. This is another reason why I am proud to belong to the College.

Jennie Sanderson | Assistant Principal – Student and Staff Development



CIM Team News

Movie Screening of Unplanned

The Mount Gambier Catholic Parish are hosting a screening of the movie Unplanned on Monday 4 November at 6:30pm at the Oatmill Cinema. The film is based on the true-story of a young woman who takes a job in an Abortion clinic in the USA. The movie presents her story and some of the things she comes to realise about the clinic and the industry. Tickets can be bought online at <https://bit.ly/369M39Y> For further information about the movie or the event please see the Mount Gambier Catholic Parish Facebook page.

Vinnies Fashion Parade - 8 November

Vinnies Mount Gambier in conjunction with Lions Club of Gambier City are holding a Fashion Parade at the RSL Bowling Club, Jubilee Hwy East. To be held on 8 November. 7.00pm for 7.30pm start. Admission \$10 per person, includes supper. Pre sold tickets only, available from Vinnies, Tenison Woods College or Gambier City Lions 0419 033 376. Bar Facilities (cash only). Models by Tenison Woods College students and staff, dressed by Vinnies. All proceeds to Vinnies Mount Gambier. Please click here for the poster: <https://bit.ly/31Wnhqw>



All Saints & All Soul's Days

The month of November, beginning with All Saints Day on November 1 and followed by All Soul's Day on November 2 is traditionally the month the Catholic Church honours and remembers the Saints and heroes of the Church, and relatives and friends who have died. We are reminded that living or dead, we belong to the Communion of Saints ie. that those living on earth, and those who have lived before, are all united in the Body of Christ. Please see local parish bulletins for mass times on All Saints Day and All Soul's Day. On Sunday November 4 the memorial flags will be put in place on the pathway of St Paul's Church where they will remain for the month of November. There will be a shared lunch in the hall following mass.

Sacrament Program 2019-2020

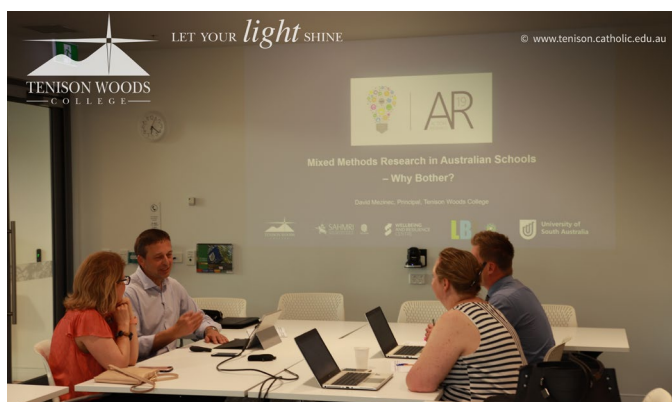
Family Session A will take place on Thursday 31 October. Families enrolled in the program are required to attend either the 4:30m or 6:45pm sessions in the Tenison Woods College Staffroom.

Term 4 Masses at the College

All masses at the College are held in the Chapel at 9am on Thursdays unless stated otherwise. All are welcome to attend.

Week 3 (Thursday 31 October) Year 10
 Week 4 (Thursday 7 November) Year 11
 Week 5 (Thursday 14 November) Year 9
 Week 6 (Thursday 21 November) Year 8
 Week 7 (Thursday 28 November) WHOLE SCHOOL END OF YEAR MASS
 9:00am in Barrie Holmes Stadium
 Week 8 (Thursday 5 December) Year 6/7

Michelle Coote | APRIM – Assistant Principal Religious Identity and Mission



Action Research 2019

Last week, educators from both Tenison Woods College and Mary MacKillop Memorial School attended our Action Research Conference at the University of South Australia. The conference provided the opportunity for educators to present their action research question and their findings in a TED style talk to their peers and then discuss their problem of practice in detail with their colleagues.

This year's focus was on collaborative learning tasks with questions being both

authentic and challenging. The conversations were outstanding with insightful reflections presented on student outcomes.

We would like to thank the University of South Australia for their support and Rowena Ulbrich from Bricks Learning Solutions for her assistance throughout the process.

Scott Dickson | Director of Learning



2020 School Captains Announced

Last Thursday, ten of our 2020 School Captain candidates delivered a 5-minute speech to the Year 7 -11 students; informing them a little about themselves, what leadership they have been involved in and why they should be voted for School Captain. As a part of the process they were firstly nominated by two people, completed a written application and underwent an interview with a panel. All of the candidates were most impressive and enthusiastic about their visions for the role and the voting could have gone to any of the 10 candidates. However, we are very pleased to announce that the Tenison Woods College 2020 School Captains are Jessica Snell and Ethan Herpich!

We sincerely thank all of the candidates for their time and preparation into their application. We are now asking these candidates and all Year 11 students to apply for one of the leadership roles below, to form the 2020 Student Leadership team.

- Mission Leaders x 2
- Wellbeing Leaders x 2
- Sport Leaders x 2
- Sustainability Leaders x 2
- Learning Leaders x 2
- Music Leaders x 2

Founder Leaders:

- MacKillop Leaders x 2
- McAuley Leaders x 2
- Woods Leaders x 2
- Champagnat Leaders x 2

Each of these roles will be overseen by a leadership staff member and will be working across the college. These roles will be announced at the whole school assembly in Week 5.

Tania Sigley | Director of Wellbeing



Vinnies Badge Day

Last Friday students and staff from Tenison Woods College volunteered to collect money for the annual Vinnies Badge Day. With their big smiles and positive greetings, they raised approximately \$710 for people in need in our community.

Each day Vinnies has thousands of people approach them for help and the efforts of our school community through supporting events such as the badge day and through opening the Vinnies Shop on Crouch Street on Saturday mornings really does make a difference.

Michelle Coote | APRIM – Assistant Principal Religious Identity and Mission



Music News

Music students have been involved in many performances in the last week. On Thursday night the Thunder Drum Corps were guest artists at the South East Primary Schools Music Festival at the Sir Robert Helpmann Theatre. The Drum Corps are always popular with audiences and this performance was no exception.

At the launch of the College's staff Action Research evening last Thursday, two Year 10 students, Nadia Munguakwonka and Livvie Boylan performed. We thank both of these students for giving up their time and using their talents to support the event.

Finally, we were delighted that many of our students were able to perform individually at the 'Shining Light Awards' evening at the Commodore on the Park last Saturday. The students were proud to perform at one of the College's premiere events and their combined efforts provided the many guests with some great entertainment. Congratulations to Lauren Smith, Alina Crispino, Amelia Taylor, Ryan Creedy, Scott Hanel and Ethan Hopgood.

Beth Creedy | Head of Music

Are you an Old Scholar?

Old scholars are an integral part of the history, tradition and future of Tenison Woods College.

We invite all old scholars, past parents, friends and former staff members to reconnect through our 'Friends of Tenison' committee.

Keep up to date with all the news in the College community.

Register your details today, via our [website](#).



Green Triangle Forest Learning Pathway Program

The Ultimate Renewable Forest Learning Pathway Program is a partnership approach providing a unique opportunity for students to develop skills which support future pathways in this Industry. The pathway program incorporates a range of classroom and field-based experiences.

In 2020, 15 places will be open for Year 10 students from across the region. Students will participate in an Industry Exploration program learning about the different aspects of the industry from seed to end product. Students undertake core modules from Nationally Recognised Industry courses as well as a range of industry led development opportunities. In Year 10, students will learn about wood science, genetic selections & cell structures, what makes a good tree, statistics and carbon footprint. They will also receive 20 Stage 1 SACE credits upon successful completion.

Please click [here](#) for an application form. For additional information, students and parents are encouraged to contact the College Sustainability Coordinator Tom Linnell via [email](mailto:linnt@tenison.catholic.edu.au) linnt@tenison.catholic.edu.au.

To read the full article please click [here](#).

Tom Linnell | Early Years to Year 12 Sustainability Coordinator



TerraCycle's Global Impact

Tenison Woods College is now a registered community drop off point for the Terra Cycle writing instruments recycling programme. We will be collecting:

- Pens, felt tips, highlighters, markers
- Mechanical pencils, correction tape and fluid pots, fountain pens, ink cartridges
- Glue sticks, rubbers, rulers, and pencils

All recycling donations are to be put in the small black wheelie bin in the Arts Staff Office. They will then be sorted by students and any acceptable products will be sent to Timor Leste as stationery packs, before the rest is sent to be recycled. Once items are received by Terra Cycle, they will then make a donation to a charity on our behalf.

Meghan Lynch | Teacher/Arts Learning Area Coordinator



Tenison Teams go undefeated in Knockout Basketball Competition

On Thursday last week, our Year 8/9 and Year 10 Boys and Girls Basketball teams competed in Round 1 of the Knockout Basketball Competition. Tenison Woods College students competed against both Grant High School and Mount Gambier High School in an effort to progress through to the State Final. Everyone played well to finish the day undefeated, with some very strong wins being claimed. All four teams will now travel to Adelaide in Week 5 of this term to compete in the State Championship, with the year 8 and 9 students final being held on Wednesday 13 November, and the Year 10 final being held on Thursday 14 November. Well done Titans, and all the best for the next phase of the competition.

Tori Mc Intyre | Sports Trainee



Nexa HPSP Fitness Benchmarking

Yesterday, the College's High Performance Sports Program students were privileged to be involved in specialised fitness benchmarking. The sessions were run by representatives from Nexa High Performance Sport.

Students completed a variety of fitness testing tasks, using state of the art equipment, with results being collected to be assessed and compared.

We were thrilled to have Nexa over two days and an evening, where we also welcomed new Year 8 Students that will attend the College in 2020. This also formed part of the HPSP Information evening. Thank you to those Student-Athletes and families that attended, and we look forward to 2020.

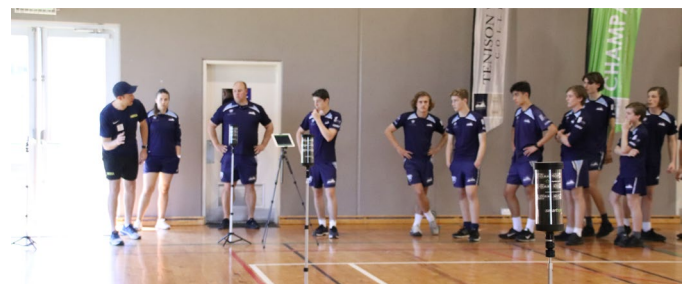
Tori Mc Intyre | Sports Trainee



Cameron takes home Champion Prize at Mount Gambier Show

The Mount Gambier Spring Show took place over the weekend and Year 11 student Cameron Nieuwenhuizen has come away with the First Prize in the Year 11/12 Metal and Woodwork Construction Project with a stool he has 'revamped' in his Materials class during his lesson time at school. As well as the First placing he also won the overall 'Champion' which included prizemoney.

Brad Colliver | Business, Enterprise & Technology Coordinator



Mount Gambier and District Tertiary Health Education Grants

Year 12 students who are applying for undergraduate health related courses at Universities with campuses located outside of Mount Gambier are encouraged to consider applying for. The grants are available to support students with costs directly associated with their tertiary studies such as accommodation, text books, uniforms, materials, selection tests and technology needs. Applications from eligible students open mid-January and close on 31 March next year. More information, including the terms and conditions of the program, can be found at www.mountgambier.sa.gov.au/THEG or by phoning the City of Mount Gambier on 8721 2555.



Purchasing additional 2018 College Yearbooks

If anybody would like to purchase an additional 2018 College Yearbook, the cost will be \$35.00.

Please contact the Front Office to place your order.

Tracey Davey | Enrolment Registrar/Office Manager





Summer Uniform Reminders

HATS

As the current hats have been in circulation for 3 years now the old hats are no longer a part of the school uniform. Students will be now asked to leave the yard if the old hats are worn. Hats are available for \$15 for the uniform shop.

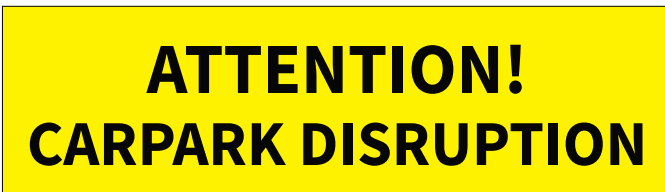
DRESS LENGTH

A reminder that dresses must be at knee length as per the uniform policy. We understand that students have grown during terms 2 & 3, however we ask that dress lengths are adjusted.

SOCKS

Plain white 'crew' socks are to be worn for all female students ELC- Year 12 and male students ELC – Year 2. Plain grey 'crew' socks for our male students in Years 3-12. Please no logos.

Please visit The Uniform Shop link on our Website for all Uniform information and links to the Uniform Handbook www.tenison.catholic.edu.au/enrolment/uniform-shop



Traffic restrictions apply

With the commencement of the next phase of the construction at the back of the College, there will be unavoidable disruptions to car parking and navigation of the roads throughout the College.

Access to the car park at the rear of the Moorak/Thomas Ryan Building is restricted to one way only. Vehicles are only able to enter this car park via the White Avenue driveway.

Cars entering via Shepherdson Road are only able to drop students off as far as the outside of the Music building and then exit again via Shepherdson Road.

These restrictions will continue for Term 4 until further notice. Please exercise caution during this time.

We apologise for any inconvenience caused, and aim to reduce disruption as soon as possible.

Neal Turley | Business Manager



Community Noticeboard



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

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



Counsellor's Corner

Are You Asking Your Kids To Step Up?

We do a lot for our kids, because we love them and often they need us. But we forget that one of the best things we can do for our kids is to help them learn to do for themselves and for others.

Do you ask your kids to do chores, to help out on a regular basis? You would be surprised how many parents – who were raised doing chores – don't ask the same of their kids. If you do give them chores, do you sometimes go behind them and redo the work when they're done? Don't! If it's not done right, get your child to fix it.

Parents answer to not asking kids to do chores is that, "They, (the kids) are too busy. They're working their tails off on classwork, teams, clubs, groups, trying to excel at 100 different things! So adults are willing to take on every other responsibility in their lives in order to facilitate these goals. And it's hurting kids.

We drive them everywhere – fewer teens are seeking drivers' licences each year. We type their work, do their research and try to buy them anything they or we think might possibly increase their success. We solve every problem and bulldoze over every potential obstacle. And kids accept this as the natural order of things.

We are stepping in front of our kids, when in fact we should be stepping back and allowing our kids to step up.

It's sounds like tough love, but it's not. This is parenting. This is making sure that our kids, in just a few short years, don't still need us to do everything for them. Our kids know that we are expert problem-solvers. Now it's their turn to step up and learn to help themselves and others.

So how can we let kids step up? Here are a few tips you can try right now with kids of any age.

1. When your child or teen comes to you with a problem, don't fix it. Say "You're a good problem-solver. What do you think?" And then listen to the answer.
2. Expect them to fail, and talk about what they'll do when (not if) that happens.
3. Give them tasks to do that help the whole family (not only themselves) and make sure they do them, until it's done well. Be patient, but firm.
4. For little children, give them an "activated script" – a little problem each day for them to try to have a "plan" for.

This will help them to call on this knowledge should they ever need it. It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve the struggles. They eventually will have to make decisions and find solutions on their own and they will be ill-prepared if they weren't allowed to make those mistakes under supervision while you're right there to show empathy and give support!

You may be thinking "but what if there's an emergency and I have to jump in?" Well, first define emergency.

Two percent of the time, kids need an adult to jump in front of them and solve the problem. They need an adult to protect them from a life-threatening issue that overwhelms their internal resources such as when they experience bullying, mental health issues and eating disorders.

The other ninety-eight percent of the time kids need a compassionate adult to take an interest, from a distance, without fixing anything. So step back so that a child or a young person can step up and handle problems and dilemmas themselves.

Children and teenagers are capable of so much more than they are often given credit for. Closing the expectation gap between what adults believe kids and young adults are capable of, and allowing them to create their own solutions to the challenges they face will greatly impact their resilience, and society as a whole.

Adapted from article by Michael Grose, Parenting Ideas

Josie Ashby | Wellbeing Counsellor

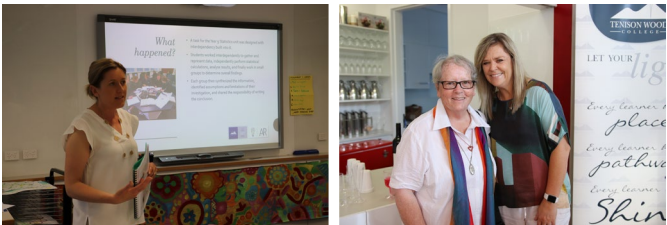
Mairead Mackle and Laura Herbert | Student Counsellors



Working Bee



AR19



Shining Light Awards



Upcoming Events:

Thursday 31 October

- Year 12 Swot Vac/Tutorial Week
- Year 9 Science STEM Challenge
- 4:30pm – 5:45pm - Sacrament Session A, Staffroom
- 6:45pm – 8:00pm - Sacrament Session B, Staffroom

Friday 1 November

- All Saints Day
- Junior School Italian Day
- Year 12 Swot Vac/Tutorial Week
- 2:30pm – Junior School Assembly
- Year 8 Science STEM Challenge, Barrie Holmes Stadium

Saturday 2 November

- All Souls Day
- 6:00pm – Mass, St Pauls Church

Sunday 3 November

- 11:00am – Mass, St Pauls Church

Monday 4 November

- Year 12 Exams
- SAPSASA Tennis/Cricket Carnivals, Adelaide
- T20 8/9 Cricket, Marist Park
- 12:20pm - Reception VG Swimming Lessons, Aquatic Centre
- 1:00pm - Reception MPAO Swimming Lessons, Aquatic Centre
- 1:40pm - Reception MJAO Swimming Lessons, Aquatic Centre
- 2:20pm - Reception KWHM Swimming Lessons, Aquatic Centre
- 7:00pm – 8:00pm - 2020 Term 1 Reception Information Evening, Staffroom

Tuesday 5 November

- Year 12 Exams
- SAPSASA Tennis/Cricket Carnivals, Adelaide
- Year 8 Immunisations Catchup, Boardroom
- 12:20pm - Reception VG Swimming Lessons, Aquatic Centre
- 1:00pm - Reception MPAO Swimming Lessons, Aquatic Centre
- 1:40pm - Reception MJAO Swimming Lessons, Aquatic Centre
- 2:20pm - Reception KWHM Swimming Lessons, Aquatic Centre

Wednesday 6 November

- Year 12 Exams
- SAPSASA Tennis/Cricket Carnivals, Adelaide
- 8:00am - Year 6 Grampians Camp
- 12:20pm - Reception VG Swimming Lessons, Aquatic Centre
- 1:00pm - Reception MPAO Swimming Lessons, Aquatic Centre
- 1:40pm - Reception MJAO Swimming Lessons, Aquatic Centre
- 2:20pm - Reception KWHM Swimming Lessons, Aquatic Centre

Canteen Roster - Week 4, Term 4

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. Thank you for your assistance.

Monday - Kate Pohlner

Tuesday - Lyn Wilson

Wednesday - Marlene Dean

Thursday - Cassie Edwards

Friday - Kate Pohlner

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

Uniform Shop

Regular Opening Hours:

Tuesday: 8.00am - 12.00pm

Thursday: 1.00pm - 5.00pm

A reminder that Students are required to wear their Summer Uniforms for Term 4. Hats must also be worn from the beginning of Term 4.

Contact Us:

E: thecollegeshop@tenison.catholic.edu.au

T: (08) 8724 4637



Photo Gallery

Year 12's Final Breakfast, Assembly and Morning Tea

