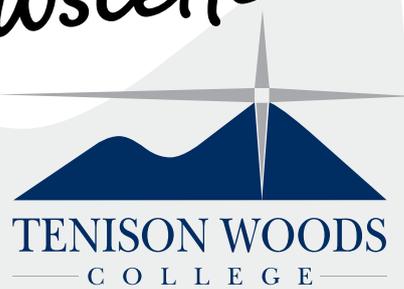


Weekly Newsletter



'Tough Barker' Working Bee

Last Saturday 1 April, students, staff and parents gathered at the College for the 'Tough Barker' working bee.

It was great to have so many willing participants come along to assist in moving and spreading bark into garden spaces, filling play spaces with sand and generally improving the College grounds.

Many hands make light work, and that was certainly evident on the weekend. We would like to thank everyone who attended the working bee and contributed to keeping the College at its best for our students.

*Thank You
Volunteers*



From the Principal



Growing our Gifts Together During Holy Week – A Celebration of Life and Love

Last weekend we celebrated Palm Sunday, the Passion of the Lord and the beginning of Holy Week.

The Easter Triduum (a period of three days' observance, specifically Maundy Thursday, Good Friday, and Holy Saturday) begins with the Mass of the Lord's Supper on Holy Thursday. We remember the night before his suffering and death when Jesus gathered to celebrate the Passover Meal with his apostles.

The Stations of the Cross on Good Friday morning are celebrated in our churches across the region and in the afternoon we celebrate the Lord's Passion in both St Paul's and St Alphonsus' churches. We are reminded that Good Friday is a day of both abstinence (refraining from eating meat) and fasting (eating less food).

There is no Mass on Holy Saturday until the Easter Vigil. At our Masses on Easter Sunday, we renew our Baptisms and are blessed with the Easter water before receiving Holy Communion.

These celebrations of Holy Week help us acknowledge our own share in sin and seek the forgiveness and healing of Jesus. In the words of Pope Francis we are called to "a renewed personal encounter with Christ ... Those who accept his offer of salvation are set free from sin, sorrow, inner emptiness and loneliness. With Christ, joy is constantly born anew."

In the same way, God lives in us by His Holy Spirit. He helps us in our ordinary lives grow our gifts by accepting God's love and invitation to a relationship with our God, as expressed through our relationships with others. The celebrations of Holy Week can be found summarised [here](#).

Easter Joy and Easter Eggs

In all our Easter Masses we are invited to renew our Baptismal Promises. Here we symbolically die with Christ so as to rise with him to new life. At this time we consciously and deliberately renew our commitment to Christ and his way of life as we renew our Baptisms.

I remind the College community that we are in the season of Lent right up until Easter Sunday (9 April) and as such we do not give out Easter Eggs prior to this time. From Easter Sunday we are in the season of Easter for 50 days which gives us more than enough time to hand out Easter Eggs and celebrate the joy of Easter.

Growing our Gifts Together and for Others - Caritas Ks and Casuals

Last Friday students and staff walked in solidarity together with the thousands of men, women and children around the world who need to cover many kilometres to fetch water, obtain food, get to school or market, or simply to survive.

In amongst the fun and fundraising, the Caritas Ks and Casuals event was a profound statement that we can do something about this situation in our world by shining a light on it and doing something to make it better.

Supporting Project Compassion was a way we proclaim the faith that is in our hearts and help our brothers and sisters in need. During Lent, we are invited to take up the call to fast, pray and give alms - in solidarity as a global community. As such, our commitment to marginalised people is a direct response to the Christian call to 'act justly, love mercifully, and walk humbly with our God.'

Saturday 1 April – What a great Tough Barker Challenge!

Thanks to all the students, parents and staff who participated in the epic barking, sand, weeding and painting challenge that worked the core, the abs, glutes, biceps and triceps.

The two significant focus areas of the Early Learning and Community Centre, and the Middle School Gilap Wanga Learning Community both received a wonderful make-over. Thanks to our hospitality crew, participants enjoyed sweets and a sausage sizzle with abundant quenching water so that they were able to keep up the work rate and achieve an outstanding result for our students.

But wait ... there is more ...

Saturday 29 April - Tree Planting Working Bee in the New Junior School

Now if you missed out last week, mark Saturday 29 April in your diaries. We will be planting from 8:00am – 12:00pm over 3,000 trees, shrubs and grasses in the grounds of the new MacKillop Junior School building.

Please bring any gardening equipment you think could be of use: gloves, shovel, planting utensils, 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. Please register via link here: <https://bit.ly/3nH5t3j>

Three way Student/Parent/Teacher Conferences - Conversations About Learning

Thank you to students, parents and staff who committed to the revised approach in conversations about learning this year. The change in name reflected a change in focus to engage in conversations that provide valuable opportunities for the teacher, student, parents and/or carers to share and learn more about the student socially, emotionally and academically, while at the same time facilitating increased student agency and responsibility. As such, students were asked to attend all conferences with their parents/carers and teachers.

Some early positive feedback was received, but a further opportunity to offer feedback to the approach will be offered to families next week through our "Term One That's a Wrap" survey, which will offer families a chance to comment on a range of activities and events in Term 1.

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.

Enrolment of Students

I am very pleased to see that the College is experiencing significant demand in relation to enrolments. To assist with our medium and long-term planning I encourage parents to lodge an enrolment form with the school as soon as they have made a decision to enrol their child at the school. For some families this decision is made very early in the newborn's life and contacting the school at this time, no matter how early it may seem, will assist us to plan in the best possible way for your child's experience of education in our College community.

Should you wish to discuss this further please contact our College Registrar, Tracey Davey (phone 87255455, or email davet@tenison.catholic.edu.au).

God Bless,

David Meziniec | Principal



CIM Team News



CIM Team News Week 10 - Holy Week

Holy Week is a time of reflection and remembrance of the passion, death and resurrection of Jesus Christ. During this important week, Christians participate in various traditions and ceremonies such as Palm Sunday, Holy Thursday and Good Friday. As we journey this week, let's take some time this week to reflect on and think about what these events mean to us.

Masses for Holy Week and Easter

Please [click here](#) to see the Holy Week and Easter timetable for all the South East Deanery. We encourage all families to celebrate all our Holy Week and Easter ceremonies so as to experience deeply the saving presence of Christ among us.

Stations of the Cross

The Stations of the Cross are a beautiful, traditional practice for Roman Catholics to take part in during the Lenten Season. We recall and meditate on the events of the Passion of Christ and are reminded of all the Jesus endured for our redemption, and how deeply he loves us.

Students from Mrs Madigan's Year 6 class have created a Stations of the Cross reflection for the Junior School to use. We invite all families to view it [here](#).

Caritas K's Success

Thank you for your support with our major fundraising and awareness-raising event last week, 'Casuals and Coins for Caritas K's.' The event raised \$2,240.55 for Caritas Australia. Throughout the day, students reflected on where Caritas Australia use the money raised throughout our global community. Students were engaged and walked with purpose to shed light on the needs of others.

Project Compassion

As we approach Holy Week and Easter, Project Compassion will begin to draw to a close, we thank all staff, students and families who have given generously to this appeal for Caritas through fundraising at school, in classes or in homes.

We ask that Project Compassion boxes with donations please be returned to the College Front Office by the end of this term.

Anyone wishing to make an online donation or to donate what is in their box electronically is encouraged to go to the Tenison Woods College page on the Caritas fundraising page [here](#).

Easter Eggs

Please keep in mind as we continue to approach the Easter season, that we are in Lent or Holy Week until Easter Sunday, celebrated on 9 April. The themes during this time are PRAYER, FASTING AND GIVING.

On Easter Sunday, we move into the joyful season of Easter which is 50 days of CELEBRATING. The giving of Easter Eggs is discouraged until Easter Sunday when we celebrate the Resurrection of Christ. When considering this in light of the school year, this means the College encourages students who would like to give something to their friends at school, to do so after the Easter break rather than before.

Looking for a way to enjoy your Easter treats with a clear conscience? Consider purchasing slavery-free certified chocolate Easter eggs! By doing so, you are supporting ethical and sustainable practices in the chocolate industry, and sending a message to chocolate companies that consumers care about social responsibility. Let's make this Easter a celebration of both sweetness and justice!

From the Parish

Back to Basics - Catholicism for Catholics

This series commenced Thursday 2 March at 7.00pm, in the Gathering Space at St Paul's and will continue on the 1st and 3rd Thursdays of each month, presented by Fr Peter and Fr Olek.

If you cannot attend in person, please contact the parish office about the possibility of participating online. The Compendium of the Catechism of the Catholic Church is available free from the Vatican website or can be purchased as a book from the parish office for \$20. All are welcome.

Upcoming Events

Week 11 - Joy Week Activities
Thursday 9:10am (Year 6 Mass)

Sally Telford | Religious Education Coordinator

Upcoming Key Dates

Week 10

- Thursday 6 April**
 - Holy Thursday
- Friday 7 April**
 - Good Friday - Public Holiday
- Saturday 8 April**
 - Easter Saturday
- Sunday 9 April**
 - Easter Sunday

Holy Week Parish Timetables highlighting Easter Mass Service Times listed on page 9

Week 11

- Monday 10 April**
 - Easter Monday - Public Holiday
- Wednesday 12 April**
 - Year 11/12 Boys Knockout Touch Football, Penola
 - Caritas Project Compassion Year 3 Water Relay
- Thursday 13 April**
 - Whole School Assembly - 10:15am
- Friday 14 April**
 - Last day of Term
 - Junior School Early Dismissal - 2:15pm
 - Middle/Senior School Early Dismissal - 2:20pm

School Holidays

Monday 16 April - Friday 28 April

Week 1

- Monday 2 May**
 - First day of Term 2
 - Year 11 and 12 Work Placement
- Tuesday 3 May**
 - Year 11 MFS Road Awareness Program - 9:00am
 - Year 11/12 Mixed Touch Finals
 - Year 10 Immunisations
- Wednesday 4 May**
 - A Night of Jazz - 5:30pm
- Friday 5 May**
 - Generations in Jazz, The Barn
 - SAPSASA State Swimming Championships, Adelaide



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Career Panel Discussion for Year 11 Students

Year 11 students were audience to a career discussion panel during Pastoral Care last week. The panel featured Dr Vienna Tran, Heather Main and Di Patzel, three local women working in STEM-related areas with a future focus.

Dr Vienna Tran is a medical doctor working in emergency at the Mount Gambier Hospital who is also engaged by NASA to conduct research on how gravity impacts the human body when travelling in space. She spoke to students about the fascinating clinical trials she has been part of in researching space travel and other aspects of a career working in this field. Dr Tran's advice to students was to focus on building personal skills through experience first, and of the importance of being able to reflect and to resolve conflict. She explained that, in her line of work, having conflict with another colleague can very likely have a negative impact on the care of a patient. Dr Tran also encouraged students to push themselves out of their comfort zone.

Heather Main Phd, Scientist, is a 2000 graduate of Mount Gambier High School who went on to study Science at Flinders University because "it was the area that interested me even though I had no clue what I wanted to do for a career". Since then, she has worked in research roles in California and Sweden, most recently working in the cell and gene based medicines industry, commonly known examples being CAR T treatments for cancer, gene therapy or mRNA medicines. In June 2022, she completed manufacture of a GMP compliant batch of pluripotent cell derived retinal pigment epithelia for a clinical trial for macular degeneration in Stockholm, Sweden. Currently residing in Mount Gambier with her husband and children post-pandemic, she continues to work in this area in a global role. Her advice to students was to keep an open mind and to take opportunities as they arise, and to gravitate towards things that bring you joy. You can also find Heather one day a week at the Tuck Shop as Barista!

Dianne Patzel is a Research Engineer working in the forestry industry on forest health. She spoke about the diversity of her days and about the incredible technology, including virtual reality, now being deployed across the sector to map assets and to ensure the health of forest areas. Like Heather, she was also uncertain about her future career path and how, by making some mistakes and missteps, the right pathway can emerge. Her advice to students was not to be afraid of making mistakes and to, most importantly, learn about yourself. By understanding yourself, what makes you tick, and what is important to you, you can better identify the right opportunities. Dianne also recommended students build a network, lean on mentors and don't put too much pressure on yourself to have it all mapped out.

All panel members talked about the importance of communication skills in the workplace and how technology will dominate going forward.

We're extremely fortunate to have such outstanding talent in our community who are willing to share with our students. Thank you to all three members for sharing their time and advice.

Jody Elliott | Careers Coordinator



Academy of Hospitality Students Cather Gold Cup Carnival

On Friday 31 March, Year 10 Academy of Hospitality students assisted at the Mount Gambier Gold Cup Carnival.

Jenna Rowley, Zahli Beard and James Taylor served Directors and guests at the Scott Group of Companies Pavilion at the Mount Gambier Racecourse. Working alongside caterers and bar staff, students provided tray service for cocktail foods on the day.

The Scott Group of Companies have generously offered sponsorship to our students for their assistance at this event; \$1,000 has been donated to the Academy of Hospitality and will assist our students on their upcoming Adelaide Industry excursion in October.

We would like to thank The Scott Group of Companies for their support and for the opportunity to extend our skills in a formal serving environment within the Mount Gambier community. This is invaluable experience towards final skills evaluation and development of confidence!

Jen McCourt | VET Academy of Hospitality Teacher

SAPSASA Girls Football Team Announced

SAPSASA footy trials have been held over the past two weeks with lots of Tenison Woods College students having a red, hot crack.

It is with great pleasure that we congratulate Taylor Bobbin, Claire Flett and Annabelle who made the LSE SAPSASA Girls Football team.

The girls will participate in the State carnival in Adelaide from Monday 22 May till Wednesday 24 May.

The boys team will be announced this week.

Tina Opperman | R-6 Sports Coordinator



Auskick Begins in Term 2

We will be hosting Auskick in Term 2 on Thursday afternoons. This year it will be coordinated by the High Performance Football Academy but run by parents.

We have 3 interested parents at this stage. If you can help out, that would be great. Please view the registration link [here](#).

If you have any questions, please email me at oppet@tenison.catholic.edu.au.

Tina Opperman | R-6 Sports Coordinator



Community Noticeboard



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





SHINEfm Podcast - Term 1, Week 10

This week, we take a listen to staff and students from across the school, who share what the true meaning of Easter is to them.

We also speak with students to find out what they really like most about Easter.

Over the weekend, this Podcast will be released as a video on our Facebook page, so stay tuned and you will be able to view who our special guests were, and put a face to the voices that you hear for the next few minutes.

Listen on Spotify: <https://bit.ly/3KwDkoD>
Listen on our website: <https://bit.ly/3ZMu5F4>

SAPSASA Golf

After a rainy round of golf in Penola a few weeks ago, two of the College's students competed in the SAPSASA Golf Trials.

Harry Window and Ben Reichelt have qualified for the regional golf event in Naracoorte on Friday 25 August.

We wish them all the very best.

Tina Opperman | R-6 Sports Coordinator



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 & Thursdays 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. A Working with Children Check (WWCC) is required.

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

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



Harry Wright Wins Male Laker of the Year Award

Congratulations to Year 12 student, Harry Wright, as he has won the 'Male Laker of the Year' Award with the Mount Gambier Lakers.

Well done on your fantastic achievement, Harry!

Photo courtesy of the Basketball Mount Gambier Facebook page.

WINTER UNIFORM

Uniform Shop - Winter Uniform

A friendly reminder to call in to the Uniform Shop and organise winter skirts and warmer items for Term 2. We also have navy tights in stock!

We will be open in the second week of the school holidays:
Wednesday 8:00am-12:00pm
Thursday 12:30 - 4:30pm

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

Weekly Uniform Focus

Winter Uniform

If the temperature is forecast to be below 23 degrees students may wear winter uniform. In preparation for the cooler weather we ask that families ensure skirts are below knee length and adjust if required.

Winter Uniform includes:

- Tenison Woods College navy v-neck knitted jumper (optional for Years 3-6)
- Tenison Woods College skirt - compulsory for Years 7-12
- Tenison Woods College monogrammed charcoal pants
- Tenison Woods College monogrammed charcoal shorts (optional)

Years 3-6 only:

- Tenison Woods College navy polar fleece vest
- Tenison Woods College navy polar fleece jumper

Tania Sigley | Director of Wellbeing



Sapsasa District Athletics Day Results

51 Year 3-6 students competed at the SAPSASA District Athletics Day at Mount Gambier High School last week. Students were chosen to compete after the results from our College Sports Day in Week 6.

The aim of the SAPSASA District Athletics Day is to provide as many children as possible with the opportunity to represent their school at district level in a range of track and field events, as well as the opportunity of being selected in the Lower South East Athletics team, which will compete at the State Country Athletics Championships in Adelaide on Monday September 18. All children who win an event in the 10, 11, and 12 age groups will be given a notice, providing their family with the necessary information concerning the country championships.

All students performed extremely well, with lots of students coming back to school showcasing blue, red and green ribbons. A big thank you to Riley, Mr Gannon and Mrs Von Duve for assisting on the day.

Please see below the official results from SAPSASA District Athletics Day.

A fantastic effort by all Tenison Woods College students last week!

Tina Opperman | R-6 Sports Coordinator

9 Boys

- High jump – Chester McEachern – 2nd
- Shot put – Chester McEachern – 1st
- Shot put – Jimmy Crozier – 3rd
- Discus – Chester McEachern – 3rd

10 Boys

- 800m – Finn McEachern – 3rd
- Shot put – Finn McEachern – 2nd
- Shot put – Maison Roscow – 3rd

11 Boys

- 100m – Riley Chapman – 2nd
- Discus – Riley Chapman – 3rd

12 Boys

- 100m – Charlie Carroll – 3rd
- 200m – Felix Bell – 2nd
- 200m – Joel Clayfield – 3rd
- 800m – Joel Clayfield – 1st
- High jump – Charlie Carroll – 2nd
- Discus – Urijah Arendtsz – 3rd

9 Girls

- 800m – Ellie Perry – 3rd
- Long jump – Ellie Perry – 3rd
- Shot put – Rosie Forster – 2nd
- Discus – Ava Hayden – 3rd

10 Girls

- 800m – Lexie Fennell – 2nd

11 Girls

- 800m – Zoe Little – 1st
- Long jump – Anna – 2nd
- Discus – Anna – 2nd

12 Girls

- 100m – Annabelle – 1st
- 100m – Darcy Hodges – 2nd
- 200m – Annabelle – 1st
- 200m – Darcy Hodges – 2nd
- High jump – Darcy Hodges – 1st
- Long jump – Annabelle – 1st
- Long jump – Ella Swiggs – 2nd
- Shot put – Darcy Hodges – 2nd
- Discus – Annabelle – 1st
- Discus – Ella Swiggs – 2nd



Catholic Co-Ed Athletics Carnival Adelaide

On Monday 27 March, 16 of our Athletics squad members participated in the Catholic Co-Educational Athletics Carnival held at Bridgestone Athletics Centre. All participants finished the day with outstanding results.

Thank you to Ciaran Buckley for coordinating the event and to Madison Jones and John MacGregor for their support of the students on the day.

Brooke Hicks | 7-12 Sports Coordinator

1st

- Hamish Gordon - Javelin, Shot Put, 100m, 200m
- Bell Coghlan - Triple Jump
- Raine Darimaani - 100m, 200m, 400m
- Macca Burke - Shot Put, 100m
- Albert - High Jump
- Jackson Bowden - 100m
- Lucy Crowe - 400m, 800m, 1500m
- Joey Ottoson-Crossling - 1500m
- Maggie Collins - 400m, 800m
- Mitch Cornolo - Javelin
- Jonty Collins - 800m
- 14 Years Female - 4 x 100m Relay
- 15 Years Female - 4 x 100m Relay

2nd

- Bell Coghlan - 100m
- Maggie Collins - 100m, 200m
- Piper Wardle - High Jump
- Merlin Hopgood - Triple Jump
- Albert - 400m
- Jackson Bowden - Long Jump
- Mason Bentley - Triple Jump
- Macca Burke - High Jump
- 13 Years Male - 4 x 100m Relay

3rd

- Mitch Cornolo - Shot Put
- Mason Bentley - Javelin
- Bell Coghlan - Shot Put, Long Jump
- Eddy Ottoson-Crossling - 800m
- Joey Ottoson-Crossling - 800m

Records Broken

- Hamish Gordon - U/13 Javelin - 36.17m
- Hamish Gordon - U/13 Shot Put - 12.09m
- Albert - U/13 High Jump - 1.55m
- Lucy Crowe - U/13 400m - 1:09.85
- Lucy Crowe - U/13 1500m - 5:47.34
- Raine Darimaani - U/14 400m - 1:00.45
- Maggie Collins - U/15 400m - 1:03.22





ICAS 2023

Please find [link](#) registration information for the 2023 International Competitions and Assessments for Schools (ICAS). This would be a wonderful opportunity for your child.

Tenison Woods College Year 2 to Year 10 students can participate in the online ICAS Assessments in 2023. ICAS is designed to target students' higher order thinking and problem-solving skills in English, Mathematics, Science, Writing, Spelling Bee and Digital Technologies.

The assessments are suitable for students wishing to extend themselves academically and take up the challenge of competing in an international assessment. ICAS Assessments are online as this allows greater accessibility for students and faster delivery of results.

If you have any questions, please contact me at lloyd@tenison.catholic.edu.au.

Chris Lloyd | Online Assessment Coordinator

Lost Property Reminder

A reminder to all parents and students to please check the lost property currently displayed at the front office for any missing items.

There is a growing amount of unnamed lost property that we would like to see collected before the end of term.

If you believe your child has lost any items throughout the term please visit the Front Office to collect.

Employment Opportunities

Tenison Woods College have two employment opportunities currently open.

Early Learning Centre Administration - Admin, HR, Payroll, Finance

We are seeking suitably qualified candidates for the position of Early Learning Centre Administration, commencing as soon as practical.

This position is working as part of the Early Learning Administration Team (37.5 hours per week / 46 weeks per year).

Cleaner

This position is a part-time position within the Cleaning team, commencing during Term 2, 2023.

To learn more about these positions please [click here](#) to visit our website. Applications close Monday, 1 May 2023 at 4:00PM.

Upcoming Sports Events and Nomination Deadline

Remaining Sports Events for Term 1

- Year 11/12 Boys Knockout Touch Football
Penola High School, Wednesday 12 April, Week 11
Organising Teacher: Chris Raymond
- Year 7 Netball Academy
Trinity Netball Exchange, Thursday 13 April, Week 11
Organising Teacher: Angela Queale

Upcoming Sporting Nominations

Nominations are open for the following sports and events - these have been sent to the relevant age groups via Microsoft Forms. **Nominations will close at the end of Week 10, Term 1.**

- 9/10 Boys Football
- 9/10 & 11/12 Mixed Hockey
- 7/8 Boys and Girls Basketball
- 10 - 12 Girls Football

Cardijn Exchange

- Netball
- AFL
- Futsal (Boys & Girls)
- Volleyball (Boys & Girls)
- Mixed Touch Football
- Basketball (Boys & Girls)

Date Change

Please note Cross Country has been changed to Friday 12th May (Week 2) 2pm.

Brooke Hicks | 7-12 Sports Coordinator

Nominating or Withdrawing from Sports

Nominating for Sports

Nominations for upcoming sports are always put in the student notices and the nomination form is e-mailed to all relevant year levels.

We aim and ask for nominations for events as early as possible as once these nominations close there is a process to follow with the potential for trials, EdSmart permissions, booking buses, accommodation etc.

Unfortunately, we are not able to accept nominations after the closing date.

Withdrawing from Sports

We ask that you give the sports department as much notice as possible if your child wishes to withdraw from an event they have nominated for. Last-minute withdrawals have a huge impact on squads and the organiser of the event. We thank you for your cooperation with this.

Aleisha Hunter | Sports Administration

Learning Assistance Program Volunteers Needed

Tenison Woods College continues to offer the Learning Assistance Program (LAP) to our students and we are seeking interested parents and friends of the school to assist as volunteers.

The Learning Assistance Program is a program whereby volunteers, in partnership with teaching staff, work with students on a one-on-one basis, for one hour regular sessions each week.

If you have time, knowledge, special talents or interests which may either facilitate a students learning or enhance a child's experience at school, and you are willing to share them with students, we would love to hear from you:

- Phone: (08) 8725 5455
- Tania Sigley, Wellbeing Coordinator - siglt@tenison.catholic.edu.au

HOLY WEEK

PARISH TIMETABLES

Maundy Thursday

6 April 2023

St Paul's Church - Mount Gambier
5:30pm - 6:30pm | Confessions
7:00pm | Mass, Adoration until 12am

St Alphonsus' Church - Millicent
4:30pm - 5:30pm | Confessions
6:00pm | Mass, Adoration until 9pm

Holy Saturday

8 April 2023

St Paul's Church - Mount Gambier
7:00pm | Easter Vigil Mass

St Alphonsus' Church - Millicent
6:00pm | Easter Vigil Mass

Good Friday

7 April 2023

St Paul's Church - Mount Gambier
11:00am | Stations of the Cross
3:00pm | Commemoration of the Lord's Passion
4:00pm - 5:00pm | Confessions

St Augustine's Church - Port MacDonnell
9:30am | Stations of the Cross

St Alphonsus' Church - Millicent
11:00am | Stations of the Cross
3:00pm | Commemoration of the Lord's Passion
4:00pm - 5:00pm | Confessions

St Brigid's - Beachport
9:30am | Stations of the Cross

Easter Sunday

9 April 2023

St Paul's Church - Mount Gambier
9:00am | Mass
11:00am | Mass

St Augustine's Church - Port MacDonnell
9:00am | Mass

St Brigid's - Beachport
11:00am | Mass



Caritas K's

Our College community came together last Friday to raise funds for Project Compassion.

"Caritas K's" is an annual event and challenges our community to consider those less fortunate. This day raises awareness for basic essentials, food, water and supplies, that we are so fortunate to have access to each day.

Along the walk students stopped to pause at four reflection stations, joining together in prayer and discussing the circumstances of each person displayed on the board.

The College raised \$2,240.55 on the day and we thank all members of our College community for their contribution. Online donations can still be made by [clicking here](#).

More photos can be found on Page 11.



Caritas K's



Powerlifter takes on World Stage

When Sydney Wilson arrived at Tenison Woods College for her exchange from Ontario, Canada, little did she know that her pathway was about to evolve beyond her dreams! This young woman has a very surprising and inspiring story, proving that no matter what you set your mind to, you can achieve it.

Read below Sydney's amazing story, and make sure that you remember her name, as she is destined to go on to do great things in the sport of Powerlifting.

Article written by Jess Herring.

Unexpected Beginnings

Sydney was a normal 15 year old girl living in Ontario Canada. Like many girls her age, she just wanted to live a healthy life, and in February of 2022, started attending the local gym.

One morning in June 2022 whilst riding her bike to the gym, Sydney was struck by a ute and left on the side of the road. The hit-and-run driver was never found or charged. Sydney had suffered significant injuries and was in shock. She was assisted by a passer-by who picked her up from the side of the road and took both her and her crumpled bike home. Her mom took one look at her covered in blood and immediately took her to the hospital. It was discovered that Sydney had several injuries and is stills suffering from shoulder, knee, and hip problems.



Sydney was struck while riding her bike and sustained significant injuries in June, 2022



Sydney pictured with Blake Gilbertson, who spotted her at a local gym in Canada while recovering from her accident. Blake and his friends helped Sydney to get started in the sport of Powerlifting

Sydney had a strong determination to recover, not letting her accident hold her back, and with time on her hands was watching videos and becoming inspired by Powerlifting. Sydney comments, "Powerlifting is different to weightlifting; weightlifting is different exercises and goals. Powerlifting is composed of three movements, the squat, bench, and deadlift. I was at a gym in Canada practicing Powerlifting from the videos I had been watching, and I was spotted by a very accomplished Powerlifter who wanted to help me and things from there. Blake Giberson, who is 69 years old and still lifting, really helped me out, along with his friends. This group of gentlemen took me under their wing and taught me everything they knew about Powerlifting."

With Sydney being shown the ropes by Blake, her progression in the sport was inevitable, but the success that soon followed was unexpected. "I started out training with Blake and his friends every day for 3 months; then they signed me up for a competition. I had my first competition in Canada at the age of 15. I ended up setting 4 Canadian Records, as well as 4 Unofficial World Records, as it wasn't done at a world-level competition. I could not believe it! At this first meet, I succeeded with 11/12 lifts, typically, people go 6/9 because they don't get their lifts on the third and final attempt. I then attended another competition soon after, which qualified me for Regionals, which are held in July this year in Canada."

Sydney felt so welcomed by the Powerlifting community, that she participated in a charity event after her first meet. Sydney helped raise approximately \$100,000 Canadian Dollars (about \$120,000 AUD) to assist young people, to get them fit and healthy and get them involved with lifting.

While her new love for Powerlifting was taking a top priority in her life, so too was her ambition to go on a student exchange program to Australia and New Zealand. In order to attend an exchange, Sydney worked hard and had to fast-track her schooling. "In preparation to come on the exchange, I had to skip a grade, so I had to do that year before I came, because I want to come back and graduate with all my friends. I grew up with them and I want to graduate with them. To fit two years of schooling into one, I completed morning school, day school, night school and summer school. I am fortunate to be an academic student. The extra schooling was worth it and I successfully completed Year 10 and Year 11 in the same year so that I could come on this exchange."



Exchange Student Profile

Sydney Wilson



Sydney has been at Tenison Woods College for two and a half months, and is moving on to the next part of her exchange, with half of her visit to be completed in Paeroa, New Zealand.

Arriving At Tenison Woods College

Upon arriving in Australia and attending Tenison Woods College, Sydney was introduced to Year 12 student Tess Porter, and formed friendships with many students around the College. Sydney, like many students on their first day, had some apprehension about starting school, especially in a different country. “When I first got to Tenison I wasn’t sure what a Catholic school was like, as I come from a public school with no dress code or uniform. Everyone at Tenison Woods College has been really nice, every different friendship group have accepted me, and no matter where I go, everyone includes me and makes me feel so welcome.”

“This school has a lot more opportunities than we have, like woodwork and cooking. There are so many fun and different classes here at Tenison.”

“I’ve never been on a field trip more than 20 minutes away, and I got to go to the Coorong for Outdoor Education, experiencing a 4-hour drive plus I got to camp over and I have never done anything like this.”

“At my school we have the same 4 subjects every single day so it’s not very exciting. I’m actually excited to go to school at Tenison Woods College. I have found schooling in Australia easier than what I am used to back at home. Our year levels are harder back home.” This bubbly, bright, intelligent young woman aspires to be an Aeronautical Engineer, paving the way for females to aim for the stars. Sydney has overcome another challenge in her life, and that is in the form of a severe peanut allergy.

“I grew up as a dancer, and had a healthy lifestyle, but I had a severe allergy to peanuts, so much so that I was airborne anaphylactic to peanuts. I’ve been on an immunotherapy Peanut allergy trial for years, to try and build my tolerance, and this has improved since the trial.”

“Without the trial I wouldn’t have been able to do this exchange as I could not eat any of the food. It was terrifying because it is very risky but I trusted my family doctor. I have specifically measured pre-packaged peanuts every day to continue the trial. It will be a lifelong commitment, but my body is now tolerating if there are traces of peanuts in foods without the severity that I had experienced prior.”



Sydney Wilson at the recent competition in Adelaide, where she set 4 South Australian Records, 2 Australian National Records and 2 World Records



Records Tumble On Australian Soil

Sydney has continued her training while in Australia, and her inspiring story doesn’t end there. “In December last year, I finally got a coach. After winning my records I didn’t really know what I needed to do, and I also wanted a training plan tailored specifically for a female. Since being with my coach, my numbers have flown because she is a similar weight class as me. All the training is by videos and she has tailored a plan for me.”

“While in Australia, I’ve signed up to Ragnarok Power Gym, and have been training with the team there. I have been getting so much information and help from Carly and Phil. The Gym has got everything a Powerlifter a could ever dream of! I’m so grateful for their help!”

“I have been continuing my video chats with my coach while being located in Australia and she has set out a plan to keep me improving, but I needed a warm-up meet. Two girls at the gym who I have been training with (who are both named Sarah) were due to compete at an upcoming event in Adelaide and encouraged me to do the same, so I signed myself up. The opportunity to attend this competition in Adelaide proved too good to pass up, so I thought I would give it a go. I made the trip to Adelaide last weekend and ended up winning the whole competition! I set 4 South Australian Records, 2 Australian National Records and 2 World Records! I won all the female categories. At this competition I was not expecting much but was blown away by my results.”

“Luckily these were unofficial records because if they go in the books Australia will try and steal me for their team, as I have already beaten all of their scores for the Sub Juniors. But I really want to compete for Canada.”

“At the meet in Adelaide, I was thrilled to see that there was 26 women and 14 men at this meet. This is something I have never seen, with such a strong involvement from women in the sport of Powerlifting.”

Future Aspirations

Sydney has now set her sights firmly on making the Canadian National Team. “Regionals are in July, and I’m projected to win. I get back to Canada on 20 June, and the Regionals meet is on 20 July. If I do win, I will attend the World Championships on the Canadian Team. If I am sick or something happens at the July meeting, and I don’t qualify, I get a second chance, and I can try again to make the Canadian Team at Easterns in September. Worlds 2024 is being hosted in Turkey in August next year, and I really hope I make the team! I turned 16 years old in December, and in the sport of Powerlifting, Juniors is between 19 and 23 years old, so I will be a Junior come 2025, which will not be in my favour but I will have plenty of opportunities to progress in the sport.”

All the best with your future Sydney!

55kg bodyweight	Bench 62.5kg	Records: Totals (305kg) &
Squat 112.5kg	Deadlift 137.5	Deadlift. Benched 62.5kg.
		Best at competition, 55kg.

