



# Open Heart Open Arms

WEDNESDAY 11 SEPTEMBER 2024 WEEK 8, TERM 3

REMINDER  
**RUOK? DAY**  
TOMORROW

## FOUNDERS WEEK

Last week, we celebrated Founders Week! Students and staff displayed their Founder pride with action-packed lunchtime activities in the gym, with soccer, basketball, Just Dance and many other games on offer, as we celebrated all things Founders. We thank our Founder Leaders for running the lunch time activities!



*See our Facebook page for more photos*



# From the Principal

## Founder's Week and Living the Gifts of our Charism



Thank you to staff and students who contributed to the celebration of the legacy of our college founders with 'Founder's Week'. During Founder's Week we focused our attention on our Founders, as models of faith and service, and on the inspiration that we can draw from them to be the people that God desires us to be. As we celebrate our founders we are also inspired by the way they brought the love of God to their time and place. And in that inspiration is a challenge for us as to how we live those gifts for our time and our place.



## Staff Reflection Day – Friday 6 September

Friday 6 September (Week 7, Term 3) our staff attended our annual Staff Reflection Day, which had the theme "Listening to the whisper of God in nature today and the wisdom of our Indigenous sisters and brothers." Staff gathered in the morning for a whole staff liturgy before they embarked on one of twelve experiences that are inspired by the Gospel, Mark 6:31–32 when Jesus says to his disciples, "Come away by yourselves to a secluded place and rest a while. They went away in the boat to a secluded place by themselves."

We thank Sally Telford and the Catholic Identity and Mission Team for a wonderful Staff Reflection Day. As indicated by Sally:

*"As you can imagine, a day like that doesn't happen without many people to thank. Thank you to the CIM team including Fiona Zwar, and Chris Raymond (as Connection to Country Key Teacher), Facilitators: Glenelg Nature Trust, Limestone Coast Landscape Board, Natasha Dawson, Uncle Douglas Nicholls, Auntie Michelle, Father Peter and Father Olek, David Mezinec, Meghan Amoroso, Ashleigh Flavel, Nicole Philipson, Ciaran Buckley, and Alex Window. As well as those who helped with the organisation of their groups: Matthew Glynn, Mel Little, Hayley Morgan, Kate Carroll, and Trish Bruhn. And finally to Finn's Fine Food for lunch."*



## Ask R U OK? Any Day because life happens every day.

This week we celebrate R U OK? Day on Thursday 12 September. The message this year is that a lot can happen in a year, a month, a week. Whether it's your friend, family member, colleague, partner, or teammate, the people you care about go through life's ups and downs every day.

By having regular, meaningful conversations, we build trust and normalise talking about what's really going on, so when the people in your world find themselves struggling, they know you're someone they can talk to.

So whilst R U OK? Day on Thursday September 12 is our National Day of Action, we are encouraged to Ask R U OK? Any Day of the year because a conversation could change a life.



The chances are someone we know might be struggling, and our genuine support can make a difference whatever they are facing, big or small. R U OK? Day encourages us not to wait until someone is visibly distressed or in crisis. Rather we are urged to make a moment meaningful and ask them how they're really going on a regular basis.

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



Each year awareness is created for the important R U OK? day message across the college community where students are encouraged to wear a touch of yellow in support of the day. Class activities are focused on how to be a good friend and wellbeing care strategies utilising the R U OK? day resources and buddy year level activities. Student Leaders will begin the day by offering yellow ribbons and R U OK? Day stickers, after students make a pledge to ask R U OK?.

Student Leaders led by Year 12 Wellbeing Leaders, will be organising lunch time activities under the sails including: face painting, bracelet making, how do you show kindness at TWC canvas, cupcakes, sausages for sale & music. Students will be able to participate in Just Dance in the gym or watch the student take on our talented staff team in a volleyball match.

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

## Parent Teacher Student Learning Conversations

Parent Teacher Student Learning Conversations continue this week.

### Junior School

These are occurring Tuesday 3 and Thursday 12 September. The Junior School events will take place in the MacKillop Junior School with conversations taking place in the students room on both nights, commencing at 4.00pm and concluding at 6.30pm. A waiting space will be set up in adjacent watering holes and bells will chime in both the Reception and MacKillop buildings.

### Middle and Senior School

The Middle and Senior School events will be held in the PRC, on Thursday 5 September and Tuesday 10 September, commencing at 4.00pm and concluding at 7.30pm.



### Parish Planned Giving Rebate

I remind families that parents contributing to the Parish Planned Giving may claim a rebate from Tuition Fees of 50% of their contribution up to a maximum claim of \$750. Official Parish receipts are to be presented to the Finance Department for a deduction to be made.

### BYOD – YEAR 6 Families, ready for Year 7 in 2025

As the year flies by and we look also to 2025, I remind families that if they are thinking about purchasing a device for next year, just check out our Bring Your Own Device page on our website. The link is attached here:

<https://www.tenison.catholic.edu.au/byod-information/byod-purchase-portal>

You can also find this page in SEQTA Engage by choosing the Portals option and selecting BYOD Parent / Guardian Information.

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 2025.

### Key dates for the commencement of 2025:

A full list of 2025 key dates will follow soon, but to assist with planning I inform our College community of dates to commence the 2025 academic year:

Wednesday 22 January 2025	All Teaching Staff commence
Thursday 23 January 2025	Book collection day and staff planning day
Monday 27 January 2025	Australia Day Public Holiday
Tuesday 28 January 2025	ELCC, Reception, Years 7, 8, 10, 11, 12 commence Term 1.
Wednesday 29 January 2025	Years 1-6 and Years 8 and 9 commence term 1.

God Bless,  
David Mezinec | Principal



## CIM Team News

### Congratulations Cedar Scott- Sacraments of Initiation

This term the 'Sacramental Program for Teens,' was facilitated at the Mount Gambier Parish. Following catechesis and preparation, Year 11 student Cedar Scott, along with two young people from neighbouring schools, was baptised and given Confirmation and first Holy Communion by Father Olek. It was a wonderful moment for the whole church. Congratulations, Cedar!

### Season of Creation

We are currently in the Season of Creation which will end on October 4, the Feast of St. Francis of Assisi, the patron saint of ecology.

This week you might like to ponder these questions as a family-

1. Can we be more mindful in the way we reduce, reuse and recycle?
2. How can we live more simply and incorporate time in nature into our day?

*'...Teach us to discover the worth of each thing,  
to be filled with awe and contemplation,  
to recognize that we are profoundly united  
with every creature...'  
(Excerpt from the 2023 Laudato Si' Prayer)*

### Term 3 Masses in the College Chapel

Mass is celebrated each Thursday of the term and is led by a different year level each week. Mass begins at 9:10am in the College Chapel. All are welcome to join us for these masses.

### Upcoming Masses and Liturgies

Thursday 12 September- 9:10am- Year 6 Mass  
Thursday 19 September- 9:10am Year 8 Mass  
Thursday 26 September- 9:10am- Year 10 Mass

## FROM THE PARISH

### Youth Mass

The next Youth Mass will be held this Saturday 14 September at the 6.00pm Mass at St Paul's Church, Penola Road. We invite young people in Year 7 and above to join us. The monthly Youth Mass is followed by a Youth Group dinner and discussion group. This week we are welcoming Gael Chizungu, a parishioner and former school captain at Tenison Woods College. She has spent much of 2024 working in Cambodia. She will speak to us about her story and how faith can inspire us to move outside of our comfort zone to help others.

### Visit from Archbishop O'Regan

Archbishop O'Regan will be visiting our parish next weekend. He will have a consultation meeting regarding the possible combining of Mt Gambier and Millicent parishes at the Parish Hall, Mt Gambier at 4.00pm Saturday followed by Mass at 6:00pm. On Sunday, 9.00am Mass at St. Alphonsus followed by morning tea and a public meeting at 10:30am in the Parish Hall in Millicent

### Sacramental Program – First Reconciliation 2024

Mount Gambier Catholic Parish invites parents to enrol their children, who are currently in Year 3 or above and might be ready to celebrate the First Reconciliation, to take part in the Parish Sacramental Program for 2024/25. The Sacrament of First Reconciliation is an essential part of the preparation for children who wish to complete their Sacrament of Initiations – Confirmation and First Holy Communion, which will be offered next year.

An Enrolment Evening will be held in St Paul's Hall on Thursday 26 September at 7.00pm. The important dates, the structure of the program and the expectation of your involvement will be explained in detail at the meeting.

Copies of the enrolment form are available in the Front Office of TWC. For more information please contact Cisca Teodoro [sacraments@mtgcatholic.org.au](mailto:sacraments@mtgcatholic.org.au) or Sally Telford [telfs@tenison.catholic.edu.au](mailto:telfs@tenison.catholic.edu.au)



## Class Placements for 2025

Planning for 2025 classes is about to begin in the Junior School. Staff give deep and careful consideration to the class placement of students, ensuring the best and most informed educational and wellbeing decisions are made. Within the next week, Junior School students will receive a note from their homegroup teacher regarding this process. Please ensure that you discuss this with your child, sign and return the relevant section. If you feel there are exceptional and valid circumstances for your child that need to be considered, please address these in writing to Francesca Dickson, Head of Junior School at [francesca.dickson@tenison.catholic.edu.au](mailto:francesca.dickson@tenison.catholic.edu.au) by Friday 27 September 2024 (end of Week 10, Term 3). Please note that requests for specific teachers are unable to be considered.

Francesca Dickson | Head of Junior School

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*August Edition Out Now!*

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## 7-9 AFLW Team Gain Another Win And Are Set For State Finals

Today, our 7-9 KO football girls travelled to Keith for a crucial match to secure a spot in the final. With some last-minute withdrawals, we swiftly promoted Tahnee from runner to player, which meant we needed a new runner. We're grateful to Emily for stepping in on short notice; her vocal support and tireless effort on the field were invaluable.

In the first quarter, we took full advantage of the slight wind and early nerves, scoring 3.2 and keeping our opponents scoreless. Alirah kicked off our scoring, followed by goals from Sophie and Ella, thanks to excellent midfield play from Bell, Lucy, and Addi.

In the second quarter, we added another 2.3 to our tally with goals from Sophie and Scarlett. Charles Campbell College managed to score their first points with 1.3, aided by some strong midfield contributions from their side.

The third quarter saw Bell effectively neutralise their most dangerous player while being a key contributor for us. We scored 3 more goals, with Kalani joining the list of scorers and Sophie adding another to bring her total to 3. We entered the final quarter with a commanding lead of 8.11 to 1.3.

In the final quarter, Charles Campbell College fought back fiercely. Despite our rotations and growing fatigue, our defence stood firm under pressure. We secured the victory with a final score of 8.12 to 4.5.

It was great to see all players improving from earlier rounds and engaging in body contests. Tahnee, in particular, made a notable impact by even using her face to stop the ball. Asha and Piper also had significant roles, rotating through the ruck and centre half back and contributing solidly throughout the match.

It was a solid win and was earned because every member of the team contributed in some way.

We now look forward to heading to Adelaide in Week 10 for the Grand Final against Cardijn College on Wednesday 25th September. Great effort, team!

A big thank you to Travis, who was ultra-professional and excelled in his role as goal umpire, and to Mr. Larsson, whose consistent officiating and positive spirit kept the game enjoyable for everyone.

**Narelle Ryan** | Coach



## Winter Scarves Available Now

Warm up this winter, with new Tenison Woods College scarves now available at the Uniform Shop. They are \$22.50 each.

### Opening Hours

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

### Online Store

To access the online Uniform Shop please [click here](#).

**Kylie Watson** | Uniform Shop



## SAPSASA Lower South East Football

Congratulations to the following Year 6 students who made it through to Lower South East Girls Footy team. They will play in the state carnival in Week 2 of Term 4.

- Stellan Beveridge
- Claire Flett
- Milla Ottoson-Crossling
- Sarah Shar

**Tina Opperman** | R-6 Sports Coordinator





## SAPSASA Regional Basketball

On Friday, the Tenison Woods College Boys and Girls A Basketball teams took to the court for the SAPSASA Regional Basketball Day, facing tough competition in each of their matches. Both teams displayed immense determination and teamwork, pushing themselves to their limits in every game.

Although neither team advanced to the State Finals in Adelaide next term, they can walk away with their heads held high, proud of the effort they gave on and off the court. Their resilience, sportsmanship, and commitment were clear throughout the day, and they should be commended for their outstanding representation of the college.

A special thank you goes to our coaches Claire, Georgia, Will, and Angus for their invaluable guidance and leadership. We also extend our gratitude to Lacey and Jasper for their efforts in umpiring. Your dedication and support made this day possible.

**Tina Opperman** | R-6 Sports Coordinator



## Garden Pots Wanted

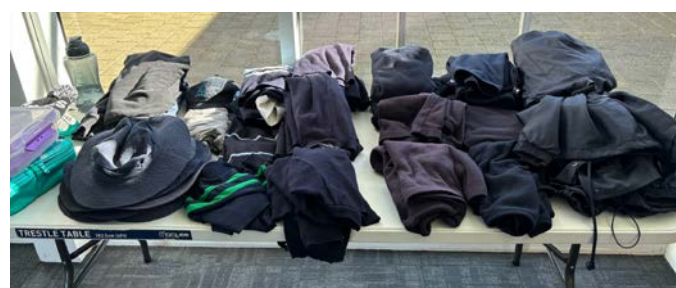
The Certificate 2 in Horticulture Students require more pots for their gardening projects. We are particularly after tube stock sized pots. If you have any, please drop them off in front of the Greenhouse or the science office. Alternatively email [fishb@tenison.catholic.edu.au](mailto:fishb@tenison.catholic.edu.au) to organise collection.



## SACA Sessions Encourage Junior Participation

Last Wednesday, some of our students were involved in cricket sessions with SACA on the oval. The purpose of these visits is to educate kids about the various junior participation programs available to them and where they can get involved with cricket within their local community. In addition, they practised some cricket skills like throwing, bowling, and hitting. It was so much fun refining and learning new cricket skills.

**Tina Opperman** | R-6 Sports Coordinator



## Lost Property In The Front Office

Attention parents and guardians. Please be aware that we have set up a table for lost uniform items in the front office. If your child has lost a school uniform item, please come and have a look!

Additionally, we request that all uniform and personal items be labeled to limit the chances of being lost.

**Tracey Davey** | Office Manager

# Wanted

## Term 3 TRT's

All year levels: Early Learning - Year 12

Full or half days

Regular or occasional work available

Please email Kerry Dempsey  
[info@tenison.catholic.edu.au](mailto:info@tenison.catholic.edu.au)

LET  
YOUR  
light  
SHINE



# Upcoming Key Dates

## WEEK 8

### Wednesday 11 September

- Junior Performing Arts Showcase - Daytime rehearsal 9:00am-3:00pm, Event 6:30pm-9:00pm, Sir Robert Helpmann Theatre.

### Thursday 12 September

- R U OK? Day
- 10-12 Boys and Girls Volleyball, Wulanda Recreation Centre
- SAPSASA Golf Championships, Adelaide
- Year 8B & 8D Future Thinking Excursion, Volcanic Features of Mt Gambier
- Year 6 Parish Mass, 9:00am-10:00am, Chapel
- 3-Way Parent/Teacher/Student Learning Conversations, Years R-6 4:00pm-6:00pm, MacKillop Junior School

### Friday 13 September

- SAPSASA Golf Championships, Adelaide
- R-6 Assembly, 2:05pm Barrie Holmes Stadium

## WEEK 9

### Monday 16 September

- Year 10 Bushwalk & Rockclimbing Camp B (Goodfellow)
- Stage 2 Trial Exams, PRC
- Year 8 (8E & 8F) Future Thinking Excursion - Volcanic Features of Mount Gambier, 10:30am-1:30pm.
- Year 3A (Snell/Travis) Swimming Lessons, 10:00am - 10:45am, Wulanda
- Year 3B (McCourt) Swimming Lessons, 10:45am - 11:30am, Wulanda
- Year 3C (Fox/Robinson) Swimming Lessons, 11:30am - 12:15pm, Wulanda
- Year 3D (Stephens/Robinson) Swimming Lessons, 12:15pm - 1:00pm, Wulanda

### Tuesday 17 September

- Year 10 Bushwalk & Rockclimbing Camp B (Goodfellow)
- Year 7-9 Futsal Carnival, Wulanda
- Year 8 (8A & 8C) Future Thinking Excursion - Volcanic Features of Mount Gambier, 9:00am-12:00pm.
- Year 3A (Snell/Travis) Swimming Lessons, 10:00am - 10:45am, Wulanda
- Year 3B (McCourt) Swimming Lessons, 10:45am - 11:30am, Wulanda
- Year 3C (Fox/Robinson) Swimming Lessons, 11:30am - 12:15pm, Wulanda
- Year 3D (Stephens/Robinson) Swimming Lessons, 12:15pm - 1:00pm, Wulanda

## WEEK 9

### Wednesday 18 September

- Year 10 Bushwalk & Rockclimbing Camp B (Goodfellow)
- Year 3A (Snell/Travis) Swimming Lessons, 10:00am - 10:45am, Wulanda
- Year 3B (McCourt) Swimming Lessons, 10:45am - 11:30am, Wulanda
- Year 3C (Fox/Robinson) Swimming Lessons, 11:30am - 12:15pm, Wulanda
- Year 3D (Stephens/Robinson) Swimming Lessons, 12:15pm - 1:00pm, Wulanda

### Thursday 19 September

- Year 10-12 Futsal Carnival, Wulanda
- Year 8 Parish Mass, 9:10am, Chapel
- Year 3A (Snell/Travis) Swimming Lessons, 10:00am - 10:45am, Wulanda
- Year 3B (McCourt) Swimming Lessons, 10:45am - 11:30am, Wulanda
- Year 3C (Fox/Robinson) Swimming Lessons, 11:30am - 12:15pm, Wulanda
- Year 3D (Stephens/Robinson) Swimming Lessons, 12:15pm - 1:00pm, Wulanda
- Year 12 Leaving Families Function, 7:00pm-9:00pm, PRC.

### Friday 20 September

- Vinnies Badge Day
- Year 3A (Snell/Travis) Swimming Lessons, 10:00am - 10:45am, Wulanda
- Year 3B (McCourt) Swimming Lessons, 10:45am - 11:30am, Wulanda
- Year 3C (Fox/Robinson) Swimming Lessons, 11:30am - 12:15pm, Wulanda
- Year 3D (Stephens/Robinson) Swimming Lessons, 12:15pm - 1:00pm, Wulanda
- Picnic for Peace, MacKillop Junior School, 3:30pm onwards

### Saturday 21 September

- International Day Of Peace

### Monday

**Kimochis & Bluey Club**  
Reception Building  
Lucy

**Buzzing Artists Club**  
Makers Space 1  
Mrs Hopgood and Miss Philipson

### Tuesday

**Chess Club**  
Library  
Mr Mustey

**Curiosity Club**  
Makers Space 2  
Aden

**Star Wars Club**  
MacKillop JS - Upstairs MK603  
Mr Lock

### Wednesday

**Yoga Club**  
Reception Makers Space  
Mrs Jeffrey

**Pop Up Club**  
Library

### Thursday

**Construction & Colouring**  
MacKillop JS - Downstairs MK102  
Mrs Little

**'Luxurious Locks'**  
Makers Space 2  
Mrs Snell

**Nature Club**  
Makers Space 1  
Mrs Dickson

### Friday

**Modelling with Miss K**  
Makers Space 1  
Miss Kolhoffer  
(Beginning Week 3)

**Art & Craft Club**  
Year 3 Classroom  
Mrs McCourt



## LUNCH CLUBS



## SAPSASA Hockey Representatives

This week three junior school students participated in SAPSASA hockey in Adelaide. They played a multitude of games with a variety of results. Our representatives were Darcy Read, Angus Robinson and Oscar Benjamin. Over the past few days, they have learnt lots of new skills and made some new friends. Well done to you all. We wish our SAPSASA golfers all the best as they begin their carnival tomorrow.

**Tina Opperman** | R-6 Sports Coordinator



## 2025 - Are You Still Deciding? Potential Years 2-6 Junior School Tour And Information Session

### **Are you undecided about your child's schooling for 2025?**

If your child is moving into Years 2-6 in 2025, and you would like to consider Tenison Woods College, we invite you to our Junior School Tour and Information Session.

Join us on Wednesday 16 October at 5:00pm for a Junior School Tour and brief information session. Follow the flags via the Shepherdson Road driveway. We look forward to meeting you and your child. *No RSVP necessary. Potential New Students only.* All enquiries to Enrolment Registrar, Tracey Davey [davet@tenison.catholic.edu.au](mailto:davet@tenison.catholic.edu.au)





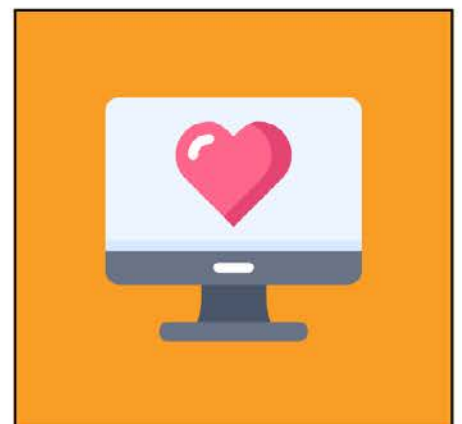


# FEEDBACK IN MINUTES WITH STUDIOSTY

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# DIVISION B NETBALL FRIENDLY COMPETITION

On Wednesday, five teams travelled to Olympic Park for the Division B Netball Day. The girls faced off against local schools in a spirited day of friendly competition marked by enthusiasm and sportsmanship. We extend our gratitude to the staff for their excellent organisation and to the volunteer umpires for their support.





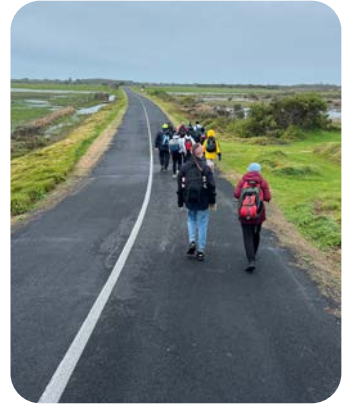
# STAFF REFLECTION DAY

On Friday our staff participated in a Reflection Day which held the theme of "Listening to the whisper of God in nature and the wisdom of our Indigenous sisters and brothers." The morning started with a whole staff liturgy before embarking to one of twelve different individual experiences.





# STAFF REFLECTION DAY





# Postcards from Italy





Monday  
16 September  
Lecture Theatre,  
PRC

## 2025 Italian Immersion Information Evening

# CASUAL FAMILY AFTERNOON PICNIC FOR PEACE

The Faith, Health & Wellbeing Committee, along with Parent Representatives, warmly invites you and your family to join us for a casual "Picnic for Peace".

This gathering coincides with World Peace Day, and we believe it's a perfect opportunity for families to connect in a relaxed and friendly atmosphere.

You're welcome to bring along a picnic, chairs or a rug, and enjoy spending time with other families while your children play.

For added convenience, sausages will be available for pre-order at \$3 each.

**FRIDAY 20 SEPTEMBER**  
**3:20PM ONWARDS**

**MACKILLOP JUNIOR SCHOOL PLAYGROUND**

**ENQUIRIES**

Contact Tania Sigley  
[sigt@tenison.catholic.edu.au](mailto:sigt@tenison.catholic.edu.au)



LET YOUR light SHINE