

# Weekly Newsletter

WEDNESDAY 29 April 2020 | WEEK 1, TERM 2

## Tenison Woods College Launches 'Connect@Tenison'



### Connect@Tenison

Online Learning  
Guidelines for  
Students & Families

Tenison Woods College is happy to announce that we have launched our online-learning plan 'Connect@Tenison'! The College is excited to offer this great opportunity to our students, parents and carers to help stay connected with the College community. Connect@Tenison details our online learning plan for Term 2, as well as resources and guidelines. Information booklets have been distributed to all parents via email. To view the booklet or for more information, please click [here](#).

#### Connect@Tenison will Connect

We are genuinely excited by students returning to school. Staff and students have indicated that it feels like a return after the summer holidays, with staff and students eager to reconnect with one another. We fully respect your decision as families if that is not the case, and you have elected to continue learning from home. We also acknowledge that there may be a few challenges along the way.

As I have indicated previously, we will navigate this situation with collaboration, flexibility, patience and forgiveness. Nobody is the expert, but we are all quickly developing the communal expertise together, and my main message is to look after one another. Whether you choose to send your child to school, or keep them at home a little longer, our staff are ready to support your child in their learning through Connect@Tenison. So whichever way we see you; in person or online; we hope that you are enjoying your return to the College community and you are ready to SHINE Brightly and SHINE Bravely in Term 2.

## From The Principal

#### Welcome to New Families – An Invitation to SHINE

As I welcome all families back to start Term 2, we especially welcome new families to our community, hoping that they will enjoy being a part of our learning family. That word 'welcome' has significant poignance at this time doesn't it.

#### SHINE-ing Bravely

Thank you for your commitment to the start of Term. Overall, students in our community were learning in the following ways this week in the R-12 part of our school community:

- Students learning from school - 76 %
- Students learning from home - 15 %
- Unexplained / family / illness - 9 %

Student numbers in the ELCC and OSHC were also moving to their usual numbers as the week has progressed.

#### A Successful 'Game Plan' for Week 1

We are running Week one of Term 2 as per the planned 'Connect@Tenison' approach, with some changes in the Reception to Year 6 areas of the school in relation to Specialist Lessons, given the significant number of students who are attending this week.

This means that we are delivering the online curriculum, as previously prepared, to students at school and at home. Practical subjects and the Music teachers are evolving the best way to proceed to ensure students continue their learning in a way that ensures successful achievement for all. At this time, all school competition sport and extra-curricular activities are still on hold. We will update you when this changes.

#### HHDL Four Point Plan

I reiterate that we will be continuing deliberately and carefully with our HHDL Strategy in Term 2. I thank you in anticipation for your attention to the HHDL Four Point Plan; good **H**Health, good **H**Hygiene and hand washing, good **D**Distancing and care for others and good **L**Learning regardless of student location. During this time of transition in Term 2, the health and wellbeing of students, families and staff remain's our priority. We will continue to ensure that our school is a safe environment with additional cleaning measures in place.



## From The Principal *continued...*

### All Bus Services Running

I inform you that all our school bus services are running as normal, and attention to hygiene and physical distancing are being addressed as best they can.

### Uniform Shop – Increased Hours

Perm-A-Pleat have indicated that the preferred method of sale is via online orders and not face to face sales, but they have been happy to expand the opportunity for families to make an appointment for a uniform fitting. They are not able to offer a turn up/walk in service, however, to assist our community they are offering an increased number of personalised fitting appointments, as below:

Week 1 & 2 - Term 2

ALL BELOW OPENING HOURS ARE BY APPOINTMENT ONLY To book your appointment, click [here](#)

Thursday 30 April	11:00am - 3:00pm 3:00pm - 5:00pm - Open for Collection of Online Orders Only
Tuesday 5 May	8:00am - 12:00 noon
Thursday 7 May	11:00am - 3:00pm 3:00pm - 5:00pm - Open for Collection of Online Orders Only

### Staffing News

In amongst the busyness of planning I also recognise that Kelly Egan (Maternity Leave), Bec Edwards (Maternity Leave), Donna Johnson (Maternity Leave), Tessa Richardson (Maternity Leave), Melissa Bucik (Long Service Leave), Jody Elliott and Marisha Garrod will all commence leave at the start of Term 2. We wish all these staff the very best for the next chapter in their life's journey.

Mairead Mackle, College Counsellor, formally concludes her service with us this term after ten wonderful years of commitment, passion and care. Mairead will be formally farewelled at the conclusion of the year and she will also assist Mary Castignani and Sarah Milne in their transition to their Counsellor roles this term, through deliberate introductions to student and family clients. So, we look forward to Mairead's continued presence at the commencement of Term 2.

In that vein, we welcome Student Counsellors Mary Castignani and Sarah Milne to our staff along with Elisa Lawrie who has moved from the Early Learning & Community Centre to join the Year 1 teaching team, covering Melissa Bucik for Term 2. Elisa will then go on to cover Kirby Turnbull in Terms 3 and 4 once Kirby commences her Maternity Leave.

### Webinar for Parents - Supporting Young People through Uncertainty - Thursday 7 May 6:30pm-7:30pm

During this period, we believe that maintaining a focus on wellbeing and resilience is even more important than ever. The approach of our partner, LBI Foundation, in these difficult times is to consistently reinforce three major pillars of the IMPACT approach:

1. Stability
2. Connection to community
3. Growth as a mindset

LBI has heavily invested in online integration and learning management systems and LBI developed resources, tools, videos and methods that draw upon Resilient IMPACT which can support your families through this period. So, add this date to your diary!

### ANZAC Day – 'Lest we forget'

I was delighted that Tenison Woods College was formally involved in the Mount Gambier ANZAC Day commemorations, albeit in a virtual sense. 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.

God Bless,

David Mezinac | Principal



## From the Assistant Principal Student and Staff Development

Welcome back to Term 2! I hope your children are settling into learning, whichever mode you have chosen. Please remember that if you need support helping your child to log on to Teams or with the new SEQTA Engage for parents, please either email: [info@tenison.catholic.edu.au](mailto:info@tenison.catholic.edu.au) or ring the school on 8725 5455 and our designated support team will respond to your query.

As David has mentioned, I would also like to welcome our new student counsellors to our College, Mary Castignani and Sarah Milne. These two ladies are highly qualified and will complement our very competent and delightful counselling team.

I look forward to catching up with many of you as the term progresses, either in person or through the virtual world.

Jennie Sanderson | Assistant Principal Student and Staff Development

## CIM Team News



### Mothers' Day Events

We are not able to physically gather for our much loved annual Mother's Day event, but rest assured we will still be inviting families to join together in prayer and thanksgiving for the people in our lives who bring us love and comfort.

Next Friday we will share a link to our online Mother's Day liturgy celebration and families are encouraged to take some time next weekend to view it, share it with loved ones or use it to help celebrate Mother's Day in a way that is meaningful for you. The exciting thing about our liturgy this year is that it will be a regional celebration, co-constructed by students across the 3 regional Catholic schools in the Limestone Coast.

### Sacrament Program

Please note that due to the current Covid-19 restrictions, this week's sacramental session on Thursday 30 April WILL NOT take place. Families have been receiving regular email communication from the Sacramental preparation team with activities, videos and other information. This week all children enrolled in the Sacramental program will receive a Care Package delivered to their letterbox (or front doorstep if they don't have a letterbox). Cisca, Fr Dean and I have put these together to remind the children that although we cannot physically meet, they are still being thought about often, and prayed for.

### Year 8 and Year 9 Retreats

Please note that due to current restrictions and limited access to venues and activities, the Year 8 Retreat on Friday 22 May and Year 9 Retreat on Monday 25 May have been postponed. The new dates will be later in the year and will be communicated to parents once confirmed.

### Masses Online

As Churches continue to be closed and public Masses prohibited, the Archdiocese of Adelaide is providing a weekly live stream Mass each Sunday from St Francis Xavier's Cathedral to support the faithful during this time. The mass is available each week at: [www.adelaide.catholic.org.au](http://www.adelaide.catholic.org.au) While Sunday obligation for Catholics has been lifted, we are still encouraged to keep the Sabbath holy. We have loved hearing from parents and children about some of the masses they have been participating in online and family prayer spaces that have been set up in homes.

### Formed.org

With more time at home it has been great to hear from families who have spent some time exploring some of the videos and movies on Formed.org. There are many animated programs suitable for younger children that adults are also enjoying. The discussions that take place in families are a wonderful source of faith formation and education. As adults we have so much to learn from our children.

Subscription to Formed.org is FREE under the parish membership and it takes less than a minute to subscribe.

1. <https://formed.org/>
2. Click 'I belong to a Parish'
3. Type in 'Mount Gambier'

## Father Dean Addresses

The Tenison Woods College Public Relations and Events team have had the honour of assisting Father Dean film and record addresses to local parishioners of the Mount Gambier Catholic Parish, to say connected and in touch in these trying times. To view the latest address please click [here](#) and to view past addresses please refer to the Mount Gambier Catholic Parish Facebook page.

**Michelle Coote** | Assistant Principal Religious Identity and Mission



## A Message from Our Student Leaders

Hello Tenison Woods College community,

Wishing you a very warm welcome back as we begin another exciting term. We hope you have enjoyed a relaxing break and are excited to get back into learning. We can't wait to hear about all of the fun things you have been doing whilst in isolation and we will be working hard to organise events that we can all engage in despite our various locations.

As you would be aware, the College has developed a new strategy to ensure that all students stay connected regardless of whether they are at school or at home. The aim of this action plan is to provide the best possible faith, learning and wellbeing environments for all students. As student leaders we would like to highlight that 'Connect@Tenison' goes beyond teacher to student contact, and also can be used as an opportunity to continue the amazing student community that was witnessed in Term 1. We really hope to stay in touch with you all and provide engaging activities as alternatives to the otherwise expected whole school events, whilst still taking precautions to ensure everyone's safety.

Also, don't forget that we are in the Easter season of Joy! So, let's continue to celebrate this important time in our faith and maybe even share those last few hidden chocolate bunnies with the rest of our family.

Let's all work together to see us reach another successful term and to SHINE bravely as we stay Connected@Tenison!

All our love,  
**Student Leadership team**

**2020 AFTER SCHOOL STUDY CENTRE**  
**COMMON ROOM - PRC**  
STARTING THURSDAY WEEK 3, FEBRUARY 13 - 3:30pm - 4:15pm  
THEN MONDAYS/TUESDAYS/THURSDAYS WEEKLY

## After School Study Centre

Tenison Woods College now offers an after-school study program which is held every Monday, Tuesday and Thursday from 3:30pm to 4:15pm. The program offers assistance to students in Years 8-12 in the subject areas of Chemistry, Research Project, Physical Education, Art, Music, English, Tech Studies and Mathematics. To view the roster of teachers who are assisting in the After School Study Centre, please click [here](#). For any enquiries or further information please do not hesitate to contact me at [dicks@tenison.catholic.edu.au](mailto:dicks@tenison.catholic.edu.au).

**Scott Dickson** | Director of Learning



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## ANZAC Day Celebrations

School Captain Jessica Snell, student leader Connor Prior and Year 9 student Ryan Creedy attended Vansittart Park on behalf of the Tenison Woods College community to lay a wreath to pay respects for all Australians and New Zealanders who have served and died in wars, conflicts and peacekeeping operations for their country for ANZAC Day.

We thank and appreciate those who are currently serving our country.

*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.*



## Sustainability Team Secures \$20,000 Federal Grant

After a successful application with the Federal Communities Environment Program, the Tenison Woods College community is celebrating with a \$20,000 grant to support the College's Waste Management Facility.

The grant will allow the Sustainability Team to continue fitting out this space, purchase additional specialised recycling and composting machinery and develop a community engagement hub. A big thank you to our Federal Member for Barker and ex-scholar, Mr Tony Pasin, for supporting the College in this significant program. Please watch this space for further information and connect with me, Tom Linnell, Sustainability Coordinator at [linnt@tenison.catholic.edu.au](mailto:linnt@tenison.catholic.edu.au), if you'd like to be involved directly.

**Tom Linnell** | Sustainability Coordinator



## Counsellor's Corner

### Unhelpful Thinking Patterns

In these uncertain times it is very easy to let our thoughts turn to the negative. If your child is having thoughts that are making them feel worse, then chances are they are in an 'Unhelpful Thinking' pattern.

When we are having thoughts that make us feel really bad, it can be useful to take a step back from these thoughts and look at them in a different way. Firstly, ask ourselves a couple of important questions namely, 'Is this thought true?' 'What might be a more helpful way of thinking?' Then more importantly ask, 'Is this thought REALLY TRUE?' Sometimes it really doesn't matter if it is true or not. If it is only going to make you or them feel worse, then why focus on it. Making ourselves feel better could be our top priority rather than getting into a spiral of the other way around.

There are a number of different 'Unhelpful Thinking' patterns that people often have and we will touch on a couple this week.

**Catastrophising** is a **Thinking Error** (aka Cognitive Distortion). It is viewing or presenting a situation as considerably worse than it actually is. Catastrophising is an irrational thought a lot of us have in believing that something is far worse than it actually is.

Catastrophising can generally take two different forms:

1. Making a catastrophe out of a current situation
2. Imagining and making a catastrophe out of a future situation

Catastrophic thinking is defined as rumination (overthinking) about irrational, worst-case outcomes. It can increase anxiety and prevent people from taking action in a situation where action is required.

### How To Stop Catastrophising

1. Accept yourself. Anxiety is energy and it can actually work for you, just be aware of it.
2. Take control and establish a time when it is Ok to worry – 'worry time'.
3. Rate your worries and give them a number 1-5. 1 being very little and 5 being disastrous.
4. Ask the question, 'Is that true?' then when you get an answer ask, 'Is it really true?'
5. Use the 'best friend test'. Ask yourself what you would advise your best friend to do about each concern and take that action.
6. Learn to self-soothe and self-regulate with physiological movements.

Another pattern of Unhelpful thinking is 'Generalisation'. This is when people draw conclusions about the world, themselves or others on a basis of very limited evidence. You can identify this error most of the time when a person complains and uses exaggerations such as, 'always', 'everybody', 'nobody' or 'never'.

It can be very helpful to be aware of some of these patterns in our thinking so that we don't make situations worse. We may notice ourselves getting upset and may then be able to take that step back, while reminding ourselves that it is 'Unhelpful Thinking' that is only going to increase our level of anxiety.

### Wellbeing Team

## Visit our Instagram Page

Every day exciting things are happening in and around the College. To follow the fun, check out our Instagram Page! [@tenisonwoodscollege](https://www.instagram.com/tenisonwoodscollege)



## Upcoming Events:

No planned events for the next week to display. Please refer to our Parent Calendar on the Tenison Woods College Website for regular updates.

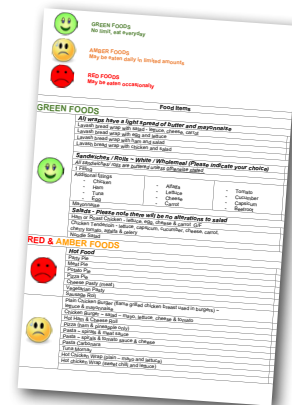
## Canteen Roster

For those rostered to work in the canteen, your starting time is 10:00am and your finishing time is 2:00pm. If you or your children have been unwell in the week leading up to your rostered day please do not attend for your duty. If you have any questions, please contact the Canteen Manager, Leanne Sandow at 87244607. Thank you for your assistance.

Please note: Lunch order bags can only be used once, they are not reusable. If using the QKR! App for online orders, please remind your child/ren to collect their lunch orders from the Canteen.

### Week 2

- Monday** - Kate Pohlner  
**Tuesday** - TBA  
**Wednesday** - Marlene Dean  
**Thursday** - Sarah Cutting  
**Friday** - Kate Pohlner



### 2020 Canteen Pricelist

Please visit the website for the 2020 canteen pricelist or click [here](#)

## Uniform Shop

The Uniform Shop are not able to offer a walk in service, however, to assist our community they are offering an increased number of personalised fitting appointments.

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For further enquires please contact the school at 8725 5455.



## 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](#).

Year 7 will be offered as Secondary School in 2021 @ TWC  
in the newly built Gilap Wanga Learning Community



## 2021 Year 7 & 8 Information Evening

Join us via live stream on Wednesday 13 May

We invite all prospective 2021 Year 7 & 8 Students and families to join us via live stream. Meet Head of Middle School, hear from current students attending the College and see for yourself what our College has to offer. New curriculum opportunities, new buildings and much more.

To obtain the 2021 Year 7 & 8 Information Evening live stream link, or for any enquires - please contact our Enrolment Registrar, Tracey Davey on (08) 8725 5455 or [davet@tenison.catholic.edu.au](mailto:davet@tenison.catholic.edu.au)



View 'A Day in the life of a Middle School Student' Video

[vimeo.com/413015473](https://vimeo.com/413015473)



Take a tour of the Gilap Wanga Learning Community

[vimeo.com/403556320](https://vimeo.com/403556320)

**TENISON WOODS COLLEGE** Early Learning - Year 12 Co-Educational Catholic College

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