

The Our Lady of Sion College

# Newsletter

College Theme 2018 – Rejoice in God's Love



## *From the Principal*

Congratulations to the Class of 2018 for the magnificent way in which they concluded their secondary education. While last week was a time of mixed emotions, they relished their final days at the College. During their six years, they have had an array of opportunities to learn and to grow, to make choices and to explore the world both within the classroom and beyond. They have also had the chance to forge many friendships, and of course, they have had the support of their teachers who have worked with dedication to help them achieve their very best. Our final whole-school assembly was a fitting way for the community to thank the Class of 2018 for their contribution and to wish them every success in the upcoming examinations and their life beyond Sion.

On Friday evening we gathered with parents, guardians and family members for our final Eucharist and Graduation evening. I would like to thank our families for making this such a joyous occasion and in particular to acknowledge and thank families who formally conclude their time at the College.

The Class of 2018 shared a unique and valuable reminder of how learning not only helps each individual to develop themselves but ultimately should be about serving others. The students presented the College with a beautiful painting created by Naser, a gifted artist and asylum seeker with whom many of our Year 12 students have spent time at MITA. His painting represents his relationship with our school and his hope for the future. Thank you girls for such a beautiful and thoughtful gift, and the hope you have brought into Naser's life.



To view more of Naser's work, please see the flyer at the end of this Newsletter, which contains information about an exhibition featuring his work being held this weekend.



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PRINCIPAL: Mrs Tina Apostolopoulos

## IMPORTANT DATES

### Week B

Mon 29 Oct	Parents' Association AGM Ratisbonne Boardroom @ 7pm
Wed 31 Oct	VCAA (written) exams commence
Thu 1 Nov	VCAA Exams  Term 4 Music Soiree Miriam Theatre @ 3:30pm
Fri 2 Nov	VCAA Exams

### Week A

Mon 5 Nov	VCAA Exams  Correction Day ( <b>Student Free</b> )
Tue 6 Nov	Melbourne Cup ( <b>Public Holiday</b> )
Wed 7 Nov	VCAA Exams Year 10 & 11 Exams
Thu 8 Nov	VCAA Exams Year 10 & 11 Exams
Fri 9 Nov	VCAA Exams Year 10 & 11 Exams

## *From the Principal...*

All students were presented with a graduation certificate and gift from the College at our Graduation evening. Congratulations to the following students who were also presented with an award in recognition of their contribution and achievement:



**Jessica Smith**  
*Valedictorian*



**Monisha Inserra**  
*Simone Richardson Award*



**Olivia Smith**  
*Denise O'Hara Science Award*



**Matisse Nannes**  
*St Cecilia Award for Choral*



**Isabelle Welstead**  
*St Cecilia Award for Bands & Orchestras*



**Eleanor Grogan**  
*Excellence in VCAL Award*



**Madeline Daws**  
*ADF Award*



**Hannah Shanley**  
*Rotary Citizen Award 2019*



**Olivia van Raay**  
*Caltex Best All Rounder*



**Sophie Chan**  
*Sion Spirit Award*



**Lydia Ting**  
*Sion Woman of the Year Award*

## *From the Principal...*

### **College Positions of Leadership**

I congratulate the teachers who have been appointed to positions of leadership and who will support me in leading the school over the next few years. You will note that we have redeveloped the title of Year Level Coordinator to have a more explicit focus on the wellbeing and growth of our students. I would like to thank this leadership team for the work they will do in supporting our students to experience ongoing achievement and personal excellence, and wish them every success as they bring their gifts, ideas and dedication to their role.

ROLE	NAME
Director of College Organisation	Bernadette Anderson
Senior Learning Leader	Clare Kelly
Learning Enhancement Leader	Maureen Fraser
Head of Library & Information Services	Glenda Morris
Years 7 to 10 Discovery Learning Leader	Laura Geilings
Year 7 Wellbeing & Growth Leader	Michelle Rudd
Year 8 Wellbeing & Growth Leader	Jordyn Frood
Year 9 Wellbeing & Growth Leader	Leanne Anderson
Year 10 Wellbeing & Growth Leader	Paul Kerr
Year 11 Wellbeing & Growth Leader	Lauren Amalfi
Year 12 Wellbeing & Growth Leader	Adam Rieusset
Religious Education Learning Leader	Anna Gionfriddo
English Learning Leader	Amy Beale
Mathematics Learning Leader	Amy Proctor
Science Learning Leader	Cassie Marsden
Humanities Learning Leader	Sarah Chalmers
Languages Learning Leader	Gail Amato
Health & Physical Education Learning Leader	Ellie Van Der Westhuizen
Arts Learning Leader	Natasha Borg
Technologies Learning Leader	Dale Hunter
Head of Sport	Katrina Gurciullo
Head of Music	Martin Macaulay
Daily Organiser	Clare Tipping
SEQTA Coordinator	Heather Stewart
House & Student Leadership Coordinator	Jaclyn Taylor
Literacy Coordinator	Sherine Baydoun
Numeracy Coordinator	Helen Mulvogue
Debating/Public Speaking Coordinator	Beth Amos
Social Justice Coordinators	Rebecca Bennett Lucy Miotello

With every blessing for the fortnight ahead.

**Tina Apostolopoulos**  
**College Principal**



## Deputy Principal Faith and Mission



Last Friday evening, I experienced two wonderful highlights that I will always recall fondly.

The first was during Graduation Mass. There are many other schools who simply have a Graduation ceremony when their Year 12s complete their formal schooling. In an increasingly secular and pluralistic world, it is testimony to the strength of our community that Our Lady of Sion College sees the celebration of the Eucharist as pivotal in the life of the College. Furthermore, over 80 of our girls played an active leader's role during the mass, by either reading, showing symbols, presenting reflections, setting the space, leading the Sign of Peace (with a hug), singing and so on. This is more than half of the Year 12 cohort. These girls were not told they had to be involved, they volunteered and did so willingly.

Our College Chaplain, Fr Mark Reynolds, reflected on the message of hope for the girls in the future. Hope is a fundamental Christian message and the celebration of such a Eucharist last Friday night is a continual reminder of what the hope that Jesus gives us can bring.



The second highlight occurred at the beginning of the speech of our College Valedictorian's address by Jessica Smith. I noticed Jess take out her speech from her blazer pocket but before she began to read it, she looked down into the front row and publicly acknowledged the Sisters of Our Lady of Sion who were present, and thanked them for their inspiration and for this wonderful school. (I have since seen a copy of Jess's speech and this was not originally included!).

I thought it was a fitting tribute from a Valedictorian to give thanks to the work of the Sisters, both present and past, to have established a school environment to allow such growth, knowledge and commitment to such an amazing young woman and to many others like her.



**John McInerney**  
Deputy Principal – Faith and Mission



### In Remembrance

Our thoughts and prayers go to Amelia Corelli (8 White) whose grandfather passed away recently, and to Charlotte Stout (8 White) whose grandmother passed away this week. We remember Amelia and Charlotte and their families in a particular way at this sad time.

*Eternal rest grant unto them, O Lord, and may your perpetual light shine upon them.  
May their souls and the souls of the faithful departed rest in peace, Amen.*

# Deputy Principal Learning and Teaching



The last few weeks of term have showcased the richness of learning for our students. From the excitement of the Girls in Aviation Day to what was a very moving launch of the Ayin Significant People Project, the Year 12 Eucharist and Graduation and Creative Arts Show; what is apparent is that the learning landscape of Our Lady of Sion is awash with opportunities.

While the coming weeks will be challenging for students in Years 10–12 with upcoming examinations, my hope is that they feel ready to tackle each examination paper with confidence. Confidence comes from planning, confidence comes from preparation, confidence comes from sheer hard work, and these three things do not happen by accident. By now, every Year 10 and 11 student should have a detailed examination plan for the coming weeks, with examinations commencing on Thursday 8 November and ending on Thursday 15 November.

## Booklists 2019

The 2019 booklists are now available. The link to Campion is available on [Edumate](#).

Please note the timeline below:

- 15 November – Year 9–12 booklists due
- 30 November – Year 7 and 8 booklists due
- 10 December – Year 9–12 book collection at the College, 3.30 – 5.30 pm
- 13 December – Year 7 and 8 book collection at the College, 3.30 – 5.30 pm

**Please also note that uncollected book packs will be returned to Campion and will not be available at the College after the relevant collection date.**

## Colours Awards and Academic Awards – Years 7–11

As we come closer to the end of the year, planning turns to our academic award ceremonies. Please note the dates below as previously published:

- Tuesday 30 October – Year 7–11 Colours points close for all areas except academic excellence
- Wednesday 7 November – Friday 9 November – Year 7–11 students check points
- Friday 9 November – review of points applications **close at 5pm**
- Tuesday 20 November – Year 7–11 academic results contributing to academic awards close
- Tuesday 27 November – Years 10 and 11 Awards Ceremony
- Monday 3 December – Years 7–9 Awards Ceremony
- Thursday 6 December – Night of Excellence, 7.00 pm

Please note that:

- Years 7–11 Awards Ceremonies take place **during the school day** and parents and guardians of recipients will be invited to attend closer to the date
- although academic results for academic awards close on 20 November, learning programs will continue with assessments after this date, contributing to Semester 2 Academic Reports.

I wish all our students a productive fortnight ahead.

**Michelle Rangelov**  
Deputy Principal – Learning and Teaching



# Deputy Principal Student Wellbeing



## Overwhelmed – How to Support your Daughter

If parents are going to let their children live in the 'real world' there will inevitably be times when the children are going to feel overwhelmed. The feeling can be powerful and can induce a *flight, fight or freeze* reaction.

It is important for parents and teachers to offer ways to move that young person through these strong emotions that promote long-term wellbeing and emotional growth. At these times, parents are encouraged to move into 'coaching mode', so as to help their daughter problem-solve, deal with these strong emotions, and move from inaction to action. It is also important for parents to 'park' their own emotions before going in to coach their child through the situation.

So what does this coaching look like?

Listen carefully to what your child is telling you. Try to understand the circumstances, even if you don't agree with your child's view or approach. Try not to judge or overreact as this will only add to the feeling of being overwhelmed.

Help your child find solutions. Brainstorm ideas together by asking prompting questions:

- Have you seen other people deal with this? What did they do?
- What did you do last time? Did it work?
- Asking about resources, such as study groups, counselling or support systems at Sion, is another good way to get your daughter to access the help she might need.

Don't rush in and solve the problem for them. Look at these times as 'teachable' moments. Solving her problems disempowers your daughter as it increases her dependence on others to solve her problems.

It takes time but it is worth it. Over time your daughter will become more skilled at dealing with the strong emotions that big workloads carry and she will know what works best for a range of situations. She will also start to accept that there are no easy answers or quick fixes but the good news is that she will learn what works and to back her judgment. A lesson for life.

**Christine Kralj**  
**Deputy Principal – Student Wellbeing**





# Year Level News



**Brianah Walsh**  
Year 7 Coordinator

## Year 7

This week in Year 7, we have discussed the importance of reframing our negative thinking into a focus on the positive, and the relationship between gratitude and our own wellbeing. The Year 7s have been given a chance to reflect on what they have been grateful for over the course of this year, and have been reminded that expressing gratitude is a way of being kind. As we have reiterated over the year, kindness is contagious, and we will continue to encourage the students to look for ways to be able to practise kindness in their everyday lives.

As we come to the end of the year, the students have been advised that the opportunities to earn points for a College Colour are becoming scarcer. Given that this is the first time our Year 7s have experienced the end of a school year, some students have experienced disappointment that they may not receive a colour this year. It is certainly not the case that all students receive a colour each year, and we encourage those girls who may be a little disappointed to remember to look for ways to be involved throughout the whole year, and to make the most of opportunities as they arise next year.



## Ayin

### Significant People, Significant Lives:

When we started the Significant People Project with the students we asked them to think about who up to this point in their life has played an important role and has in some way influenced or contributed to the formation of their beliefs, values and ideas. The biographies that the girls wrote about their significant people clearly indicated that 'significant' means much more than fame or popularity. For most, it was interpreted as ordinary people who are courageous and determined to make a difference to the lives of others.

The Significant People launch took place on Tuesday 16 October and was a touching celebration of the semester-long project completed by our Year 9 girls. We were fortunate to have Ben Bugeja, brother of Emily Bugeja, and Suzie Bisset, family friend of Victoria Arouff, as our guest speakers.

*Ben was born with Duchenne Muscular Dystrophy. Muscular Dystrophy is a disability where the muscles are a lot weaker and do not function as well. Ben suffers everyday struggles such as getting a glass of water and daily routines. One thing which perfectly describes my brother is, 'Never say he can't because he'll always prove you wrong'. Ben has the hard work, dedication and a crazy amount of determination in himself and that's the reason I chose my brother.*

**Emily Bugeja, 9 Red.**

*When choosing my significant person Suzie was the very first person that came to mind. What inspires me is that I have watched Suzie pursue her love for animals and humans into a successful, life-changing career as an animal therapist. I know it gives Suzie enormous personal satisfaction that she is able to combine her two interests in order to help people and make a positive contribution to the wider community.*

**Victoria Arouff, 9 Purple.**

I would like to congratulate the girls for the commitment they showed throughout this project and for the warm welcome they extended to our visitors at the launch last Tuesday.

**Leanne Anderson – Ayin Coordinator**



# Year Level News



## Year 10

The Year 10s are focused on their last assessments and preparation for the upcoming examination period. Revision has started as assessments come to a close. Parents and guardians would have received the examination information on Monday 22 October. Please let me know if the email did not reach you.

During our pastoral session this week we began putting together our Christmas boxes for Ozanam House, which is our annual gift-giving program, where the gifts are distributed on Christmas Day. Some of the boxes are already filled. We are aiming to have all boxes completed before the examinations begin.

During our assembly this week, we heard from Paris Mansell and Charlotte Davey on their experience working at the Model United Nations Assembly (MUNA), focused on the examination period, and launched the leadership program for 2019. Students will have the opportunity to apply for positions, including SRC, which will be elected before the end of the Smart Start program.

Please contact me if there are any issues relating to the examination program or anything else you need assistance with.

**Paul Kerr**  
**Year 10 Coordinator**



## Year 11

Exams are fast approaching and we spoke to your daughters yesterday in Pastoral about the importance of switching off at least once each day from all distractions, demands and, in particular, social media and technology. I encourage you to work with your daughter to ensure they keep things in perspective and to prepare in a consistent and timely manner, and to not forget the importance of looking after the whole self during this time. Remind them to use the skills and strategies they have developed throughout the year and to seek extra support when and where needed.

With this said, it is important that the girls enjoy the last weeks of their Year 11 journey and leave feeling that they have achieved some goals and have prepared well for their transition into Year 12.

The Year 11s had their first opportunity to visit MITA on Wednesday night. There is already a large amount of interest to attend and this reflects the kindness and passion to make a difference that the students show.

*Going to MITA was such an eye-opening experience. I really enjoyed hearing each person's story and learning about their lives. Every person is so unique and I'm so glad I went, I will definitely be going back!* **Isabella Dyer, 11 Gold.**

*Our first visit to MITA was an extremely eye-opening experience that exceeded my expectations which were already very high. The atmosphere was so positive and heart-warming and I am very much looking forward to returning next year.* **Mia Blezard, 11 Blue.**

As always, I welcome you to contact me or your daughter's Homeroom teacher if you have any queries or concerns, and to refer to the information pack for exam information and guidelines.

**Lauren Amalfi**  
**Year 11 Coordinator**



# Year Level News



## Year 12

*For surely, I know the plans I have for you, says the Lord, plans for your welfare ... to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. (Jeremiah 29:11-12)*

On behalf of the College I hope that all Year 12 community members enjoyed the celebrations held last week, celebrating what continues to be a fantastic year for our students.

The ways in which your daughters conducted themselves last week was absolutely first class. The respectful nature in which they entered into the final College assembly, shared morning tea for staff, Year 12 celebration breakfast and concluding with the final Eucharist and Graduation ceremony, ensured that everyone had a positive and memorable conclusion.

I would like to take this opportunity to thank all community members who attended on Friday evening. Thank you for making those events exceptionally memorable for all involved. I would also like to thank Voula Syrrakos, Andrea O'Connor, Lisa Butler, Julie Blacker, Susan Eldridge, Maria Merry, Kylie Fisk, Jo Reid and Pauline Kipping for all being willing to support the Year 12 celebration breakfast. Thank you for making this a very special morning for the students.

SWOTVAC is in full swing, prior to the commencement of the official VCAA exams (Wednesday 31 October – Wednesday 21 November). So far, students coming to the College for assistance have done so with an excellent attitude and are to be congratulated. A reminder that when coming in:

- normal school rules apply in relation to uniform and presentation
- it is important that you make contact with your teachers prior coming in
- come with a clear focus of what you want to achieve, and ensure you sign in and out.

Throughout SWOTVAC and the VCAA exam period I will be sending out reminder videos to all students about what to look for and how to best handle the pressure of the exam period. One example of these is: <http://bit.ly/2EJWtDy>.

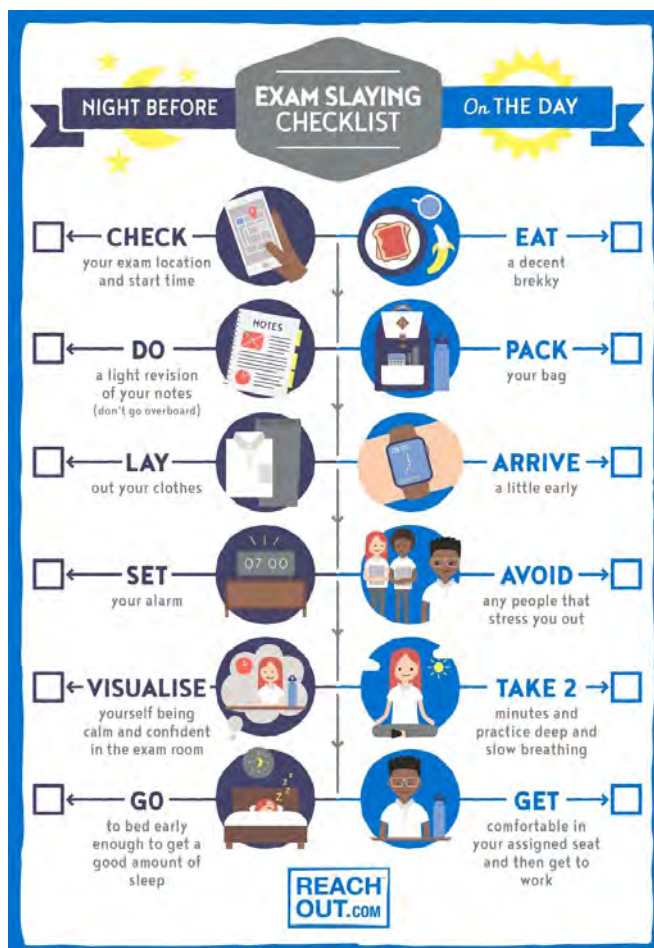
### Valedictory Dinner

In relation to the Valedictory dinner, please keep an eye out for the Trybooking email for final payment details and confirmation of those attending.

Over the next fortnight I strongly encourage all Year 12 community members to remember that if we support each other with love and kindness, the members of the graduating class of 2018 will do the very best they can with each and every opportunity presented before them.

On behalf of the Year 12 Pastoral team we look forward to walking with you each step of the way.

**Adam Rieusset**  
Year 12 Coordinator



# Year Level News



## Notre Dame

As I write this article our Year 12 students are preparing for their VCAA examinations, which will begin with the English exam on Wednesday 31 October and will conclude on Wednesday 21 November.

Our VCAA examinations will take place in the Notre Dame Centre. We will meet in the central area outside the examination room. The seating plan for the girls will be placed on the pin boards. The seating plan will be placed in VCAA number order. It is very important that the girls note where they are sitting. There will be a card with their name and VCAA number placed at their table. There will also be class lists that I will ask the girls to sign while waiting to enter the room. This will ensure that I have a clear picture of the girls in attendance before they enter the examination room.

It is important that the girls arrive half an hour before the exam, are prepared with the required materials and are aware of the VCAA rules. The VCE Navigator will assist with this information: [http://www.vcaa.vic.edu.au/documents/vcaanavigator\\_web.pdf](http://www.vcaa.vic.edu.au/documents/vcaanavigator_web.pdf)

Our students have worked diligently throughout the year and will continue to in preparation for each exam. I wish all the girls the very best in their examinations.

## Smart Start

Smart Start will begin on Tuesday 20 November for the Year 11 and 12 VCE and VCAL students of 2019 and conclude on Monday 26 November. This is an invaluable experience as the students undertake a week of their classes for 2019. Each VCE and VCAL teacher prepares a booklet for their students that highlights key knowledge and skills necessary to address the outcomes of the particular subject.

A timetable of the week will be given to the students closer to the starting date.

## Mullum VET Cluster Awards

Three of our VET students were nominated for the VET awards this year. I congratulate Emily Berrell (Certificate 3 in Allied Health Assistance), Bridget Hindle (Certificate 3 in Community Services) and Daniela Lombardo (Certificate 2 in Animal Studies) for their wonderful achievements this year.



**Emily Berrell**  
11 Gold



**Bridget Hindle**  
11 Red



**Daniela Lombardo**  
11 Silver

**Claire Kelly**  
Senior Learning Leader



# Domain News



## Arts

### Creative Arts Awards

Congratulations to all nominees and recipients of awards for our 2018 Creative Arts Evening. In particular, we highlight the following three recipients:

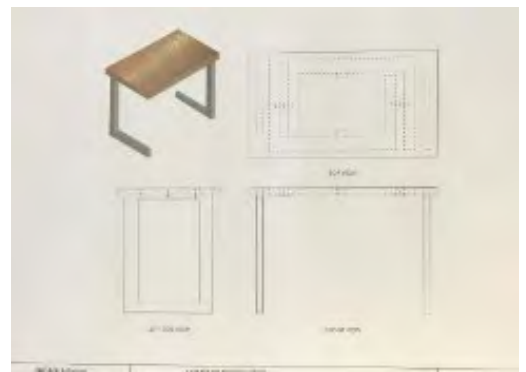
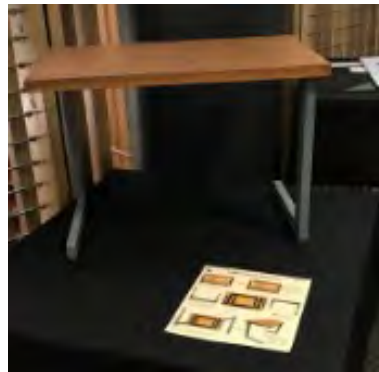
#### The Principal's Choice Award: Bridget Gurrie (Studio Arts)

When selecting this piece Mrs Apostolopoulos commented on the work's complexity and its unique representation of the selected theme.



#### Sion Good Design Award: Natasha Palinic (Visual Communication Design)

Folio subjects call students to construct a brief, work to a timeline, and deliver to the requirements of the brief. This year we presented the inaugural Sion Good Design Award. The intention of this award is to foster a culture of design thinking, creativity and innovation at the College. The award showcases and celebrates excellence in design and design-led innovation. Natasha has demonstrated a clear understanding of ergonomics, form and function, she has constructed many mock ups and undertaken an incredible amount of research to create a high-quality product.



#### Creative Art Week Artist Spotlight Award: Sinead Bearsley (Visual Art)

Throughout the course of the year we have featured a number of artists in the College newsletter in our *Artist Spotlight* column. The 'Creative Art Week Artist Spotlight Award' was selected by our Visual Arts Staff and is the highest honour bestowed on a work in this year's gallery.





## Unit 4 Drama Students

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On Tuesday 9 October, the Unit 4 Drama students travelled to the Whitehorse Performing Arts Centre to undertake their VCAA Solo Exam. The girls who have been preparing for these exams for months, had to perform a seven-minute solo based on a prescribed structure. There was a huge amount of buzz and excitement on the day, and all the girls left the exam room with a big smile on their face. We congratulate the hard work and dedication the girls showed throughout this process and wish them the best of luck with their results.



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## *From the Careers Room*

*Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.*

Thomas Edison



**Brooke O'Hara**  
Careers and Pathways Counsellor

Students and families can find the fortnightly Careers newsletter at [www.olscareers.com/?page=newsletter](http://www.olscareers.com/?page=newsletter). In this fortnight's newsletter there is information relating to:

- \* Upcoming events: Melbourne Computing Summer Camp (MCSC), PaperSpace – Deakin's School of Architecture and Build Environment's exhibition.
- \* Career in the Spotlight: Insurance.
- \* Things to Consider: VTAC key dates, Year 12 Change of Preference period, Tax File Numbers, *Beyond School* Guide.
- \* Research ideas: William Angliss changes, Study Assist.



# Sports News



## Term 4 Weekly Sport results

### Senior Basketball

- Sion (49) defeated St Catherine's (23)
- Sion (30) defeated Melbourne Girls' Grammar (19)

### Senior Cricket

- Sion (58) defeated by PLC (117)

### Intermediate Basketball

- A Grade: Sion (68) defeated PLC (16)
- B Grade: Sion (56) defeated PLC (2)
- C Grade: Sion (41) defeated PLC (14)

### Junior Basketball

- A Grade: Sion (31) were defeated by MLC (57)
- B Grade: Sion (16) were defeated by MLC (37)
- C Grade: Sion (20) defeated MLC (17)
- D Grade: Sion (7) were defeated by MLC (22)

## SCSA Table Tennis

On Friday 12 October, 30 students from Years 7–11 headed to the Melbourne Sports and Aquatic Centre to compete in the SCSA Table Tennis Competition. They competed against schools such as Marian College, Ave Maria College, Sacred Heart College, Mercy College and Mount St Joseph's College, who all proved to be tough opponents.

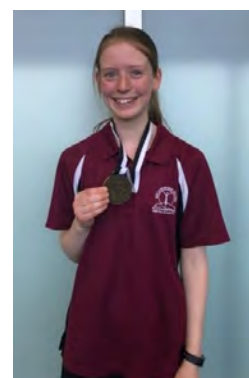
The junior team finished second overall after playing off against Ave Maria in the Grand Final. With each team winning two games, it came down to just a few points; unfortunately our girls fell short and finished as Runners Up in their division. Caitlin Gorry in Year 8 was awarded MVP in the Grand Final, an outstanding achievement for her and the rest of the team.

The intermediate team finished fourth overall after winning the majority of their games throughout the day. Unfortunately, in the qualifying final they couldn't quite get over the line, but fourth overall is a fantastic achievement for their efforts.

The senior team finished third overall in their division. With only two other schools in their section the girls tried their hardest and played each and every game with high spirits. The A and B pairs managed to win all of their games and the C and D pairs couldn't quite get a win on the board.

All students within all teams should be commended for their hard work and effort throughout training sessions and on the day!

## Stephanie Peters AFL Trainee



# Sports News

## Sports Stars of the Week

There have been so many wonderful achievements in Sport over the last few weeks that we have multiple Sport Stars for this week's newsletter entry!



Amy Barnett, 8 Red



Rose Laidlaw, 9 Blue



Ciara Miller, 9 Red



Tessa Mutimer, 9 Blue



Charli Brown, 8 Red

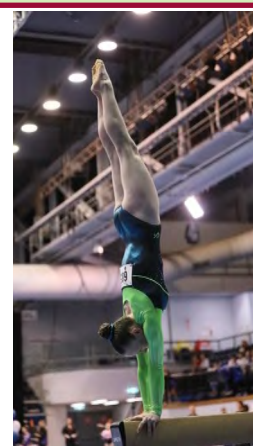
Amy Barnett, of Year 8, competed on the Gold Coast over the Term 3 holidays at the Gymnastics National Clubs Carnival. Amy represented her club, MLC Gymnastics, against 41 other clubs from all over Australia.

Amy and her National Level 7 team achieved some outstanding results, placing fourth on Vault, fourth in Bars, second in Beam, first in Floor and second All Around. Amy and her teammates dedicate many hours of training in order to achieve such results and she should be extremely proud of her achievements – well done Amy!

Rose Laidlaw, Ciara Miller and Tessa Mutimer of Year 9 competed in the Under 15 Netball Victoria State Titles in Shepparton on 6 and 7 October. All 19 regions in Victoria came together to compete in this tournament. Rose, Ciara and Tessa played in a team that played 20 games across two days and were able to win the Under 15 Championship for Chisholm. This is an enormous achievement!

In addition, Rose Laidlaw was nominated for the Whitehorse Junior Sportsperson of the Year and is travelling to the Gold Coast on 30 November for 10 days to represent Victoria in the National Indoor Netball Competition. Ciara Miller is also in the Victorian mixed team and Charli Brown of Year 8, is also competing in this event.

Congratulations to all students for these wonderful sporting achievements!



**Katrina Gurciullo**  
Sport Coordinator



**Siobhan Taylor**  
House Coordinator

## House News

The 2019 House Cup has started with fantastic enthusiasm for this year's House Badminton Competition. The Year 10s and 11s competed on Wednesday 10 October and the Year 7s, 8s and 9s competed on Thursday 11.

There was a wonderful display of House Spirit and so many participants which was amazing. This was the new captains' first event and they did a wonderful job.

Juniors	House	Place	Points
	Loreto	1st	27
	Lourdes	2nd	26
	Fatima	3rd	22
	Carmel	4th	21
Seniors	House	Place	Points
	Loreto	1st	34
	Carmel	2nd	23
	Lourdes	3rd	22
	Fatima	4th	19





## From the College Psychologist

### Supporting Year 12's through exams

Next week our Year 12 students will begin to sit their final VCE exams. This is a stressful time for them, and in turn can be a stressful time for families. As it can be difficult to know how to support your daughters during this period, I have compiled some tips and resources to help along the way.

- This is a time for the girls to start exercising more independence, to take control of their studies. It is important to be supportive, but allow them to self-manage.
- Have a chat with them about their study plans. Do they plan on studying at school or at home? Do they plan to study in their room or out in the living room? If you know their plans, you can help to support them.
- Help them create a good study space and peaceful environment. I know this can be challenging in a household with other or younger siblings, but it can be helpful to ensure there is some quiet time.
- Ask what kind of support they would like from you. Perhaps they would like someone to check in on them if they're in their room, and ask how it's going. Perhaps they would like you to take their phone off them for a period of time. Or perhaps they'd just like to be left to study but receive some encouragements and praise.
- Some students may find it helpful to have less things they have to do at home and more time to study – you can discuss expectations around chores and responsibilities at home over the next few weeks.
- Help them set boundaries – this can be particularly helpful around eating, sleeping, exercising and technology. There should be some non-negotiables around eating and sleeping in the household, it can help to talk about these prior.
- Offer to help time their trial exams, listen to their orals or ideas, ask them questions or quiz them on some of their content.
- You can help them take breaks – take them out to the shops, offer to go on a walk together, sit down and watch a movie over the weekend, bring them a cup of tea or some cut up fruit every hour.
- Just be there. Your support and love during this time will help immensely, and they will remember how you helped them through this.

Please find below some links with further tips and suggestions:

<https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-stress/help-my-teenager-manage-exam-stress>

<https://www.parentline.com.au/older-kids/issues/helping-kids-cope-exam-stress>

<https://www.youthbeyondblue.com/do-something-about-it/surviving-year-12>

If you have any concerns or would like to discuss any of this further, please don't hesitate to get in touch with a member of the Counselling Team.

**Sofia Stagnitta**  
**College Psychologist**



## OUR LADY OF SION COLLEGE PARENTS' ASSOCIATION ANNUAL GENERAL MEETING



All Parents/Guardians are warmly invited to attend the Parents' Association AGM, to be held on **Monday 29 October 2018**, commencing at 7.00 pm, in the Ratisbonne Boardroom.

If you would like further information, please contact Jo Reid (Secretary) at [jo.reid@optusnet.com.au](mailto:jo.reid@optusnet.com.au).

**Adele Pasquini**  
**President**

## Naser | A NEW HOPE



The Patch Primary School and Kindred present - a unique art exhibition created by Naser, a Hazara man who is seeking asylum.

Through his evocative and stunning work he portrays his journey from Afghanistan to Australia, and the time he has spent waiting for his freedom .... the journey and waiting which represent A NEW HOPE.

The exhibition can be viewed at The Patch Primary School on Saturday 27 October 2018 during Patchfest, a free event including live music, market stalls, food, and workshops. We would love to see you there.

**Venue:** The Library @  
The Patch Primary School  
Kallista Emerald Rd, The Patch

**Time:** 2pm onwards  
Exhibition Opening at 3.30pm in our Cafe Library.



## Next Steps

Do you face barriers to employment, such as anxiety, depression, learning, sensory or physical difficulties?

ECHO Employment Services invites current and past students to explore creative and positive career opportunities at our 2018 Next Steps Career Night....

### This FREE event will provide:

- Career guidance and advice
- Tips on resume building, cover letter writing, interview techniques, getting that job and keeping it
- Exposure to potential employers – discover job vacancies and learn what employers are looking for in an employee
- Access to apprenticeship/traineeship centres – find out what apprenticeships or traineeships offer
- Access to further education and study opportunities
- Access to support services

Take this opportunity to come and see what ECHO has to offer chat to our friendly staff and people within industry and discover the possibilities to start planning your next steps!

**30th October 2018**  
**4.30pm - 7.00pm**

**Camberwell Library,**  
340 Camberwell Road,  
Camberwell.

For more information, phone 1300 194 240  
[www.echoaustralia.com](http://www.echoaustralia.com)