

Weekly Newsletter

Early Learning to Year 12
Co-Educational Catholic College

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Student Free Day - Friday 9 September



Year 11 Retreat

On Monday 29 August, our Year 11s visited Halls Gap for their annual Retreat. The theme of this Retreat was The Human Behind the Mask. The Retreat was an opportunity to spend time together as a cohort and to learn more about the story behind each human face. The Retreat allowed students to build connections with one another and to reflect on their sense of self and their relationship with God.



From the Principal



National Child Protection Week and Safeguarding Sunday

Safeguarding Sunday is on 11 September and was formerly known as Child Protection Sunday. Safeguarding Sunday comes at the end of National Child Protection Week (5 – 11 September). The theme this year for National Child Protection Week is Every child, in every community, needs a fair go. The theme invites us to think further and appreciate that to treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy. More information can be found [here](#).

Furthermore, the Australian Catholic Bishops Conference sees Safeguarding Sunday as a day which seeks to acknowledge the immense damage caused by the sexual abuse of children and adults at risk, including by priests, religious and lay people within Catholic contexts. As such there is a focus on raising awareness of child protection in the context of all types of harm and promoting safeguarding policies and procedures.

Safeguarding Sunday is an opportunity to celebrate children in the life of the parish, recognise that they are valued, respected, heard and parishes encourage opportunities for children to be involved on the day. Children who attend Mass on Safeguarding Sunday will be gifted a notepad with a reading and indigenous artwork acknowledging the importance of cultural diversity.

National eSmart Week – 'Proud to be me, digitally'

As an eSmart School, we commit ourselves to the eSmart Schools Framework, which is auspiced by the Alannah and Madeline Foundation, and which helps us maintain a supportive and connected community to reduce online and offline bullying and increase wellbeing.

The National eSmart Week 2022 with the theme 'Proud to be me, digitally' invites schools and libraries across Australia to join in and help children and young people to understand their rights and responsibilities online and empower them to be positive digital citizens.

During this National eSmart Week we also explore the themes of Responsible Action; responsible online sharing, peer sharing, reporting, and reflecting. By taking responsible action we can all work to keep our young safe online and offline, improving cyber safety and reducing cyber bullying, and bullying more generally.

R U OK? Day 2022 - Ask R U OK? No qualifications needed

During Child Protection Week we also celebrate R U OK? Day on Thursday 8 September. The message this year is "Ask R U OK? No qualifications needed." The message appreciates that life's ups and downs happen to all of us. So, chances are someone we know might be struggling, and our genuine support can make a difference whatever they are facing, big or small. R U OK? Day encourages not to wait until someone is visibly distressed or in crisis. Rather we are urged to make a moment meaningful and ask them how they're really going.

I take this opportunity to also reiterate that Tenison Woods College has a strong commitment to wellbeing, using trauma informed, scientific methodology of Positive Psychology, which is designed to guide and strengthen relationships. All staff are trained in the Resilient IMPACT program of intentional practice, which is carried out with our partner, Life Buoyancy Institute and focuses adults being mindful teachers, who intentionally respond to individual and student growth needs. Students are supported by trained and experienced Wellbeing Counsellors along with Wellbeing Coordinators across each year level.

Each year awareness is created for the important R U OK? day message across the College community where students are encouraged to wear a touch of yellow in support of the day. Class activities are focused on how to be a good friend and wellbeing care strategies utilising the R U OK? day resources and buddy year level activities. Community agencies such as *HeadSpace*, *Stand By Support After Suicide Response* and *CAMHS* are also involved in the day to inform students of the services available. Bells are replaced by music during the day and Student Leaders begin the day by offering yellow ribbons and R U OK? Day stickers, after students make a pledge to ask R U OK?.

Student Leaders led by Year 12 Wellbeing Leaders, have organised lunch time activities such as; Teachers vs Year 12's Basketball Game, a disco, therapy dog visits, kind messages for students, friendship bands, yellow cupcakes & jellies, sausage sizzle supported by Rapid Relief and the amazing musicians sharing their talents all to promote positive wellbeing.

While we will encourage students and staff to wear a touch of yellow, and there will be some items to purchase, we are stressing to the school community that the day isn't substantially about yellow ribbon and cupcakes. Rather the day comes from our Catholic Christian educational and values perspective of deep care for people. By embracing the R U OK? day message for our College community, we commit to caring extraordinarily for every member of our community every day of the year.

Catch Up, Reunite, Connect – Together Again

The Friends of Tenison Woods College (Old Scholars Association) is very pleased to announce a Catch Up, Reunite, Connect Function, happening on Saturday 15 October, 2022.

We invite you to come for a chat and a drink to celebrate friendships and memories. Why not get a group together and make a dinner booking afterwards? Join us at the City Hall, Main Corner, Mount Gambier anytime between 5:00pm and 8:00pm to view memorabilia that captures the various iterations of our wonderful College community, catch up with fellow friends of the College and look to the future with confidence.

CSPSA Parent Engagement Evening

Catholic School Parents SA (CSPSA) is pleased to present the first Parent Engagement Evening and welcomes all parents and carers of children in Catholic schools to attend.

The event "Anxiety and Worry in Children and Teenagers" will be presented by Madhavi Nawana Parker and is described as follows:

"All children experience some degree of anxiety and worry. This session will help parents and teachers learn to respond in a way that doesn't further inflame the situation and reduce destructive thinking patterns and improve resilience and wellbeing."

Madhavi Nawana Parker is director of Positive Minds Australia, and an established author, counsellor, and speaker. She has provided young people, families, and schools with tools to develop resilience, confidence and wellbeing through counselling, professional development, and parent workshops.

The session will be facilitated online and in person. The event will be limited to 150 places in person, with the online platform unlimited.

The details of the event are below:

Catholic School Parents SA is pleased to present:

Anxiety and Worry in Children & Teenagers

presented by Madhavi Nawana Parker

Tuesday September 20 2022
6.30pm - 8pm (in person or online)
St Thomas School & Preschool
10 Rushton St, Goodwood SA

This Parent Engagement Evening, hosted by Catholic School Parent SA, welcomes all parents and carers of children in Catholic schools.

Many children experience some degree of anxiety and worry. This free session will help parents and carers learn to respond in a way that doesn't further inflame the situation and reduce destructive thinking patterns and improve resilience and wellbeing.

Presented by Madhavi Nawana Parker of Positive Minds Australia

Register via the [CESA Registration Centre](#) or go to the [Events page](#) on the Catholic School Parents SA Website

cspsa.catholic.edu.au

Registrations can be made via the Registration Centre [here](#).

Staff Reflection Day: Finding Connection with our Story

On Friday 9 September our staff will reflect on how stories are an important part of our community; for more information, please see our CIM Team News.

School Crossing Reminders

I remind parents about the 25kmph speed limit through the School Crossing when the lights are flashing or at any time when children are present.

Crossing monitors are on duty from 8:20am – 8:40am in the morning and from 3:10pm – 3:30pm in the afternoon to cross children safely. If a parent or child pedestrian is stopped there, waiting to cross, even before the crossing monitors have arrived please stop and allow them to cross. As per legislation, you are also asked not to obstruct the crossing, whilst waiting in a line-up of traffic. We are looking at measures with the City of Mount Gambier to minimise the congestion in and around our carparks, but I ask for your cooperation, presence and patience during these challenging winter weeks.

Student Exemption Form required for absences over 5 days

If your child will be absent from school for more than 5 days, please ensure that you contact the Administration Office to obtain a Student Exemption Form. All absenteeism for more than 5 days is approved by the College Principal and entered into our attendance system to ensure accurate records are maintained and family's government benefits and allowances are protected.

God Bless,
David Meziniec | Principal

Key Dates

Thursday 8 September

- R U OK? Day
- Reception Liturgy - 10:15am - Chapel
- R-12 Parent Teacher Interviews - 4:00pm

Friday 9 September

- Student Free Day
- ELCC Closed
- OSHC Open

Monday 12 September

- School Photos
- Flinders University Health Careers Workshop - 12:40pm

Tuesday 13 September

- School Photos
- Year 5 St John's Grammar School Band - 8:30am
- R-12 Parent Teacher Interviews - 4:00pm



School Photos - NEXT WEEK Monday 12 & Tuesday 13 September

Please be advised that school photos will be held NEXT WEEK on **Monday 12 September** and **Tuesday 13 September**. Catch-up Photo Day will be on Friday 16 September. Photo envelopes have been distributed, and information has been sent home via EdSmart. We ask that your children are dressed in correct winter uniform. Please refer to the Uniform Handbook if required, click here: <https://bit.ly/3q3zQ1E>

FAMILY PHOTOS:

Family photo forms need to be returned to the front office by tomorrow, Thursday 8 September. This will allow the PR & Events team to schedule a time. We ask that your children are present at the Lecture Theatre 5 minutes before the scheduled time.

If you have any questions, please contact me via email herrj@tenison.catholic.edu.au or on the phone number listed below.

Jessica Herring | Manager Public Relations, Marketing and Events



CIM Team News



Year 11 Retreat

Last week, our Year 11 students attended their annual Retreat in Halls Gap, in the picturesque Grampians. It was an opportunity for students to deeply explore the concept of the human behind the mask, as they considered what it means to be human, the God given uniqueness we all possess, as well as the masks we wear in different situations and how these may prevent us in being our most authentic selves. Students listened deeply to the stories of each other and the accompanying staff, looking for the opportunities where God is present in the relationships that they have with themselves, others, God and creation. We were fortunate to have Fr Olek join us on Tuesday afternoon and we are deeply appreciative of his presence amongst us. Our students were also challenged to think about the types of leaders they would like to be as they consider their legacy in the Tenison Woods College story.

Staff Reflection Day - This Friday

At the Staff Reflection Day this Friday, staff will deepen their knowledge and understanding about our Tenison Woods College story through the lens of our Marist, Mercy and Josephite connections. Fr Peter is our keynote speaker to begin our day together as we consider the impact of stories and how we can continue to add to the Tenison Woods College story. Listening deeply to the stories of others and how they shape our community is important and the rich Catholic history in the South East provides the perfect opportunity to explore this. Staff will conclude the day with a Mass at St Paul's and we thank Fr Peter for his continued ministry in our community.

Faith Facts

Do you know the answer to this week's question?



Find out the answer in next week's newsletter!

2022 Sacramental Preparation Program

A reminder that children and parents involved in the current program preparing for their First Holy Communion must attend the Workshop and Rehearsal this Sunday, 11 September from 1:00-4:00pm in St Paul's Hall. Please bring a drink bottle and the purple leaflet as there will be an opportunity for children to receive the Sacrament of Reconciliation.

2022-2023 Sacramental Preparation Program

A reminder that children enrolled in the program preparing to receive the Sacrament of Reconciliation must attend the preparation session this Saturday, 10 September from 3:00-4:00pm in St Paul's Hall. All children must bring their folder and a pen or pencil.

Term 3 Masses in the College Chapel

Mass is celebrated each Thursday of the term and is led by a different class or year level each week. Mass is held at 9:15am in the College Chapel.

The roster for Term 3 Masses:

Week 7	Thursday 8 September – Year 7
Week 8	Thursday 15 September – Year 11
Week 9	Thursday 22 September – Year 10
Week 10	Thursday 29 September – Year 4

Chloe Shanahan | Religious Education Coordinator



Tenison Woods College's Rock Star

As part of his studies, Year 11 student, Josh Cutting, and his band, Republic Salad, composed and recorded a single called 'RUN', which was entered in the recent 2022 triple j Unearthed High competition.

Since the beginning of the year, Josh has been taking weekly singing lessons with ARMI - Australian Rock & Metal Institute and travelling to Adelaide each Friday to attend classes at Music SA, working towards his Certificate III in Music Performance. This experience has been supported by Josh winning the Rotary Club of Mount Gambier West Music 'Shine' Scholarship at our 2021 Senior School Awards.

Josh and his band have created a great song! Be sure to give it a listen at the link here: <https://ab.co/3KE8YyM>

Fantastic work, Josh!



Rector of Aquinas College Visits Tenison Woods College

Tenison Woods College had the pleasure of hosting Mr Sean Brito-Babapulle, Rector of Aquinas College. As Sean toured the school with David Mezinac, he met several parents of current Aquinas students, as well as some of the many students who are looking to make Aquinas their home as they commence tertiary studies next year. Tenison Woods College enjoys a very strong partnership with Aquinas College and was delighted to host Sean.



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



Week 7 ShineFM Podcast - School Based Traineeships

Tune in to our Term 3, Week 7 edition of the SHINEfm Podcast to learn more about school-based traineeships, as we hear from Year 11 student, Craig Baker, who is currently completing a traineeship in our very own Sugarloaf Cafe.

Listen on Spotify: <https://spoti.fi/3x1iZRe>
Or, listen on our website: <https://bit.ly/3TMCu9I>



Sports Journalist in the Making

Congratulations to Year 11 student, Amity Starick, who has been selected as a Media Rookie for the FIBA Women's Basketball World Cup later this month!

Amity will be in Sydney on 26-27 September at the Sydney Super Dome, where she'll attend press conferences, sit alongside international reporters and interview some of the best female basketball players in the world!

Amity applied for the program in late August and was chosen from hundreds of applicants to be shortlisted for the program. She then had an interview last Friday and was one of the 2 selected applicants from around Australia.

She will also head to Melbourne this Saturday to write for the NBL1 South Grand Final between the Pioneers and the Hobart Chargers for the SE Voice, where she has been working as a reporter since February 2022.

Fantastic work, Amity!

Uniform Focus of the Week!

Week 7 - Socks and Shoes and Hats

- Boys are to wear Charcoal grey plain crew socks (no logos)
- Girls are to wear navy tights
- Approved black school shoes (lace-ups, velcro, elastic-sided boots)
- Hats are required to be worn when the UV rating states 3 or above

Tania Sigley | Director of Wellbeing



Prime Minister's Spelling Bee Winners

From the 15 August to 26 August, 82 students from Year 3 -6 competed online in the Prime Minister's Spelling Bee.

Years 3-4: default level of Green – this relates to the difficulty of words given to those students.

Years 5-6: default level of Orange – this relates to the difficulty of words given to those students.

The entrants' results were ranked, for each of the green and orange categories on:

Accuracy:

How many spelling words are correctly submitted out of 30.

Time: the time it takes for the entrant to spell and submit each word. The entrant's cumulative time to complete all 30 words was recorded down to the millisecond.

Final ranking:

The entrants with a particular accuracy score were ranked according to their time to complete the Competition Round. That means that all entrants who achieved an accuracy of 30 out of 30 were ranked in descending order of fastest to slowest and then those who achieved an accuracy of 29 out of 30 were ranked in descending order of fastest to slowest and so on.

State/Territory Finals:

The top 100 ranked entrants from the School Competition Round in each state and territory are invited to participate in the State and Territory Finals Competition Round.

National Final:

The top 3 ranked entrants from the State and Territory Finals Competition Round in each state and territory are eligible for the National Final.

I am delighted to announce the following 11 students from Tension Woods College made it through to the State/Territory Final which took place on Thursday 1 September.

The Class Champions for the first round (School Round) in each class were:

- Charlie Little
- Jeremy Smith
- Ellie Newell
- Rian Raghesh
- Caitlin Barry
- Louis Prospero-Porta
- Sophia McCullough
- Olivia Perry
- Arshia Gulati
- Emma Baseley
- Chloe Chiesa
- Blake Laslett

The overall School Champion award goes to:

Caitlin Barry in Miss Morgan and Mrs James Year 4 class.

Congratulations to all involved. Each participant has received a participation certificate.

Elisa Lawrie | EY-6 Pathways Co-ordinator

Prime Minister's Spelling Bee National Finalist

Year 4 student, Charlie Little, has progressed through to the National Final of the Prime Minister's Spelling Bee!

Charlie had a perfect score (30/30) in the State and Territory Round last week and completed the test in 2.00.985 minutes. He is one of top 3 ranked finalists for SA and will compete in the National Final tomorrow - Thursday 8 September.

Best of luck, Charlie!



Students Learn About Space Medicine!

Year 10 and 12 students were lucky enough to hear from Vienna Tran last week, a doctor and aviation medical examiner working in the Limestone Coast. From a young age, Vienna was intrigued with space which has evolved into a passion for aerospace medicine. She has gone on to research the impact of space travel and lack of gravity in areas such as muscles, medications and infectious diseases in astronauts.

Vienna also enjoys sharing her interests by appearing on podcasts, radio shows, and as a science communicator at the Australian Space Discovery Centre. She has been a facilitator for SA Space School, which is held annually for Year 10 students.

Students had the opportunity to learn more about Vienna's career path and research, together with the exciting future career possibilities that space travel offers.

Jody Elliott | Careers Coordinator



tenisonwoodscollge • Following
Tenison Woods College

tenisonwoodscollge Every morning, students raise our flags outside the Front Office. 🇦🇺 🇨🇵 🇨🇵



Check out the Tenison Woods College Instagram Page



Year 10 Student awarded Pioneers Volunteer of the Year

Congratulations to Year 10 student, Addison Noble, who won the 2022 Volunteer of the Year Award for the Mount Gambier Pioneers! An outstanding achievement!

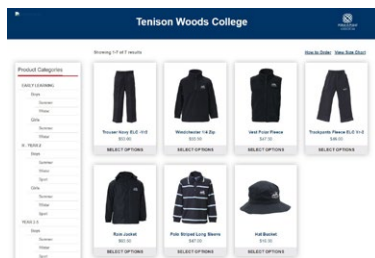


Year 9/10 Soccer Close Match

On Friday 2 September the Year 9/10 soccer team travelled to Cornerstone College in Mount Barker and played a second-round match against Mount Carmel College. In a fiercely competitive game, the boys showed great endeavour and resolve, twice coming back from two goals down to level at 4-4, only to lose 5-4 in the dying minutes of the second half!

Kobe Cole opened the scoring for us, Richard Kinyabuguma struck a sweet equaliser from outside the box, Mee Reh Htoo slammed home a penalty and our Spanish exchange student, Raul Escobar Llana, took his chance well to bring the teams level. Overall, a great effort against a strong opponent.

David Cole | Year 10 Wellbeing Coordinator



Perm-A-Pleat Uniform Shop News

We have a new updated website. It now includes images of items being ordered to make online ordering a lot easier! Click [here](#) to see our new and improved website! For those needing their winter uniform in preparation for school photos, please call in and we will assist you.

Our opening hours are as below:

- Tuesday 8:00am - 12:00pm
- Wednesday 8:00am - 12:00pm
- Thursday 12:30pm - 4:30pm

Kylie and Alana | Tenison Woods College Perm-A-Pleat Uniform Shop



Paige Gray Secures Traineeship

Congratulations to Year 10 student, Paige Gray, who has secured a Certificate III Floristry Traineeship with Lima & Co!

Paige impressed during her week of work experience, which led to her being offered a traineeship. Paige's roles include making bunches, deliveries, taking orders and retail in the shop.

Congratulations, Paige! We wish you all the best in your bright future!

Pictured is mother Karen, Paige, and Head of Senior School Ciaran Buckley.



Employment Opportunities

Tenison Woods College is a dynamic Early Years - Year 12 Catholic co-educational College with over 1400 students. The College is situated in picturesque grounds on the outskirts of Mount Gambier, SA.

We are seeking suitably qualified staff for permanent teaching positions in the following teaching areas, or a combination of these areas, to commence in January 2023.

- Years 7-9 Creative Digital Arts
- Years 7-9 Future Thinking (Mathematics/Science) Teacher
- Years 7-9 Global Perspectives (Religious Education, English, HASS) Teacher
- Years 7-12 Art & Visual Arts Teacher
- Years 7-12 Design & Tech (Wood, Metal and Plastic) Teacher
- Years 7-12 Drama Teacher
- Years 7-12 Media Arts Teacher
- Years 10-12 English Teacher
- Years 10-12 Business & Economics Teacher
- Years 10-12 Mathematics Teacher
- Years 11-12 Psychology Teacher

For further information and Position Information Documents, please visit:

<http://www.tenison.catholic.edu.au/our-college/employment>

Applications close 4:00pm Monday, 19 September 2022.



Check out the Tenison Woods College Facebook Page

Art Exhibition Winners

Tenison Woods College students have been able to view a showcase of the spectacular digital and visual arts on display in the Boardroom Corridor. This work is a result of Semester 1 Creative and Visual Arts Middle and Senior School students' problem solving and creativity. Each of the pieces have been chosen by The Arts teachers and the exhibition has been curated to let artworks shine in each of their subject areas.

The exhibition includes a mix of digital painting, traditional mediums such as pastels and acrylics, sculpture, photographic manipulation, vector illustration, animation, augmented reality and the two digital immersive experiences.

Well done to all the students whose work has been chosen to be part of the exhibition and to the winners of the sought after awards!

Principal's Award:

Bibiana Byar



Peoples Choice:

Harry Chan



Creative Arts Most Improved:

Keira Flowers



Visual Arts Most Improved:

Kaige Buckingham



Creative Arts Packing Room:

Hayden Tickle



Visual Arts Packing Room:

Sarah Brown



Please click [here](#) to see all of the art pieces.



SAKG Nature Mandalas

During their Stephanie Alexander Kitchen Garden lesson, Year 3 students connected with nature walking around the College grounds, Marist Park and the SAKG garden.

They collected items of different colour, shape and texture, taking them back to the classroom and working together to construct a range of nature mandalas. The SAKG program provides students with the opportunity to grow, harvest and cook a range of food, but also to enjoy the outdoors and connect with nature



Happy Father's Day!

On Sunday 4 September we celebrated Father's Day! We hope all Fathers, Grandfathers and those special people in the lives of children had a fantastic day!

Please click [here](#) to watch a special Father's Day video.

Close 2 Home Festival

Close 2 Home Festival is a 10-hour live music event, with food trucks and entertainment for the whole family being held at the Mount Gambier Bowls Club. A ticketed event with the aim to raise awareness and much-needed funds for mental health and suicide prevention within the Limestone Coast. 100% of the ticket sales are being donated back to local providers - Headspace- Mount Gambier, SE Junction, Four Reasons Why, and the Mount Gambier Suicide Prevention group.

Entertainment included VR experiences from Nextgen Entertainment, Face painting, giant games, colouring-in competition, and Barefoot bowls.

Gates open at 1.30pm and tickets are \$20 for adults and children under 14 are free. Please click [here](#) for the poster.



Local Area Coordination Place-based Sessions

Mission Australia is the NDIS Partner delivering Local Area Coordination Services in your area and will be based at your school to provide information, support and answer questions about:

- Mission Australia and the services they offer
- What services are available for people with disability
- Understanding the NDIS and eligibility, NDIS plan applications and reviews
- Accessing supports and services for those not eligible for the NDIS, or who do not wish to access the Scheme

Tenison Woods College, Mount Gambier

1.45-4.45pm

Tuesday 2nd August 2022 (Term 3 Week 2)

Tuesday 30th August 2022 (Term 3 Week 6)

Tuesday 25th October 2022 (Term 4 Week 2)

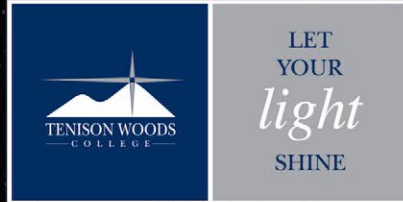
Tuesday 22nd November 2022 (Term 4 Week 6)

No need to register, come along and have a chat



Delivering the NDIS in your community





TOGETHER *Tenison Woods College* AGAIN

CATCH-UP | REUNITE | CONNECT



WE INVITE YOU TO JOIN US FOR A CHAT
AND A DRINK TO CELEBRATE FRIENDSHIPS & MEMORIES

GET A GROUP TOGETHER TO MAKE A
DINNER BOOKING AFTERWARDS!

**SAT
15TH
OCT
2022**

**City Hall, Main Corner Mount Gambier
ANYTIME BETWEEN 5:00PM - 8:00PM**

Get your free ticket here:

<https://bit.ly/3dGj8m9>

***Drinks available
for purchase***