

# Weekly Newsletter

WEDNESDAY 2 SEPTEMBER 2020 | WEEK 7, TERM 3

**Pupil Free Day - This Friday 4 September**

## Curious Creatures Parade College Grounds

On Friday 28 August we held our annual Book Day Parade, and it was an absolute delight to see students of all ages embrace this year's theme of 'Curious Creatures'. This year we did things differently by hosting the parade outside, and the weather was beautiful! So much laughter and fun was had by students as they shared their love for literature.

This special day saw our College host a wide range of different activities for students to participate in, which included the morning parade, art activities in classrooms, book readings and the 'Curious Cafe' for students to read books and eat food with their friend.

**Chris Lloyd** | Teacher Librarian



## From The Principal

### Confirmation and First Holy Eucharist Masses

On the weekend 24 of our young parishioners, many of them students of Tenison Woods College, received the Sacraments of Confirmation and First Holy Eucharist with Fr Dean celebrating at the Masses on behalf of Archbishop Patrick O'Regan.

We congratulate these children at this very significant time of their life and faith journey. Please remember these children and their families in your prayers.

### Social Justice Sunday

We celebrated Social Justice Sunday on 30 August. This year, the Australian Bishops' Social Justice Statement is titled *To Live Life to the Full: Mental health in Australia today*. The COVID-19 pandemic is affecting the mental health of many members of our parishes, schools and communities. Understanding mental health will help us to be aware of those who need our support. The Bishops invite us all to reject stigmatisation, to work for the transformation of social determinants of mental ill-health, and to call for policies and service provision that meets the needs of the poorest and most marginalised members of our community. Download the Statement [here](#).

### Classroom Pulse Check In

The shifting dynamics of these unprecedented times continue to highlight that your child's relationships, identity, belonging, and learning are essential to their happiness and success at school. This term, every student in a Catholic School in South Australia will participate in a simple Online Classroom Pulse Check In. This Check In has been developed to ascertain how students are currently feeling about their experience in school. It is tailored to allow your child's teachers to Check In and provide immediate feedback and support to them. The Check In will be carried out during the school day.

I am conscious that life in school has its ups and downs, but I am also confident that your child's teachers want to understand how they are feeling so they are able to support you and your child in meeting any social, emotional, or learning needs that they may have. To enable this, your child's teacher and I will have access to their responses to facilitate follow up and support as required. Please be assured, that any support required will be communicated and discussed with you in advance.

### Respect, Dignity and Care in an Online World

The current COVID-19 context has underlined the importance of wellbeing and connection, which has been enhanced by our Online opportunities. Such opportunities also underline for myself the importance of our College community in caring for the safety of our children, adolescents and emerging adults in an environment which can offer on the one hand abundant support, and then on the other hand significant risks.



## From The Principal *continued...*

In this space I turn to the work of Susan McLean, one of Australia's foremost authorities in cyber safety, who encourages us to realise that:

- Respect and responsibility are to be used with consistency in the eWorld.
- Sending mixed messages about cyber safety is not life giving to children and confuses them.
- You can't have complacency Online.
- Cyberspace is a public space and there is no such thing as private Online.
- Nothing can be totally deleted – it always remains there in cyberspace.
- You are never anonymous Online - everything can be traced, in that you always leave a digital footprint and your postings and comments can be found years later.
- Passwords are the key to your Online security and must never be shared and should be changed every three months.
- Anyone can be anyone Online – caution is critical.
- There is no such thing as a safe website or application.

Unfortunately, over 30% of Australian teens report being cyber bullied and Susan identifies "a new mean" through the Online medium which is occurring at a younger age. She also critiques the role of popular television shows which did not portray the real consequences to such situations of sexting and risky cyber behaviours. It is also apparent that cyber safety issues often touched the students you least expected.

Susan McLean is clear about the significant dangers in relation to Online grooming and encourages us to think of an Online friend as actually a stranger, with the associated dangers. She clarifies the nuance of knowing the person as distinct from knowing of the person, encouraging children and adolescents to be cautious in relation to friends.

We understand that all internet enabled devices are best placed in a common area of the house and not in the bedroom; or at least turning the internet off when a child is in the bedroom with the device. Susan speaks of the importance of passive supervision in well trafficked areas of the house.

Just as with the opportunities of our globally connected 'real world,' I encourage parents and teachers to embrace the cyberspace, understand the salient issues, acknowledge positives and negatives, as well as be proactive and consistent so that our children and adolescents are afforded the real and actual life-giving safety that we hope.

### Fee Remissions

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 will lose significant income due to the new COVID-19 restrictions 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.

### HHDL Four Point Plan

I reiterate that we will be continuing deliberately and carefully with our HHDL Strategy in Term 3. I thank you thus far for your attention to HHDL Four Point Plan; good **H**ealth, good **H**ygien e and hand washing, good **D**istancing and care for others and good **L**earning regardless of student location. During this time of increased challenge, I reiterate that the wellbeing of our Victorian families and staff remain one of our highest priorities.

### BYOD – Year 6 Families, ready for Year 7 in 2021

As the year flies by and we look to 2021, I remind families that if they are thinking about purchasing a device for next year, check out the Bring Your Own Device page on our [website](#).

You can also find this page in SEQTA Engage by choosing the Portal option and selecting BYOD Parent / Guardian Information. With the current COVID-19 situation and associated wait times for products, we encourage families to think about their child's needs a little earlier to ensure that the device is ready for the start of 2021.

### Carpark Care

I remind families during these days of challenging weather conditions to drive at no more than 15km/h while on the College grounds. I also ask that parents/caregivers accompany young students to and from the council property (Marist Park) adjacent to Shepherdson Road entrance, across the poplars lined driveway. I ask this in an attempt to prevent any potential accidents which could occur to inexperienced and enthusiastic children, who make their own way from the school grounds to cars parked on the council property.

### Staff Reflection Day

This Friday 4 September, our staff will attend our annual Staff Reflection Day, offering an opportunity to engage with the Head, Heart, Hands theme through a range of activities across the day. I remind families that this will be a student free day.

God Bless,

David Mezinec | Principal



## From the Assistant Principal Student and Staff Development

### Parent Teacher Interviews

As you are aware Thursday 3 September and Tuesday 8 September is our Parent Teacher Interviews for this semester. Due to COVID-19 restrictions these will once again be conducted by phone call rather than a face to face meeting. The teacher will ring at the time of allocation. The duration of the interview is eight minutes, the same as a face to face conference, giving the teacher time to ring the next in line. If further discussion is required when the eight minutes concludes, please ask the teacher for a meeting at another time as it is important that everyone adheres to the time limit.

If you are not booked in for a Parent Teacher Interview and would like one, please contact the Front Office and they will arrange a time for Tuesday 8 September.

To make the most of your time with the teachers, it would be ideal to have an idea of what you want to talk about. Prior to the call, talk to your child about how they think they are progressing in class, check SEQTA Engage to see assessments and tasks and note any concerns. You may consider putting the phone on speaker and include your child in the conversation.

May your conversations be productive and enjoyable.

Jennie Sanderson | Assistant Principal Student and Staff Development



## CIM Team News

### Sacrament Celebrations

Congratulations to all of the children who celebrated the Sacraments of Confirmation and First Holy Communion last weekend. Cisca Teodoro and I would like to thank all of the families for their commitment to the program throughout the past year. It has been a privilege to be on this journey with you all and to witness the children growing in their knowledge and faith. We look forward to seeing the children continue their full and active participation in the life of the Church.

We would also like to thank Fr Dean for his leadership throughout the preparation program, for celebrating the Masses last weekend and for Confirming the children. We all appreciate the time you have dedicated to being actively involved in the preparation of the children and for the support you have given parents as the first educators, in faith, of their children.

### 2021 Sacramental Program

The Sacramental Program for children preparing to celebrate the Sacraments of Reconciliation, First Eucharist and Confirmation in 2021 will begin in Term 1 next year.

### Father's Day Breakfast

Please note that due to the COVID-19 pandemic and restrictions on social gatherings the Father's Day Breakfast has been cancelled.

### Year 11 Retreat

Due to the COVID-19 restrictions on travelling to Victoria, the Year 11 Retreat to Halls Gap could not take place this year. In place of the Grampians Retreat, the Year 11's and their teachers spent two days on Boandik Country exploring their personal connection to land and the stories of our Founders St Mary of the Cross MacKillop and Fr Julian Tenison Woods.

One day was spent in Penola where the group visited significant sites connected to the story of Fr Julian Tenison Woods, St Mary MacKillop and the origins of the Sisters of St Joseph. A liturgy was held on the site near Fr Woods' tree where he regularly stopped for prayer and meditation.

The group also visited the Schoolhouse where they enjoyed some of the experiences of being in a class taught by St Mary MacKillop and the Interpretive Centre where the astounding works and talents of Fr Julian are on display.

On the second day the group participated in a range of prayer and faith formation experiences in and around Mount Gambier and spent time connecting with God through creation at the Valley Lakes Conservation Park.

### Staff Reflection Day

At the staff reflection day this Friday, staff will further their knowledge about our Catholic faith tradition and the Catholic Identity and Mission of the College followed by participation in prayer and reflection activities. The latter part of the day will see staff involved in a range of Faith in Action activities within the community responding to the Gospel message and Church mission of serving Christ in the poor with love, respect, justice, hope and joy, working to shape a more just and compassionate society through reaching out to others.

### 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. Until further notice, due to current restrictions, only staff members and students of the College are permitted to attend.

The roster for Term 3 Masses:

Week 7	Thursday 3 September – Year 10
Week 8	Thursday 10 September – Year 9
Week 9	Thursday 17 September – Year 12
Week 10	Thursday 24 September – Year 11

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



## Karenni Families Tour College

Recently, the College welcomed a group of our Karenni community families to tour our College.

The tour was guided by key staff; Tracey Davey, Enrolment Registrar, Aye Aye Soe Myar, Karenni Community Liaison Officer, Suzanne Pepe, English as an Additional Language Coordinator, and Principal, David Mezinac. Parents were able to see the range of experiences that their children enjoy, as well as what's in store for their children in the future, highlighting the Early Learning and Community Centre expansion, the new Reception building and Gilap Wanga Middle School Community.

**David Mezinac** | Principal

## Auskick Session in Week 8 Cancelled

Unfortunately, due to Parent Teacher Interviews, the Week 8 Auskick session is cancelled. Auskick will resume the following week on 15 September.

We appreciate your cooperation.

**Tina Opperman** | Year 5 Teacher / R-7 Sports Coordinator



## College Captains join discussion with SA Chief Public Health Officer

Director of Catholic Education SA, Dr Neil McGoran was contacted last week and asked to select 3-4 students from Catholic secondary schools in South Australia to be involved in a Microsoft Teams chat with Chief Public Health Officer Professor Nicola Spurrier. Our College Captains, Ethan Herpich and Jessica Snell were fortunate to chat with Professor Spurrier after our College was selected from 37 Catholic secondary schools in the state!

Professor Spurrier was enthusiastic to discuss Year 12, schoolies, end of year celebrations (ceremonies, graduation, final assemblies) in these 'COVID-19 times', with a sample of young people from across all of the schooling sectors in SA to understand their perspectives.

Professor Spurrier wanted to speak to approximately ten Year 12 students from across the state - with 4 students from Catholic Schools, 3 from Government schools and 3 from Independent schools.

There was a range of young people talking to Professor Spurrier from both metro and regional locations, and varying socio-economic status schools.

## Scholastic Book Fair Now On!

The Scholastic Book Fair will run from Monday 31 August until Tuesday 8 September. This year, Reception to Year 5 students will be visiting the Book Fair in the Staffroom during school hours with their class.

Students will receive a wish list order form to take home and select their books.

Ordering process:

- Student fills in wish list at school,
- Student takes wish list home,
- Parent/carer can pay for books Online, write receipt number on wish list, and return wish list back to school with student,
- Alternatively, send cash and completed wish list to school with student.

Students will then be able to collect their books in the mornings before school (from 8:30am) from Tuesday 1 September until Tuesday 8 September. A staff member will be present to take payments and hand out books.

**Francesca Dickson** | Acting Head of Junior School

## Students learn new skills at Badminton SA session

A group of Year 5 to Year 8 students participated in an after school badminton session held by Callum Dunk a Development Officer at Badminton SA. The students learnt new skills and game tactics and finished the session by playing games against each other. It was great to see the skill development of the students in just one session.

Well done and thank you Callum for working with the students.

**Tina Opperman** | Year 5 Teacher / R-7 Sports Coordinator





## Free Resiliency Skills Webinar Tonight

Our partners from Life Buoyancy Institute are offering free resiliency skills webinar for parents, teachers and secondary school students. The session will be tonight from 6:30pm-7:30pm.

The session will cover:

- An overview of what values are and why they are important;
- The importance and role of actioning values (or energising them through decision making);
- An exploration of different values, and how they relate to wellbeing, resilience and optimal life outcomes;
- An understanding of the 3 C's (Community, Choice and Connection) as a way to understand human motivation;
- How to draw upon the motivating properties of values, across learning, education, work, family and navigating the demands of Year 11 and 12;
- Using the What-What-How to activate values and support increased wellbeing, resilience and optimal decision making; and
- Parenting and teacher strategies that can support the exploration and activation of values.

For further information please click [here](#).

Tania Sigley | Director of Wellbeing



## R U OK? Day Jelly \*Pre-Order\* available on QKR! App

R U OK? Day will be held on Thursday 10 September. As part of the day, yellow diet jelly with fruit is available to pre-purchase on the QKR! App from today until 8:30am Tuesday 8 September.

- Orders need to be placed **on or before 8:30am, Tuesday 8 September** for pick up on Thursday 10 September.
- Orders will be cut off by 8:30am on Tuesday 8 September
- Orders can be placed anytime prior to this date and time
- When placing order, you must select Tuesday 8 September, then scroll across to **Tuesday Special**. Then select **R U OK? Day Jelly Cup for R-5 Students Only \*Pre Order\***
- Jelly will be available for collection from the Canteen on Thursday 10 September (R U OK? Day)

If you have any questions, please contact Leanne Sandow in the Canteen or Jess Herring in the PR & Events Department.

Leanne Sandow | Canteen Manager

## Students and Staff bring energy to National HPE Day

Today the College celebrated the National Health and Physical Education (HPE) Day. Students and staff were encouraged to wear their PE uniform to support the day designed to raise awareness for a greater focus on HPE in our schools. Statistically, Australian school children rank among the worst in the world when it comes to their physical activity levels. The Australian Institute of Health and Welfare reported these facts.

In 2017/18:

- 25% of children and adolescents (2 to 17) were overweight or obese;
- 67% of adults were overweight or obese; and
- 31% of all Australians were obese – up 12% from 1995.

Schools and teachers play a critical role in teaching Australian children the benefits of leading an active and healthy lifestyle. Along with parents/caregivers, the community and the government, the obesity trend line can be changed.

To help reverse the trend, quality health and physical education (HPE) needs to continue to be delivered in our schools. Our young learners can be taught skills and can have the knowledge and understanding of how to lead an active and healthy lifestyle. While HPE is one of the eight learning areas in the Australian School Curriculum, research shows that children's participation in physical activity can have a broader and positive influence on student engagement, improved academic achievement, and better health outcomes in adult life. Along with parents and our community, schools and teachers play a critical role in teaching Australian children the benefits of leading an active and healthy lifestyle.

The theme of the day was *Good for Children, Good for Schools and Good for Communities*.

Thanks to all staff who engaged in the day, for taking their students out to play areas, ovals and courts or ran a more structured PE lesson. It all contributes to our students having a healthy lifestyle.

Thank you to those who ran the Senior School lunchtime Founder Team Basketball Tournament and the Junior School 'Just Dance'. It was fantastic to watch.

Ian Ross | Years 8 to 12 Sports Coordinator

## After School Study Centre

This term the Study Centre will be in the Library. Students wanting assistance from staff and/or a warm and welcoming place to study, are very welcome from 3:30pm – 4:15pm on Mondays, Tuesdays and Thursdays. Please refer to the accompanying [poster](#) for further details about the particular subject support available each day.

Please email Centre Coordinator Chris Lloyd at [lloyd@tenison.catholic.edu.au](mailto:lloyd@tenison.catholic.edu.au) with any questions you may have.

Chris Lloyd, Nick Patzel and Ciaran Buckley



## LSE SAPSASA Soccer Teams Finish First

Students from our College recently represented the Lower South East region in the SAPSASA Soccer tournament.

Our regional teams had a successful tournament, as both the Boys and Girls teams won their respective Divisions! The Boys finished top of Division 1 while the Girls were first in Division 2.

The SAPSASA Soccer Carnival was held in Adelaide at Barrett Reserve, however this year's carnival was different to previous events as it was a nine-a-side carnival, rather than the traditional 11-a-side tournament. Our Lower South East regional teams were tremendous against their competition, as our talented College students proved to be integral parts of the best sides in their respective Divisions.

Well done to the following student representatives: Kobe Cole, Finn Dickson, Patrick Dycer, Marcus Gajic, Fergus Kentish, Isabella Morello, Louise O'Callaghan, George Reichelt, Jacob Salmon, Ruby Shepherd, Nico Teodoro and Kade Turnbull.

**Scott Dickson** | SAPSASA Soccer Coach



## Year 9 Visual Art Students capture College Buildings

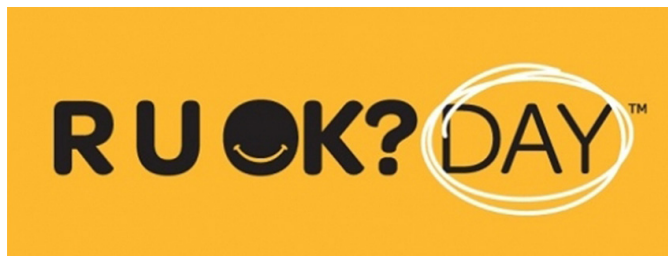
At the start of this Term, Year 9 students reviewed linear perspective, blending and tonal mixing in Visual Art. Using photos they took of the College buildings they then created collages with paper that they had prepared in class.

This is a selection of the beautiful compositions created.

**Meghan Lynch** | Teacher/Arts Learning Area Coordinator



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



## Raising awareness for R U OK? Day and Love Your Body Week

Thursday 10 September is R U OK? Day. On this day we will also be raising awareness for Love Your Body Week.

Are you OK? is a question we need to ask genuinely and sincerely any time we notice the signs that someone may be struggling. But there is more to say after R U OK? When someone says they're not OK, make time to listen, encourage action and check in. We are sharing information and resources in class on what to say after R U OK? and how to help people keep the conversation going when someone says that they are not OK.

Students are asked to bring a gold coin and wear a touch of yellow to express and reflect on their inner self, inherent qualities, passions, hobbies, or cultural background. There are no expectations to purchase any new items of clothing.

The money will go towards grocery items for the College Breakfast Club and lunches for our Tenison Woods College community that fuel our student's bodies. Breakfast Club has been providing breakfast to our students on Tuesdays to Thursdays for 15 years, supplying scrambled eggs, toast, juice and muffins made by Hospitality students.

To promote positive wellbeing the day will also include pledges, yellow ribbons, stickers, music, football, a soccer shoot out, basketball, rock band, yellow food items for sale and activities lead by College student leaders. Junior School students have the option to purchase a yellow jelly fruit cup on the QKR! app from Monday 7 September.

At Tenison Woods College we can *SHINE* bravely by supporting our community to express their inner beauty and to look after one and another.

Use the *#RUOKDay* on social media to remind people that a conversation could change a life. It is an important question but there's more to say after R U OK? Ask, then listen, encourage action and check in because a conversation could change a life. Learn what to say after R U OK? [here](#).

**Tania Sigley** | Director of Wellbeing

## SAKG Recipes of the Week

This week the Year 2 students have been baking [Banana and Honey Muffins](#), with the help of some enthusiastic parents.

The Year 6 students discussed the process and reported this during their SAKG class on Tuesday 1 September:

*"In SAKG we have been learning about healthy eating and have been trying new foods and recipes. On Tuesday 1 September we made a Hokkien Noodle Bowl, it had lots of greens that we have been growing in the garden. To create the dish, we had to read the recipe, measure ingredients, prepare them and then cook them in a fry pan. We enjoy SAKG because we learn how food goes from the garden to the table and we get to try new things."*

Please click [here](#) for the recipe.

**Jamie Edwards** | SAKG Teacher





# Photo Gallery - HPE Day



**Year 12 student Broc Linden playing in the Founder Teams Basketball match**



**Students Kade Turnbull, Fergus Kentish and Heath Ortiz Kaiser celebrating the day**



**Kobe Cole enjoying a game of tennis**



**Scarlet Pilven in class PE activities**



**Patrick O'Hehir playing frisbee at lunch**



**Tom Day with the Founder basketball match winners - Champagnat**

## Upcoming Events:

### Wednesday 2 September

- Scholastic Book Fair, 8:40am-3:20pm, Staffroom
- Year 6/7 Knockout Football, Adelaide

### Thursday 3 September

- Reception-12 Parent Teacher Interviews to be conducted by phone

### Friday 4 September

- Whole School Pupil Free Day, OSHC Available, ELCC Closed

### Saturday 5 September

- Mass 6:00pm, St Paul's Church

### Sunday 6 September

- Mass 11:00am, St Paul's Church
- Fathers Day

### Monday 7 September

- Scholastic Book Fair, 8:40am-3:20pm, Staffroom
- Tennis Hotshots Year 3-4, Olympic Park
- SAPSASA Netball Carnival, Adelaide
- SAPSASA Football Carnival, Adelaide
- SAPSASA Softball Tryouts, Blue Lake Sports Park
- Open Knockout Football, Keith

### Tuesday 8 September

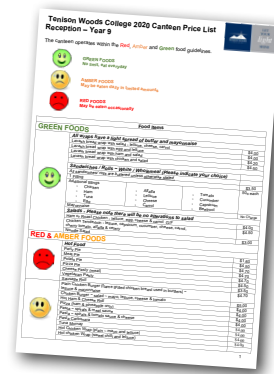
- Scholastic Book Fair, 8:40am-3:20pm, Staffroom
- Year 8/9 Knockout Football, Keith
- SAPSASA Netball Carnival, Adelaide
- SAPSASA Football Carnival, Adelaide
- Year 8/9 Division B Netball 8:30am-3:00pm, Olympic Park
- Reception - Year 12 Parent Teacher Interviews to be conducted by phone

### Wednesday 9 September

- Scholastic Book Fair, 8:40am-3:20pm, Staffroom
- Year 5 'Classrooms of the Past' Excursion 9:15am-3:15pm, Penola

## 2020 Canteen Pricelist

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



## Uniform Shop Opening Hours

The Uniform shop will be closed in the first week of the school holidays, but will be open during the second week on the following days and times:

Tuesday 6 October 8:00am-12:00pm  
Thursday 8 October 11:00am-4:00pm

A traditionally busy time of trading given the change in season, we would ask that our Online shop be encouraged as we will be needing to manage and restrict the flow of customers into the shop at any one time due to COVID-19 social distancing requirements. We will ensure that the Online orders made prior to these trading days are ready for collection during these times.

Term 4 trading will continue as normal:

Tuesdays 8:00am-12:00pm  
Thursdays 1:00pm-5:00pm

For further enquiries please contact the school at 8725 5455.



# Photo Gallery - Around The College



Year 7 students Lillie Lamb, Georgia Lock, Izza Usman and D'Arci Bell dressed as Oompa Loompa's.



Year 12 student Bella Pollifrone with her Reception buddy Florence Rowe



College Library Staff dressed to suit the theme



Reception teacher Mrs Vicki Gleed and Poppy Window



Ms Moni Kolhoffer as a Ring Master



Junior School students parade in the Gilap Wanga Learning Community