

# Weekly Newsletter

TENISON WOODS  
COLLEGE

Early Learning to Year 12  
Co-Educational Catholic College

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ABN 25 508 850 572



Public Holiday - Thursday 22 September

## R U OK? Day

Thursday 8 September we acknowledged R U OK? Day, a national day of action to remind everyone of the importance of asking 'R U OK?' to those who may be struggling and need support.

The day started with student leaders and the wellbeing team asking students to take a pledge to look after their friends and check in on the mental wellbeing of their peers, not just on R U OK? Day, but every day. Our ELCC students enjoyed fun activities with their buddies, and Year level R U OK? Day specific class activities were run throughout the day.

We welcomed several support services to the College to educate students about mental health, answer questions and speak about the importance of asking 'R U OK?' We thank the following people and services for visiting our College and providing invaluable information to Years 9, 10 & 11 students:

- Tracey Wanganeen from *StandBy - Support after Suicide*
- Sophie Coote from *STARS - 'Survivors of Torture and Trauma Assistance and Rehabilitation Service'*
- Rita Zaccardo from *Child and Adolescent Mental Health Service*
- Nick McInerney from *headspace* Mount Gambier

Thanks also to LongRiders CMC Mount Gambier SA for donating money to ambassador Tracey, who provided R U OK? Day merchandise to students, as well as cupcakes from the Sugarloaf Café.

Lunchtime saw students enjoy a BBQ supplied and run by Rapid Relief, a staff vs student basketball game, soccer and dodgeball, as well as art activities and face-painting, plus a variety of great treats made by student leaders, the canteen and Sugarloaf Café.

Supporting our friends and family is as important as it's ever been. A conversation could change a life; make time to check in on your friends and family using the four steps of an 'R U OK?' conversation:

1. Ask 'R U OK?'
2. Listen
3. Encourage action
4. Check in



Be The One at Tenison Woods College

# From the Principal



## Parent-Teacher-Student Interviews

Thank you to families and staff who participated in the parent-teacher-student interviews last Thursday and this Tuesday evening. These interviews are a strong expression of our work together as staff and parents, accentuating student achievement and agency.

## Public Holiday – 22 September

I remind families that next Thursday 22 September will be a Public Holiday to mark the passing to eternal life of Queen Elizabeth II. We acknowledge the leadership and contribution of Queen Elizabeth to our Australian nation and indeed our world community.

## Year 9 PE Uniform Trial

In Weeks 9 & 10 we will be trialling a new approach with our Year 9 students and their Physical Education Uniform. As we currently allow the Year 7 and 8 students, our Year 9's will now be allowed to wear their PE Uniform on the two days a week that they have their timetabled HPE lessons. Students have shown respect for their PE Uniform and have voiced opinions about changing the approach.

We are hopeful that this will be a successful change for the students and that they will continue to wear their uniform appropriately and on the designated days. A successful trial will then enable a transition to a more substantive approach in relation to the wearing of the PE Uniform on days of HPE.

## Staff Reflection Day: Finding Connection with our Story

On Friday 9 September our staff reflected on how stories are an important part of our community; they tell us who we are and where we have come from, but our stories can also help shape the future.

As part of the Reflection Day, Father Peter Zwaans spoke inspirationally to the staff about the importance of story. Staff also listened deeply to our College story, gaining a deeper connection with it, and considering how we continue to shape the story of the Tenison Woods College community whilst walking in the footsteps of our founders.

We also visited places in Mount Gambier that are connected to the stories of our founders and our Tenison Woods College history, sharing a meal together, and ended the day with Mass celebrated by Father Peter Zwaans at St Paul's Church. We trust that this day will have a significant impact on the way our staff bring out the best in our young as expressed so richly by our founders.

## Catch Up, Reunite, Connect – Together Again

The Friends of Tenison Woods College (Old Scholars Association) is very pleased to announce the Catch Up, Reunite, Connect Function on Saturday 15th October 2022. We invite you to come for a chat and a drink to celebrate friendships and memories. Why not get a group together to 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.

## BYOD – YEAR 6 Families, ready for Year 7 in 2023

As the year flies by and we look to 2023, I remind families that if they are thinking about purchasing a device for next year, check out our Bring Your Own Device page on our website [here](#).

You can also find this page in SEQTA Engage by choosing the Portals 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 than they might to ensure that the device is ready for the start of 2023.

## Key dates for the commencement of 2023:

A full list of 2023 key dates will follow soon, but to assist with planning I inform our College community of dates to commence the 2023 academic year:

**Wednesday 25 January 2023**

All Teaching Staff commence

**Thursday 26 January 2023**

Australia Day Public Holiday

**Friday 28 January 2023**

Book collection day and Staff planning day

**Monday 30 January 2023**

Reception, Years 7, 8, 10, 11, 12 commence Term 1.

**Tuesday 31 February 2023**

All other students commence Term 1.



## 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](https://cspsa.catholic.edu.au)

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

## 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 Mezinac** | Principal

## CIM Team News



### Staff Reflection Day

Last Friday, 9 September, Tenison Woods College staff participated in our annual Staff Reflection Day, offering an opportunity to find connection with our story but also within our staff community after the last couple of years. Staff explored and uncovered their knowledge and understanding of our South East and College story and made connections to stories of our founders – St Marcellin Champagnat, Venerable Catherine McAuley, St Mary of the Cross MacKillop and Fr Julian Tenison Woods.

The day concluded with Mass at St Paul's, gathering together to celebrate the Eucharist and to give thanks for the students and families we serve in our College community.

### 2022 Sacrament Celebrations

Last Sunday, the children from the College and parish preparing to celebrate the Sacrament of First Holy Communion gathered for their final workshop and preparation session. The children learned about the ministry of altar serving including a tour of the sacristy, a new Junior Sacristan Ministry and created their decorations for the church, as well as practicing how to receive the consecrated host with Fr Peter.

We ask you to keep these children and their families in your prayers as they prepare for a significant weekend.

#### Saturday 17 September

Sabine Teodoro  
Oscar Benjamin  
Esther Mbuyu  
Digby Stephens  
Paddy Bouchier  
Amelia Holmes  
Thomas Pedler  
Amber Pohlner  
Jack Koopman

#### Sunday 18 September

Davyd Davydiuk  
Maria Sofia Hoskings  
Molly Sutton  
Owen Whitaker  
Isla Whitaker  
Archie Marlow  
Konrad Moors  
Anja Moors  
Madison Ras  
Louis Prosperi-Porta  
William Walkom  
Harper Grubb  
Sebastian Grubb

#### Sunday 25 September

Hudson Zwar

### 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 on Saturday 24 September from 3:00-4:00 in St Paul's Hall. All children must bring their folder and a pen or pencil. One parent will need to be in attendance with their child at this session.

### Andrew Chinn Workshops and Concert

On Wednesday 21 September, Australian religious songwriter and singer, Andrew Chinn, will be visiting the College to share his songs with our children. All children in the Junior School will be participating in song workshops throughout the day, culminating with a concert of the songs in the afternoon. Andrew's song, such as These Hands are used in classrooms and liturgies around Australia, New Zealand, the USA and Canada. Parents are warmly invited to be part of the celebration of faith and fun. The concert will take place in the Barrie Holmes Stadium at 2:00pm. We look forward to seeing you there.

### Faith Facts

Did you know the answer to last week's question, "Have you ever wondered how Parish communities care for the poor and those in need?"

These are just some of the ways a Parish community helps others:

- Supporting not-for-profit groups
- Vinnies
- Caritas
- Catholic Mission
- Catholic Charities
- Local parish groups
- Visiting the sick and housebound
- Fundraising for causes

### 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 8 Thursday 15 September – Year 11  
Friday 16 September – Year 5

Week 9 Thursday 22 September – Year 10  
**CANCELLED DUE TO PUBLIC HOLIDAY**

Week 10 Thursday 29 September – Year 4

**Chloe Shanahan** | Religious Education Coordinator



## Key Dates

### Thursday 15 September

- Year 1 Liturgy - 10:15am - Chapel

### Friday 16 September

- Senior School Web Choice Completed
- Music Photos - 9:00am
- Catchup School Photos and Family Photos - 10:40am - Lecture Theatre
- Year 12 E-Exam Practice Day
- Year 5 Mass - 9:00am - Chapel
- Years 3-6 Assembly 2:05pm - Gym
- Years R-2 Assembly - 2:40pm - Gym

### Monday 19 September

- Year 10 PLP Session 10
- Stage 1 Outdoor Ed Bush walking Camp - Monday to Wednesday

### Tuesday 20 September

- Music Showcase Rehearsals - 10:15
- Years 7-12 Music Showcase - 6:30pm - Casadio Park

### Wednesday 21 September

- Senior School Subject Counselling
- International Day of Peace
- Andrew Chinn Performance - R-6 - 8:30am

### Friday 23 September

- SAPSASA Track and Field Championships
- Vinnies Badge Day
- Year 1 Penola Excursion - 9:00am

## Students Excel in Music Exams

Over the years we have had music students enrol in internationally accredited music exams. Australian Music Examinations Board (AMEB) is one such examining body.

Congratulations go to the following students for having the determination to undertake these exams and elevate their musical skills to the next level.

Student	Instrument	Exam Level	Grade
Year 7 Student Laura	French Horn	Grade 2 Comprehensive	A+
James Williamson	Piano	Preliminary	A
Andy Guan	Piano	Grade 1	A+

**Penny Mansell** | Head of Performing Arts

## Update on Charlie Little Prime Minister Spelling Bee

Charlie's results from the National Final of the Prime Minister's Spelling Bee are in! He scored 23/30 with a time of 3:07.679 to secure a 12th place finish! Charlie is also the first student from our College to reach the National Final, an outstanding achievement!

**Elisa Lawrie** | EY-6 Pathways Coordinator



# HPSP Mic'd Up!



## Richard Hill and Tom Daly - Basketball

We're fortunate enough to have two incredible coaches, Richard Hill and Tom Daly as part of our HPSP Basketball program.

Richard has over 20 years of basketball coaching experience; most recently, coaching the Mount Gambier Pioneers for 10 seasons. In the last 8 seasons, the Pioneers have advanced to the Championship game 7 times and can boast 3 National Championships. Prior to joining the Pioneers, Richard coached at State junior level and NBL level with the Adelaide 36ers. He also led the Eastern Mavericks to their only Championship in what is now NBL1.

His enthusiasm for the game and desire to help young players reach their goals has not diminished over this journey.

Tom has nurtured hundreds of players from all over the South East in his six-year tenure at Tenison Woods College, as well as coaching Tenison students to 6 State Championships. As a junior player, Tom represented South Australia and Australia in captaincy roles on multiple occasions and has enjoyed a successful professional career, playing five seasons for the Adelaide 36ers in Australia's top league, and winning 4 championships and captaining the Mount Gambier Pioneers and Sturt Sabres.

Outside of Tom's passion for high performance basketball, he enjoys spending time with wife, Emma, and two daughters, Grace and Charlise.

Click [here](#) to watch the video.

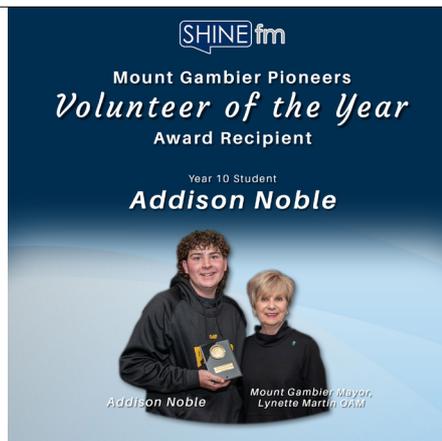


# Uniform Focus of the Week!

## Week 8 - PE Uniform

- Sports polo top with House colour stripe
- Tenison Woods College monogrammed navy PE shorts
- Tenison Woods College monogrammed navy PE track pants (two options available in Junior School & new track pant option starting from a size S)
- Plain white 'crew' sport socks
- Sports shoes/sneakers

Tania Sigley | Director of Wellbeing



## Term 3 Week 8 ShineFM Podcast A Chat with Addison Noble

Tune in to our Term 3, Week 8 edition of the SHINEfm Podcast as we welcome Year 10 student, Addison Noble, who was recently named as the 2022 Volunteer of the Year for the Mount Gambier Pioneers Basketball Club.

Addison's photo is courtesy of Georgia Paige Photography and the Mount Gambier Pioneers Facebook page.

Listen on Spotify: <https://spoti.fi/3RJwo8D>  
Or, listen on our website: <https://bit.ly/3BDeM8P>

## 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!

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



## Donna Denton Awarded Life Membership!

Congratulations to our HPSP Netball Coach, Donna Denton, as she was awarded Life Membership with the Millicent Football & Netball Club!

Donna is pictured with Trav Taylor, who also received Life Membership. Photo courtesy of the Millicent Football & Netball Club Facebook page.



## An Update on 2020 College Dux, Chloe Mackenzie

2020 College Dux, Chloe Mackenzie, has been helping coach with the Chappell Whitty Cricket Academy.

Since leaving Tenison Woods College Chloe has been studying a Bachelor of Earth and Environmental Systems online through the Southern Cross University. She plays cricket with the Geelong Cricket Club, and holds a number of coaching roles throughout the region, including the Chappell Whitty Academy. She is also the president of the South East Women's Cricket Association.

The Chappell Whitty Academy is a program run by the Glenelg District Cricket Club to support U16 cricketers in the South East region. The 10-week program is open to cricketers of all skill levels and aims to develop multifaceted cricketers who have a solid understanding of batting, bowling, fielding and tactical fundamentals. This year's program had 22 participants who had access to a number of high quality GDCC coaches including Glenn Sullivan, Kym Williams, Graham Sedunary, and Strikers player Anesu Mushangwe.

**Chloe Mackenzie** | 2020 College Dux



## Year 10 Student Attends U15 Australian Selection Camp

Congratulations to Year 10 student, Oscar Marr-McGuire, who will be participating in the Australian U15 Selection Camp for the opportunity to represent Australia at the U15 FIBA Oceania Tournament in Guam in November!

Oscar was selected for the camp following his impressive performances at the U16 Australian Junior Championships in July. Best of luck, Oscar!

*Photo courtesy of the SA Country Basketball Facebook page.*



## Extraordinary Musical Opportunity

On Saturday 10 September, Year 7 student, Gabriel Strachan, opened for the Festival of Small Halls at Mil-Lel. Gabriel played an opening 5-song set, ending with an original – *Music to My Soul*.

He was followed by amazing musicians, Mal Webb and Kylie Morigan, with Chris Tamwoy (2016 Australia's Got Talent Runner-Up) ending the show. Chris caught up with Gabriel before the show and passed on some valuable advice and pre-show pep-talk.

Fantastic work, Gabriel!



## Allied Health Workshop

A number of Year 10 and 11 students this week participated in an Allied Health Workshop conducted by current Flinders University medical students.

The purpose of the annual workshop is to expose students to a number of health professions including dietary, optometry, medicine, nursing and paramedics through a range of different hands-on activities. This gives students the opportunity to learn about each profession, and to experience a task relevant to that profession. In this workshop, students learnt how to take blood pressure and calculate medication dosages, how much sugar is in the food we eat, why blood clots, and what it looks like to have damaged eyes.

Students then participated in an hour-long question and answer session where they could ask about pathway options, university life, the transition from school to university, and study and subject advice.

It was particularly pleasing to have Chloe Fletcher, 2019 Dux Graduate from Tenison Woods College on the panel. Chloe is in her third year of Medicine at Flinders University and was able to provide invaluable insights and advice to students.

**Jody Elliott** | Careers Coordinator



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Tenison Woods College

tenisonwoodscollege Every morning, students raise our flags outside the Front Office ❤️❤️❤️



Check out the Tenison Woods College Instagram Page



## Mount Gambier Pioneers Awards

Congratulations to Year 10 students, Trixie Crouch, Taj Brumby and Addison Noble, as they were award recipients at the recent Mount Gambier Pioneers Serle-Scott Medal Dinner.

Trixie and Taj won the Female and Male Commitment to Excellence Awards, and Addison was presented with his Volunteer of the Year Award.

Fantastic achievements!

Trixie and Taj are athlete scholarship holders with the Limestone Coast Regional Sporting Academy. The academy is in partnership with the Pioneers and offer the athletes a Pioneers Pathways Basketball Program.

*Photos courtesy of the Mount Gambier Pioneers Facebook page, photos taken by Georgia Paige Photography Facebook page.*



## Maixence Williams Phenomenal Music Talent

Year 12 student, *Maixence Williams*, recently participated in the *Royal South Street Eisteddfod* in Victoria. Adjudicated by 2 Melbourne-based adjudicators.

### Maixence placed:

**1st** - Jazz and Blues Solo - 16-U18

**1st** - Strut Your Stuff - Open

**2nd** - Contemporary Ballad Solo - 16-U18

**2nd** - Country Solo - 16-U18

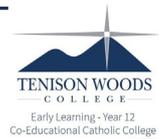
**Highly Commended** - Up Tempo Contemporary Solo - 16-U18

*Maixence* is now focusing on submitting her live performance to complete her **Professional Diploma Level 4** for **London Rockscool**. Fantastic work, *Maixence*!



Check out the Tenison Woods College Facebook Page

# EMPLOYMENT Opportunities



LET YOUR *light* SHINE

## 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.



## Field Trip to Lake Bonney Wind Farm

On Thursday afternoon, Mr Cole and Mrs Elliot accompanied Claudia Prosperi-Porta and Grace Kentish on a Stage 1 Geography field trip to Lake Bonney Wind Farm. John Hutchison (Advanced Service Technician, Vestas) was on site to help facilitate a tour direct from the nacelle 80 metres in the air!

Even though the Microsoft Teams link failed, thankfully Messenger proved a handy back up and the students got an invaluable, firsthand insight into the inner workings of a wind turbine and how energy is converted from wind to electricity we use everyday. They are busily writing up their reports now that we are back in the classroom.

**David Cole** | Year 10 Wellbeing Coordinator and PLP Key Teacher



Tenison Woods College  
Academy of Hospitality

# Spring Brunch

\$30

40 Tickets  
Available



Sunday 18 September

Pre-Mass Sitting: 8:30am - 10:00am

OR

Brunch/Lunch Sitting: 10:30am - 12:00pm

## Menu

From a choice of:

- Big Breakfast  
Bacon/Smoked salmon, scrambled eggs, sourdough, roasted tomatoes, roasted mushrooms, steamed spinach and spring asparagus
- Panna Cotta with Fresh Fruit Compote
- Smashed Avocado Hash Browns with Bacon and roasted cherry tomatoes
- Platter of Pastries with Fresh Fruits  
Warm Croissant and Danish with fresh berries and jams
- Warm Waffles with boysenberry ice-cream strawberry coulis

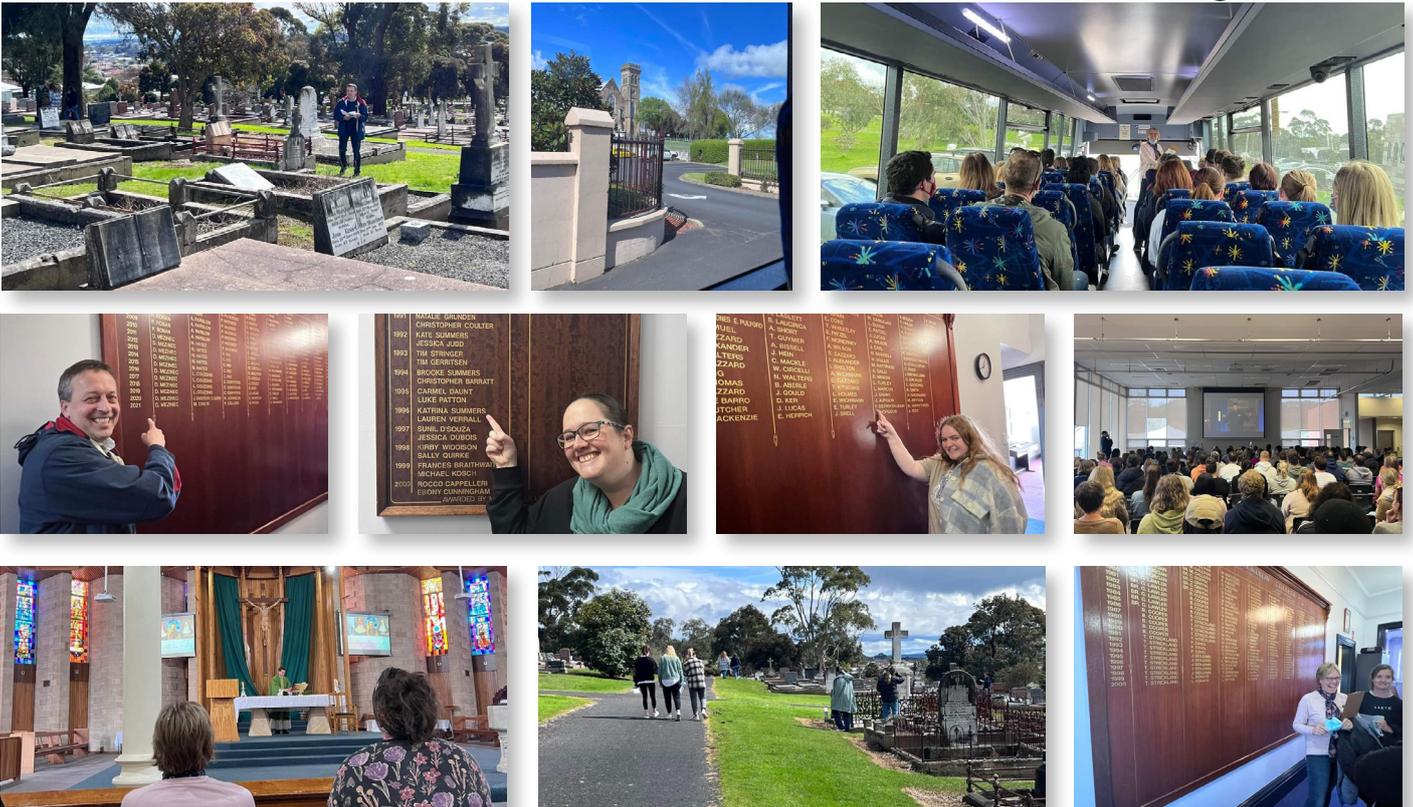
*Includes a Coffee or Juice*

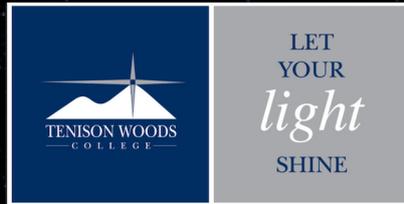
*Pre purchase tickets from the Sugarloaf Cafe  
EFTPOS or Cash is accepted*

# R U OK? Day



# Staff Reflection Day





# 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***