

Weekly Newsletter

WEDNESDAY 13 May 2020 | WEEK 3, TERM 2

2021 Year 7 & 8 Information Evening



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 enquiries - please contact our Enrolment Registrar, Tracey Davey on (08) 8725 5455 or davet@tenison.catholic.edu.au

Join us via live stream Tonight at 5:30pm

The Tenison Woods College 2021 Year 7 and 8 Information Evening will be offered via live stream tonight at 5:30pm. Due to Covid 19 our scheduled Information Evening and Twilight Tour has had to take on a different format this year. We have endeavoured to provide families with as much information as possible. Parents and students have received a link via email to log on and join us at 5:30pm.

If you have any questions, please do not hesitate to contact me at davet@tenison.catholic.edu.au

Tracey Davey | Office Manager and Enrolment Registrar

From The Principal

Tenison Woods College's COVID-19 Heroes

Tenison Woods College's HHDL (Health, Hygiene, Distance and Learning) Four Point Plan has been greatly assisted by our wonderful Cleaning Team.

As we acknowledge the College community's wonderful response to the HHDL Four Point Plan we pay tribute to the Cleaning Team, who always take great pride in their work, and during this challenging period have protected the College community through their attention to detail and increased cleaning regime. Thank you, College Cleaning Team. We greatly appreciate your efforts.



HHDL Four Point Plan

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

Connect@Tenison

Thank you for your commitment to the start of Term 2. Overall students in the community were learning in the following way in Week 2:

- Students learning at school - 86 %
- Students learning at home - 6 %
- Unexplained / family / illness - 8 %



From The Principal continued...

Student numbers in the ELCC are at their usual level, while the OSHC attendance levels are tracking at about half of the usual levels.

Whether you choose to send your child to school, or keep them at home a little longer, I hope our staff are supporting your child in their learning through Connect@Tenison.

Fee Remission

Amongst all the worries that we have at this time – worrying about the payment of school fees should not be one of those things. Please be assured of our support for your family. If your family has lost significant income due to COVID-19 and there may be a need to freeze your payments, please contact Neal Turley, our Business Manager, who will assist you during this time. This can occur very easily for those families in need.

Webinar for Parents – Foundational Strategies for Catholic Primary Students to Grow and Thrive.

There is a live webinar is for parents/carers/teachers on Thursday evening from 6:30-7:30pm, utilising the LBI - IMPACT – Intentional Practice approach. To register please follow the [link](#).

This webinar is being delivered in partnership with the Federation of Catholic School Parent Communities SA and LBI Foundation.

This webinar is tailored for our community to assist our families at this challenging time.

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

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

Six further webinars are on offer:

- Tuesday 26 May - Mindfulness and Managing Anxiety
- Tuesday 2 June - Predictable Positive Parenting
- Tuesday 9 June - Safe and Healthy Online Connections
- Tuesday 16 June - Positive Family Communication
- Tuesday 23 June - Balanced Thinking
- Tuesday 30 June – Gratitude

The Gilap Wanga Learning Community

We are gradually occupying the Gilap Wanga precinct, with wonderful student and staff appreciation.

Once finalised, the Gilap Wanga Learning Community will express our College community's homage to the traditional owners, while also expressing our aspirations for deep listening to place, country and self.



As such, the Gilap Wanga Learning Community will establish our College's aspiration to greet the future with respect for the environment; a respect that learns from our traditional custodians of the land.

At Tenison Woods College the unique geographical location of the Gilap Wanga Learning Community will foster deep learning, collaboration and communication.

The Philosophy of Gilap Wanga

The Gilap Wanga Learning Community will be different. It's about your child and their pathway. And every child's pathway is different. Every child needs to be challenged differently. You, your child and their teacher will personalise the pathway together. There is a pattern, but it is personalised, to ensure rigour, individual excellence and a well-rounded education so that your adolescent shines now and into the future.

The Gilap Wanga Learning Community celebrates individuality, diversity and connection, enabling our young to thrive as capable leaders for the world God desires.

Year 7 2021

A new beginning for Tenison Woods College – it starts in 2021.

From 2021 our major intake of students to the secondary setting as part of our new Middle School of Tenison Woods College will be in Year 7. Our Middle School will consist of students in Years 7 to 9.

Year 7 to 9 at Tenison Woods College will look different, feel different and be different.

ELCC and Reception Building

The construction of the new Reception building, and expansion of the Early Learning and Community Centre is becoming a reality as we have commenced the tender process for the building works. We look forward to both buildings being in operation from the beginning of 2021.

God Bless,

David Meziniec | Principal



From the Assistant Principal Student and Staff Development

Drop Off and Pick Up Safety

The safety of our students and broader College community is of the utmost importance to us, particularly during pick up and drop off times. We ask that parents and carers utilise our drop off and pick up location points situated around the College such as the 'kiss and drop' areas, the Marist Park parking area or Shepherdson Road where students can safely utilise the dedicated, patrolled crossing.

The smooth running of the 'kiss and drop' area depends on the courtesy of all users to keep the traffic moving. Should children not be at the 'kiss and drop' area ready for pick up, drivers are kindly asked to complete another circle of the area to ensure others can collect their waiting children.

If parents are dropping off or picking up their children from White Avenue, which is a 60kmh zone and a high traffic flow area, it is advisable that parents drop off and pick up on the Tenison Woods College side of the road. For safety reasons, please discuss with your children that if they are required to cross White Avenue, they must cross at the island crossing.

As a reminder, the speed limit within the College grounds is 15 km/hour and is designed to assist with ensuring the safety of all community members, particularly those walking or riding to school. Please keep in mind that the one-metre distance between car and bike still applies within the grounds.

Jennie Sanderson | Assistant Principal Student and Staff Development

CIM Team News



May is the Month of Mary

During the month of May, the Church honours, with special love, Mary the Mother of God. The Hail Mary is an important prayer of our Catholic Tradition and one that we would encourage families to pray regularly.

*Hail Mary, full of grace,
The Lord is with you;
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, mother of God,
pray for us sinners
now and at the hour of our death.
Amen.*

Opening of the Churches

As you would be aware the Prime Minister and South Australian Premier made several announcements last week, some in relation to the re-opening of churches. From the beginning of this week Churches have been opened for private prayer, with numbers restricted to 10 people. Social Distancing protocols apply.

The Premier acknowledged that this has been a difficult time for churches and their people and is committed to working with Church leaders around the issue of service re-commencement, in particular the distribution of Eucharist as we move forward. It is wonderful to once again be able to go into the Catholic churches in our own towns and to spend time in prayer and we encourage parents to take time with their children to do this.

Catholic Sprouts Podcast

Catholic Sprouts is a daily five minute podcast with a simple goal: to plant one little seed of faith each and every day. Each episode is perfect for young listeners of all ages and their parents and each one ends with a daily challenge to help listen apply what they learned.

Along with sharing the feast days from the Church Calendar, each week they tackle a new theme, usually drawn from the liturgical season. The theme will be developed a little bit more each day and by the end of the week you should have plenty to think about and discuss with the children in your life. Podcasts can be listened to on: Apple Podcast, Google Play, Stitcher or Youtube or via the Catholic Sprouts [website](#).

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

Michelle Coote | Assistant Principal Religious Identity and Mission

National Simultaneous Storytime Writing Competition

This year, National Simultaneous Storytime is on Wednesday 27 May 2020 and we will be sharing 'Whitney and Britney Chicken Divas' written and illustrated by Lucinda Gifford. The College will be sent a variety of electronic downloads of this title to watch in our classes on that day.

To acknowledge the many brilliant authors we have here at Tenison Woods College, students from Reception – Year 7 are invited to enter the Library's National Simultaneous Storytime Writing Competition. Please find entry details below:

What To Do:

Develop a talented animal character and write about their secret night life.

Reception – Year 3

Include the following elements:

- Character(s) description or picture
- A secret talent they have
- A secret place they go at night

Year 4 – 7

In addition to the above, also include the following elements:

- A problem for the character(s) that needs to be solved
- How that problem is solved

Think about a secret talent that is unlikely for that animal. This will make your writing surprising for the reader. e.g. a weightlifting caterpillar, a trumpet playing cat or a speed eating sloth.

Entries

Supply entries to Ms Lloyd in the Library. Remember your name and class must be written on the back.

Due Date

Friday 22 May

Chris Lloyd | Teacher Librarian



District Council of Grant Academic Scholarship Awards

Year 12 student, Joel Duncan has been awarded the 2020 District Council of Grant Academic Scholarship. Offered every year to students living in the Council area, the \$500 scholarship recognises a student who demonstrates a record of academic achievement, a commitment to their studies, and a positive attitude. The student must adhere to the school's code of conduct, vision and values and also have a commitment to school activities. The recipient must also aspire to complete further studies after SACE.

In addition to studying Year 12, Joel has recently completed the USA Titan's Basketball Tour with Tenison Woods College, is a member of the Panthers Basketball Association and plays football for South Gambier Football Club where he has also held leadership roles. Joel has aspirations to attend university to study in a health-related field.

Unfortunately, due to COVID-19, a representative from the District Council of Grant was unable to attend the school to present Joel with his award. However, Principal David Meziniec and Head of Senior School, Ciaran Buckley did present Joel with his award during a combined Year 12 cohort home group this week.

Congratulations Joel!

Jody Elliott | Careers Coordinator

Weekly Uniform Focus

This week's College uniform focus is on accessories.

STUDENTS ARE PERMITTED TO WEAR:

- A watch;
- A fine gold or silver chain with a small religious symbol;
- Sleepers or studs – one per earlobe only;
- Clear nail polish;
- Navy headband or ribbon.

Please refer to the College [Uniform Booklet](#) and [Uniform Policy](#) for further information.

Tania Sigley | Director of Wellbeing

After School Study Centre

After the huge success of the After School Study Centre in Term 1, the centre continues this term with even more subject assistance on offer for Year 8-12 students. Held in the PRC Common Room, the centre is open on Monday, Tuesday and Thursday afternoons from 3:30pm to 4:15pm with staff on hand to support students in Chemistry, Research Project, Physical Education, Art, Biology, English and Mathematics. The Tech Studies rooms will be open every Thursday until 5:00pm and Music assistance will be available on Monday and Tuesday after school in the Music Area. The highly successful EALD Homework Club will continue to be held in the Lecture Theatre on Thursday afternoons.

If you have any questions regarding Study Support at the College please contact Director of Learning, me at dicksc@tenison.catholic.edu.au.

Scott Dickson | Director of Learning



3D Printing at TWC

We are lucky to have support from leaders at the College to fully integrate 3D printing into our curriculum. We have since made CAD and 3D printing a major focus of every Design and Technology subject. Our Year 5 to 8 students have become competent and confident with 'TinkerCAD' and in Years 9 to 12 students refine these skills using the industry leading Fusion360 program.

We use 3D printing as the 'carrot' to bring the students initial concept to life. It has been a long process to introduce this concept, but within three years we are on track to having every student using CAD and 3D printing in all Design and Technology subjects.

Our recent purchase of two Prusa printers brings us to a total of five 3D printers in the workshop. I don't believe that CAD/ 3D printing will take over the world, but it is a great way to support hands-on workshop learning by aiding in the creation, modification and optimisation of a design. Plus, the students are starting to teach me more about the programs than I thought was actually possible!

Brad Colliver | BET Coordinator

Canteen Volunteers Needed

Are you looking to meet new people while helping out in a fun and friendly environment?

We are currently preparing the Canteen Roster for the rest of this year, and we are looking for support from parents, grandparents and carers.

Working in the Canteen is a rewarding experience and it is a fun place to volunteer.

The Canteen requires volunteers Monday to Thursday in two time slots; 10:00am to 11:30am and 12:30pm to 2:00pm

We are looking forward to meeting new parents plus welcoming back any helpers from previous years.

Unfortunately, due to Workplace Health and Safety Guidelines, pre-schoolers are unable to attend with parents when working in the Canteen.

Volunteers require a Catholic Education Police Check or Working with Children Check which can be organised with the girls in the Front Office.

Please contact me, Leanne Sandow in the Canteen if you are interested in volunteering in the Canteen at sandl@tenison.catholic.edu.au.

We would love to hear from you!

Leanne Sandow | Canteen Manager



See the Community Noticeboard for posters and notices of upcoming events within our College, and wider community. Please click [here](#) to view this page.



Junior School Awards

With our Junior School Assemblies currently on hold, we felt it was important to still acknowledge our student's ability to SHINE BRAVELY at Tenison Woods College. Students pictured have been demonstrating a variety of skills and attitudes such as **Striving** to be successful, **Helping** others to be their best, getting **Involved**, knowing others by **Name** and **Enjoying** positive emotions. Congratulations to our certificate recipients.

Liz Snell | Student Wellbeing Reception-5



Tenison Woods College Umbrellas Now Available

With this wet weather setting in for the next few days, now is the best time to grab a Tenison Woods College umbrella! These brollies are big, light, strong and only \$35!

Grab one now from the College front office!



Counsellor's Corner

Grounding has become something essential to fostering a positive wellbeing state.

Grounding is about being in the present, noticing what is happening with you and around you. It is useful for settling ourselves when we are feeling overwhelmed. Grounding can help you to pull away from unwanted emotions, memories and negative or challenging emotions.

Grounding techniques can help distract you from what you're experiencing and refocus yourself to be anchored in the present moment. Grounding also helps to restore balance in your body and mind.

Grounding skills can be divided into two specific approaches - Sensory awareness and Cognitive awareness.

Sensory awareness grounding exercises are about filling your awareness with the sensory experience.

A few examples may be:

- Breathing deeply;
- Getting up and moving your body;
- Placing your hands in water;
- Listening to soothing music;
- Keeping your eyes open, looking and noticing details in your surroundings;
- Placing a cool bath cloth on your face or holding something cool such as a can of soda;
- Putting your feet firmly on the ground or even walking on the earth with bare feet;
- Listing and saying aloud things in your environment to do with the senses- five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

Cognitive awareness grounding can re-orient yourself in place and time by asking yourself some oral of these questions:

A few examples may be:

- Using an anchoring phrase – ‘My name is...’, ‘I am ___ years old’. ‘I live at ...’;
- Playing a memory game;
- Reciting something;
- Thinking in categories;
- Using maths e.g. counting backwards from 100.

It can be helpful to have a selection of grounding exercises that you can draw upon at different times. Just like no one technique works for all people, we often find that not all techniques work at all times. There is no “wrong” way to ground yourself.

Whatever method you use, it is important to practice when you are calm so that it becomes easy during times of overwhelm. The main aim is to keep your mind and body connected and working together.

Counselling and psychological services – The University of Sydney.

The Wellbeing Team

Upcoming Events:

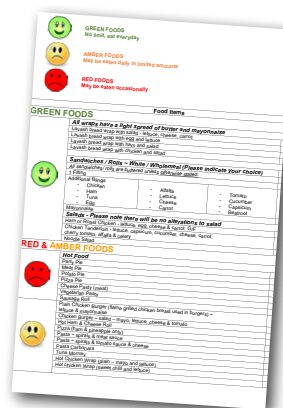
Wednesday 13 May

- 2021 Year 7 & 8 Information Night via Life stream-5:30pm

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 we require that you do not attend and contact the Canteen Manager, Leanne Sandow at 8724 4607. Thank you for your assistance.

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



**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 at this time, however, to assist our community they are offering an increased number of personalised fitting appointments.

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

Thursday 14 May 11:00am - 2:30pm
3:00pm - 5:00pm - Collection of Online Orders only

Remaining Weeks in May - Term 2

Tuesday 8:00am - 10:30am
11:00am - 12:00pm - Collection of Online Orders only
Thursday 1:00pm - 2:30pm
3:00pm - 5:00pm - Collection of Online Orders only

For further enquiries 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



TONIGHT

2021 Year 7 & 8 Information Evening

Join us via live stream on Wednesday 13 May

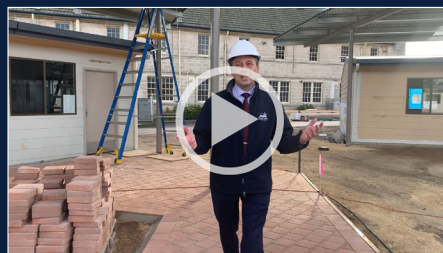
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View 'A Day in the life of a Middle School Student' Video

vimeo.com/413015473



Take a tour of the Gilap Wanga Learning Community

vimeo.com/403556320

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

Corner of Shepherdson Road & White Avenue, Mount Gambier | P: (08) 8725 5455 | E: info@tenison.catholic.edu.au | www.tenison.catholic.edu.au