

# Weekly Newsletter



## 7-12 Swimming Carnival

What a joy it was to hold our first Year 7-12 Swimming Carnival since 2020!

What an awesome day that everyone loved being involved in, with great numbers for events and amazing costumes! We were extremely grateful to be able to celebrate this event at the incredible Wulanda Recreation & Convention Centre.

**1<sup>ST</sup> WOODS**  
1,878 POINTS

**2<sup>ND</sup> MCAULEY**  
1,426 POINTS

**3<sup>RD</sup> MACKILLOP**  
1,291 POINTS

**4<sup>TH</sup> CHAMPAGNAT**  
1,241 POINTS



# From the Principal



## Parent Welcome and Community Gathering Evening – It's About Building Relationships

Thank you to the many parents and students who attended the R-12 Parent Welcome and Community Gathering Evening on Monday 13 February. Parents had a chance to meet our teachers, visit classrooms, learn about the teachers' hopes for the year, and hear about the classroom processes that will ensure learning is achieved in the best possible way. Parents also had an opportunity to informally meet the Leadership Team of the school and ensure that we commence the journey of serving your child's individual needs in a deliberate manner.

## 7-12 Swimming Carnival Success

On Tuesday 14 February we recommenced the tradition of our annual 7-12 Swimming Carnival, this year at the Wulanda Recreation and Convention Centre. The carnival has a long tradition within the College and is an integral part of the school calendar. We had not hosted a swimming carnival since 2020, so it was a delight to see the enthusiasm in the students as they participated in the carnival with the theme 'Under The Sea'.

In amongst personal bests and wonderful team spirit, I was delighted to see the leadership of our Sports Captains, Tess Porter and Harry Wright, supported by the enthusiasm of our Founder Leaders, who inspired their teams. Such leadership was also evident in our Year 11 and 12 students, who established the tone for the carnival of 'having a go', goodwill and mutual encouragement.

Thank you to all staff who prepared for and supported students during the carnival so that they could 'grow their gifts together' with confidence and enjoyment. With the deliberate support of the Grounds Team, IT Team, Health and Physical Education Teaching Team and parent supporters, Brooke Hicks, our 7-12 Sports Coordinator, was able to create a wonderful carnival that offered students many memorable experiences.

## Opening Whole School Liturgy – Growing our Gifts Together in 2023

We look forward to Thursday 16 February and our Opening Whole School Liturgy at Marist Park. The liturgy, which commences at 9:00am, will assist us to reflect on the College theme for 2023, where we will endeavour to 'grow our gifts together'.

This theme helps us reflect on:

- The element of our individual and communal journey
- The competence we see in others
- Our growth in confidence
- Fostering a growth mindset
- Shining through our strengths
- How we SHINE with SWAG (Skills, Work ethic, Attitude, Game)

I look forward to us developing a deep appreciation of how we are 'growing our gifts together', and in particular, appreciation of the gifts which surround us as we look with fresh eyes at our school, local and global community.

Don't forget your hat and sun screen!

## Saturday 18 February - Tough Barker – The Tenison Pop Up Fitness Craze that they are all talking about!

Forget Tough Mudder, Ninja Warrior and No Bull CrossFit Games - Tough Barker is going from strength to strength!

Due to popular demand our Grounds Team, Justin, Andy and Nick, will be putting participants through an epic barking, sand, weeding and painting challenge that will work the core, the abs, glutes, biceps and triceps.

The two significant focus areas will be the grounds of the Early Learning and Community Centre, and the grounds of the Middle School Gilap Wanga Learning Community.

And at break time, participants will enjoy a sausage sizzle, abundant quenching water, hot drinks, and be able to work diligently on their orbicularis oris and zygomaticus major.

It will be a great morning, Saturday 18 February, from 8:00am until 12:00pm.

The first half hour session will commence at 8.00am. For those who would like to sign up for the fitness sessions, at no cost to them, we ask you please register [here](#).

Please bring any gardening equipment you think could be of use: gloves, shovel, rakes, wheelbarrow, even your ute. The working bee Tough Barker Sessions will commence at 8.00am. Morning tea and refreshments will be supplied with a BBQ available from 10.00am.

## Caring for One Another – Road Safety in and Around Our School

Following on from the theme of helping one another, I remind families of the importance to monitor their speed and adjust it accordingly as they approach the school on Shepherdson Road and White Avenue in the interest of safety for all, but particularly our young. I also remind students to utilise the various designated crossing areas which are monitored by our staff. Crossing the roadways at other areas adds to the danger for our young, but also increases the difficulty for drivers in the area.

## CESA COVID-19 Approach

COVID-19 continues to affect the community and we all have a part to play in keeping our school community safe and minimising the disruption to learning that can occur when illness circulates at school. As such I ask you to follow the approach below:

- Students/staff who are unwell should stay home if they have cold or flu-like symptoms and get tested for COVID-19
- If students/staff have COVID-19, please advise the school as soon as possible, and stay at home until all acute symptoms (runny nose, sore throat, cough and fever) have cleared
- Staff 'Test to Stay' remains part of the CESA COVID-19 Management Plan for staff who become close contacts at school

## Lenten Season and Project Compassion – For All Future Generations

Next week's Shrove Tuesday pancake fundraising day and Ash Wednesday liturgies mark the start of Lent; the season in which we prepare for Easter.

Students are being encouraged in class to develop a communal action during the Lenten season to bring about change in our world. Fundraising throughout the six weeks of Lent will contribute to Caritas Australia's Project Compassion Campaign. This Lent, Caritas Australia calls us to support Project Compassion under the theme of 'For All Future Generations', which is an expression of hope, and reminds us that the good that we do today will extend and impact the lives of generations to come. It invites us to make the world a better place by working together now and finding long-term solutions to global issues.

The theme of Project Compassion, 'For All Future Generations', is a powerful affirmation that the good that we do today will extend and impact the lives of generations to come. It is also a call for all of us to play our part in making the world a better place by working together as sisters and brothers in finding long-term solutions to global issues.

This year, the theme asks us to think about the great 'yes' that Mary spoke when the angel told her she was to become the mother of Jesus. She freely accepted God's invitation to take up a unique place in the history of the human family. The prayer Mary shared with her cousin Elizabeth says, 'all generations will call me blessed'. Her yes is for all future generations.

Project Compassion 2023 shares the stories of resilient and inspiring individuals whose lives and futures have been impacted by the ongoing support of Caritas and its supporters. We will be encouraging students to discover the power of giving and the impact that their contribution, however big or small, can have in the lives of others. When we lend a hand to someone in need, they will go on to help others and make better opportunities for future generations.

## Growing our Gifts Together During Lent and Project Compassion

Compassion is contagious and creates a ripple effect of kindness and prosperity. During Lent I encourage students to focus on the gifts they can offer others and as such, to be the pebble that enables Caritas Australia to create the ripples that will improve the livelihoods of vulnerable communities in our global community, supporting them to flourish and create opportunities for future generations to live to their full potential and thrive.

Supporting Project Compassion is a way we can proclaim the faith that is in our hearts and help our brothers and sisters in need by sharing the gifts we ourselves possess. During Lent, we are invited to take up the call to fast, pray and give alms - in solidarity as a global community.

Put simply, our commitment to marginalised people is a direct response to the Christian call to 'act justly, love mercifully, and walk humbly with our God'.

God Bless,  
**David Meziniec** | Principal



## CIM Team News



### Whole School Liturgy

Our Whole School Liturgy will be held at Marist Park on Thursday February 16 at 9:00am. Father Peter will be our celebrant for this special event, as we celebrate our school theme of 'Growing Our Gifts Together'.

This Liturgy is a great opportunity for our school community to come together and reflect on the gifts that each of us have been given and for us to show our appreciation and gratitude for the many blessings we have received.

In preparation for the Liturgy, we ask that students bring along a towel or similar item to sit on. This will ensure that everyone is comfortable during the event and that we can focus on the meaningful message being shared. Parents and Carers attending are encouraged to bring along their own seating as well due to limited seating at this venue.

### Youth Mass

Youth Mass is scheduled for this Saturday, February 18 at 6:00pm, at St. Paul's Church on Penola Road. This Mass features music and readings led by young people from the College and the parish. Julio Teodoro and Kuncheria Chavara, the Tenison Woods College Mission Leaders, play a key role in coordinating the event. If you're interested in participating, please reach out to the Mission Leaders or Ms. Wilson. After Youth Mass, there will be a dinner and discussion group for the Youth Group, students in Year 7 and above are encouraged to attend.

### Shrove Tuesday

Shrove Tuesday, also known as Pancake Day, is a day traditionally celebrated by Christians as a way to use up rich ingredients such as sugar, butter, and eggs before the start of Lent.

Shrove Tuesday serves as our first major fundraiser for Project Compassion. Project Compassion is a fundraising and awareness campaign run by Caritas Australia, a Catholic humanitarian aid and development organization. The campaign is held annually during Lent. The funds raised are used to support various projects run by Project Compassion such as providing access to clean water, education and healthcare to those in need.

On Tuesday 21 February, students are encouraged to bring along a gold coin donation for a pancake. Students in Reception to Year 6 will come along with their class during the day. Students in Years 7-12 will be able to participate during recess.

We would appreciate parent support in cooking and serving pancakes throughout the day. Please contact Sally Telford at [telfs@tenison.catholic.edu.au](mailto:telfs@tenison.catholic.edu.au) if you are available to assist in any way.

### Ash Wednesday

The Season of Lent begins on Ash Wednesday, 22 February. Ash Wednesday is a time for us to think about our lives and try to make changes for the better. Lent is a time for spiritual reflection and growth, during which Catholics are encouraged to focus on the themes of prayer, fasting and almsgiving.

Throughout the day, all students will be participating in Ash Wednesday liturgies led by their teachers. During the liturgy, students will receive ashes on their foreheads in the shape of a cross. We believe that participating in these liturgies is a meaningful way for them to begin the Lenten season.

### Children's Choir for Family Mass

A new children's choir is being established at St Pauls Catholic Church which will play at the first Family Mass on Sunday February 26.

If your child is interested in taking part in this choir, rehearsals will usually take place each Wednesday before family Mass at 5:30pm-6:30pm. All are welcome to attend.

Please note: Due to Ash Wednesday, the first rehearsal will take place on Thursday 23 February from 5:30pm-6:30pm.

All rehearsals will take place St. Pauls Catholic Parish. Please contact Sally Telford if you require further details.

### Sacraments of Initiation

Do you have a child (or children) aged 13 or older who has yet to receive the Sacraments of Confirmation and First Holy Communion, and would like to receive these Sacraments? We are planning to run a Sacramental preparation program for this age group this year. Please contact Cisca at the Parish Office to register your interest, or email [sacraments@mtgcatholic.org.au](mailto:sacraments@mtgcatholic.org.au).

Sally Telford | Acting Religious Education Coordinator

SHINEfm  
**Beginning Year Liturgy Information**  
2023 Mission Leaders  
**Julio & Kuncheria**      **Father Peter**

## SHINEfm Podcast - Term 1, Week 3

Tune in to Term 1, Week 3's SHINEfm Podcast as we welcome Mission Leaders, Julio & Kuncheria, and Father Peter, as they provide details about our Whole School Liturgy on Thursday 16 February.

Listen on Spotify: <https://spoti.fi/3YQx9Qt>

Listen on our website: <https://bit.ly/3XxpOUQ>



# TWILIGHT TOURS

Thursday 23 March 2023

5.30pm for a 5.45pm start

For more information or to register your attendance please visit the College website or [click here](#).



## 2022 Graduate, Jess Tresidder, Receives Governor of South Australia Commendation – Excellence Award

2022 Graduate, Jess Tresidder, recently accepted her Governor of South Australia Commendation – Excellence Award.

Jess received the award in recognition of her success with her studies last year and her entrepreneurial talent, as she launched a successful business in 2021 selling personalised key chains, leading her to receive a scholarship in 2021 from Business News Australia.

Jess was invited to attend the SACE Merit Ceremony at Government house by the Governor of South Australia, Her Excellency the Honourable Frances Adamson AC.

Be sure to check out Jess' business at the link below:  
<https://www.etsy.com/au/shop/WildHazelDesigns>

Congratulations on your outstanding achievement, Jess!



## Year 12 's and Reception Buddies Enjoy Time Together

During Week 2, our Year 12 students visited their Reception buddies to spend some quality time together.

These buddy sessions allow the College's youngest students to become familiar with the 'big kids' they may see in the school yard from time to time.

Friendships were created among the buddies as they read stories, drew pictures, and played together.

*More photos are featured later in the Newsletter.*



## Ash Wednesday Canteen Menu

On Wednesday 22 February we wish to advise there will be NO MEAT in the Canteen due to Ash Wednesday.

However, the following items will be available for purchase:

- Vegetarian Pasty \$5.00
- Tomato/ Cheese Pasta \$4.00
- Tuna Mornay \$4.00
- Potato Cake \$1 each (maximum 3)
- Battered Flake \$6.00 per piece.
- Tangy Tomato Noodle Salad \$3.50

Any wrap, roll, sandwich or salad may be ordered without meat, please refer to 2023 Canteen Price List. Snacks such as fruit salad, muffins and donuts will be available. Options will be shown in the QKR! App.

**Leanne Sandow** | Canteen Manager



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

## 2023 Term Dates & Student Free Days

### Term Dates

<b>Term 1</b>	30 Jan - 14 Apr	<b>Term 3</b>	25 Jul - 29 Sep
<b>Term 2</b>	1 May - 7 July	<b>Term 4</b>	16 Oct - 13 Dec

### Student Free Days

<b>Term 1, Week 7</b>	Tuesday 14 Mar	<b>Term 3, Week 1</b>	Monday 24 Jul
<b>Term 2, Week 6</b>	Thursday 8 Jun	<b>Term 3, Week 7</b>	Friday 8 Sep
<b>Term 2, Week 6</b>	Friday 9 Jun	<b>Term 4, Week 1</b>	Friday 20 Oct





## Year 9 Agriculture

On Friday 10 February, our Year 9 Agriculture students were treated to a talk from Darren Kuchel from Microstart Biological Farming. Darren spoke about at length the role of photosynthesis and the importance of measuring pH levels in the soil. Students also gained an opportunity to measure the sugar level of the College grounds' grass.

This introductory level of learning is a part of their 'Plant Production' unit. Students will learn on both incursions and excursions and through this gain a greater understanding of Agriculture in our region. A great start to our brand-new Agriculture curriculum.

**Brad Maney** | Agriculture Teacher



## Football in Schools

We invite students from Reception to Year 6 to consider attending the Football in Schools Program. The program provides an introduction to the game of football (soccer).

The Football in Schools will run once a week for an 8-week period, running for one hour. It aims to develop basic football skills in a safe and positive environment, with a strong emphasis on fun football activities.

This program is supported by the Government of South Australia, allowing participants to use the Sports Vouchers. The program will supply the children with a drawstring bag, soccer ball and shin guards.

The Sports Voucher form is located [here](#).

Beginning Monday 1 May – Term 2, Week 1 – the tentative time will be every Monday at 3:30pm on the Aston Field.

Further information can be found here:

<https://www.footballs.com.au/footballinschools>

**Tina Opperman** | R-6 Sports Co-ordinator



## Raise a Glass for the 2023 Titans USA Tour

Plans are underway for the 2023 Titans USA Tour, with a contingent of approximately 49 students and staff set to take part in our 9th biennial tour. The group will leave Melbourne on 25 November and return on 16 December, taking part in sporting and sight-seeing activities in Seattle, Portland San Francisco, Los Angeles and potentially Hawaii – it's a once in a lifetime experience.

To help raise money for the trip, the group are running a wine drive with Rymill Coonawarra. Rymill is offering discounted wines, including reduced prices for mixed dozen purchases. Please see the [order form](#) for varieties and prices. If you'd like to place an order please email the completed order form to Tanya Thomson ([thota@tenison.catholic.edu.au](mailto:thota@tenison.catholic.edu.au)). Wines need to be ordered by Friday 3 March with delivery to Tenison Woods College the following week.

Rymill will be generously donating 30% of the total order to the USA Tour.

## Upcoming Key Dates

### Week 3

#### Thursday 16 February

- Beginning Year Liturgy - 9:00am, Marist Park

#### Friday 17 February

- Years 7-12 Interschool Swimming Carnival - Wulanda Recreation Centre

#### Saturday 18 February

- Tenison Woods College Working Bee

### Week 4

#### Tuesday 21 February

- Shrove Tuesday

#### Wednesday 22 February

- Ash Wednesday

#### Thursday 23 February

- Adelaide Symphony Orchestra Performance, Year 4/5 - 11:00am, Sir Robert Helpmann Theatre

#### Friday 24 February

- Adelaide Symphony Orchestra Performance, MS & SS Music Students - 11:00am, Sir Robert Helpmann Theatre
- Years 3-6 Assembly - 2:05pm, Barrie Holmes Stadium
- Years R-2 Assembly - 2:40pm, Barrie Holmes Stadium

### Week 5

#### Tuesday 28 February

- Adelaide Swimming Carnival - 6:00pm, North Adelaide Swimming Centre - **NEW DATE**



## Kiss and Drop Reminders

Reminders for drivers:

- The speed limit on all roads, carparks and driveways within the school grounds is 15km/h
- Kiss and Drop zones at both ends of the school are for continuous movement and for drop off and pick up only. Drivers should remain in their vehicles at all times.

Thanks for your patience and cooperation

Please see the Kiss and Drop Flyer later in the Newsletter for further details.

**Michelle Coote** | Deputy Principal



## Seeking Breakfast Club Volunteers

Breakfast Club is a great way to interact with students and give back to the College Community. Breakfast Club operates Tuesday, Wednesday & Thursday from 8:00am-8:30am. Only 30 minutes of your time is required.

Please indicate your availability to Breakfast Club Coordinator, Trent Eitzen [eitz@tenison.catholic.edu.au](mailto:eitz@tenison.catholic.edu.au). A Working with Children Check (WWCC) is required.

The following documents will assist you with the volunteer application process:

- [Volunteer General Information](#)
- [Volunteer Handbook](#)

## QKR! orders must be placed before 8:30am



## QKR! App Important Reminders

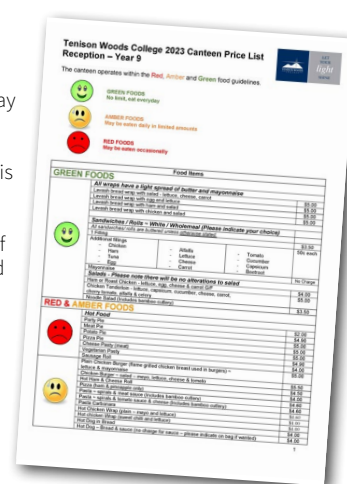
When using the QKR! App for canteen orders, please be reminded of the below points. The Canteen have noticed an increase in errors, so please take care when ordering. User accuracy is extremely important when using the QKR! App. Please be vigilant with student name, and class. If you have made a mistake, you can click profile on the QKR home page, and edit the student's profile.

- Only 1 Order Per Child (please don't order for siblings using 1 child's name, each child needs their own unique profile)
- If child goes home sick, please let the Front Office know that they had a canteen order for that day (or phone the canteen directly on 8724 4607 to notify). Any children who are sick, without the canteen being notified prior to recess time will forfeit their order.
- Once orders are placed on the App, no changes can be made to the order.
- If a forward order is completed, the money will be deducted from the chosen bank account on the day the order is placed.

**Leanne Sandow** | Canteen Manager



**tenisonwoodscollege**  
Tenison Woods College



- QKR! App Orders need to be in by NO LATER THAN 8.30AM for same day orders;
- Please ensure the Student Profile in the QKR! App created for ordering is your child's name (not the parent name);
- Please carefully check day / date of order when using the QKR! App, and the details of all orders before proceeding to checkout.
- Year 8 and 9 QKR! App specials are only available to be ordered by these year levels, not for a younger sibling.
- Reception to Year 5 students are only allowed to purchase two items, only one of these can be lollies. There is no monetary limit, only an item limit.

If you have any questions regarding the Qkr! App, please contact Jess Herring at [herrj@tenison.catholic.edu.au](mailto:herrj@tenison.catholic.edu.au).

**Leanne Sandow** | Canteen Manager

## Uniform Shop Opening Hours

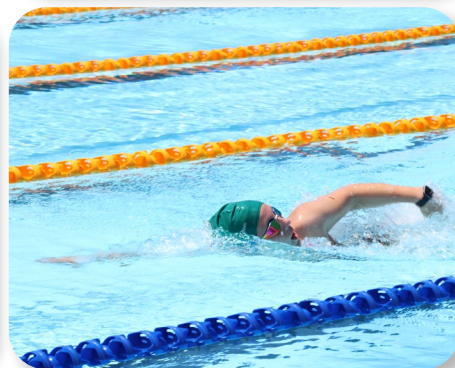
If you are needing new uniform items for the 2023 school year, visit the Uniform Shop during the trading hours below:

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

To view the Uniform Policy [click here](#).  
To place an order for uniform items [click here](#).

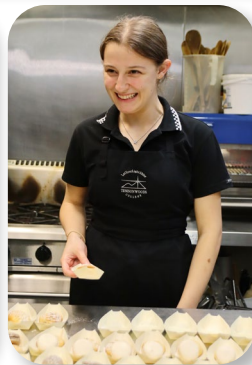
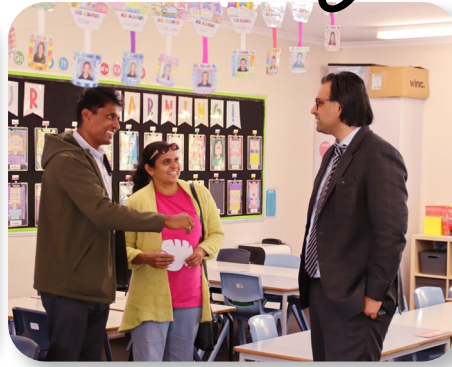


# Swimming Carnival





# R-12 Welcome Gathering





# Year 12's with their Reception Buddies





# 2024 Year 7 Middle School Information Evening - **Millicent**



Thursday 16 March 2023, 7:15pm.  
St. Anthony's Catholic Primary School, Millicent



BUSES RUNNING DAILY FROM  
SOUTHEND, MILLICENT & SURROUNDS

# 2024 Year 7 Middle School Information Evening - **Penola**



Tuesday 28 March 2023, 7:15pm.  
Mary MacKillop Memorial School, Penola

BUSES RUNNING DAILY FROM  
PENOLA, COONAWARRA,  
KALANGADOO & SURROUNDS



We invite all prospective 2024 Year 7 students and families from the Penola and Millicent areas to join us at either St. Anthony's Catholic Primary School, Millicent or Mary MacKillop Memorial School, Penola.

Meet the Head of Middle School, Mr. Nick Patzel, as well as hear from current students attending the College and see for yourself what our College has to offer. At Tenison Woods College, every learner has a place, every learner has a pathway and every learner will shine. This is supported by our new curriculum opportunities, in our Middle School, the Gilap Wanga Learning Community.

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

Corner of Shepherdson Road & White Avenue, Mount Gambier | P: (08) 8725 5455 | [www.tenison.catholic.edu.au](http://www.tenison.catholic.edu.au)





# STUDENT EXCHANGE & HOSTING

## *Information Session*



## STUDENTS OF THE WORLD

**Location: Pam Ronan Centre**

**Date: 6 March, 2023**

**Time: 6:00pm**

Register here:



Or email [info@studentsoftheworld.org.au](mailto:info@studentsoftheworld.org.au)



**Meet the team and learn more about our student exchange and hosting programs.**

# Lunch Clubs

## Monday

**Kimochis Picnic Club**  
*Lucy*  
Reception/ELCC  
grassed area

**Duolingo Language learning Club**  
*Ash, Kade & Jake*  
Computer Lab

## Tuesday

**Pokemon Club**  
*Hayden & Tyelan*  
*(Mrs Dickson)*

The Mall  
**Prayer Club**  
*Mrs Stephens*  
Reception Building

## Wednesday

**Board/Table Games**  
*Library Staff*  
Library

**Bluey Club**  
*Mrs Jeffrey*  
Reception Building

## Thursday

**Construction Club**  
*Mrs Little*  
Room 403

## Friday

**Chess Club 3-6**  
*Mr Mustey*  
Library

**Table Tennis Club**  
*Mr Chen*  
Gym