



Our Lady of Sion College Newsletter

2019 College Theme: Welcoming Each Other



From the Principal – Tina Apostolopoulos

Last Friday morning the College hosted our annual Significant Women's Breakfast. Over recent years we have seen the number of women attending this event increasing and I am very proud that it continues to resonate with the students and the special women in their lives. What a great blessing that is for our students and their significant women!

We are often reminded about the difference that at least one significant relationship can have on our mental health and overall wellbeing. During the breakfast I reflected with those in attendance how their relationships can provide:

- the sounding board when we are worried or facing what might initially seem like an insurmountable problem
- the companionship of someone who has had the same experiences and can empathise with our situation
- advice when we really need it, even if we are not ready to hear it
- gentle support to face the truth when we try to avoid it
- the joy of celebrating our milestones and achievements, no matter how small they might be
- the practical support that nourishes and protects us through a good home or environment where we know we are safe
- the encouragement to have self-belief and to have a go; to reassure us with 'What's the worst that can happen?'
- the wisdom to remind us that perfection is a myth; our differences are what make us unique and so much more precious
- the authentic face-to-face communication that allows for deep understanding that is so important in our throwaway world of short, sharp conversations that don't allow for true dialogue. They 'get us' because they genuinely listen to us.

I would like to acknowledge the staff who volunteered to prepare the breakfast and those who facilitated the organisation and setup of the event because without them it would not be possible.

I would also like to thank the students who helped before the morning in the organisation of the gifts and on the morning by serving food and offering hospitality and entertainment, in particular to CVE students and Chelsea Elder and Nina Hughes for sharing their gift of song.

Important Dates

Week B

Monday 20 May

NAPLAN (Online) Testing
Years 7 & 9

Tuesday 21 May

VCE Music Recital
Notre Dame Centre @ 5 pm

Wednesday 22 May

NAPLAN (Online) Testing
Years 7 & 9

Year 8 Retreat

Information Evening for Prospective
Families, Miriam Theatre @ 7 pm

Thursday 23 May

NAPLAN (Online) Testing
Years 7 & 9

Friday 24 May

Staff Professional Learning
Student Free Day

23, 24 & 25 May

Senior Play, Miriam Theatre @ 7 pm

Week A

Monday 27 May

Parents Association Meeting
Ratisbonne Board Room @ 7 pm

Wednesday 29 May

Sion First Band Debut Concert
Miriam Theatre @ 5 pm

Thursday 30 May

Loreto Feast Day



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Finally, thank you to the students who led us in prayer. They reminded us of the many women from our Biblical tradition who show us how to live loving, good and meaningful lives: Miriam, Ruth and Mary. I hope their stories of strength and the pursuit of justice remain with our students as powerful role models. Their lives reflect principles and values which are just as relevant in our contemporary world as they were thousands of years ago.

Thank you once again to our significant women for joining us. While I hope we can gather again next year to celebrate your special relationship, I hope you continue to have many opportunities to express your appreciation for each other in the meantime.

We also offer our prayerful condolences to the Sisters of Our Lady of Sion on the recent passing of Sr Lauraine Brice nds. Sr Lauraine grew up in Box Hill and attended St Francis Xavier. She spent over forty years in education as teacher and principal in the Diocese of Sale. More recently Sr Lauraine lived in community in Box Hill and at St Catherine's Aged Care in Balwyn.

Eternal rest grant unto her O Lord, and perpetual light shine upon her. May she rest in peace. Amen.

With every blessing for the fortnight ahead.

Tina Apostolopoulos
College Principal



Sr Lauraine celebrating her 70th Jubilee at the College in 2017



Do you have a daughter currently in Year 5?

Applications for Year 7, 2021, are now being accepted.

Families already enrolled at the College still need to submit an [Application for Enrolment Form](#) for each additional child wishing to attend Our Lady of Sion. If you have a daughter in Year 5, please ensure you submit her application for enrolment by Friday 23 August 2019.

For all enquiries, please contact Mrs Robyn McCann, College Registrar, on 9890 9097 or registrar@sion.catholic.edu.au.



Faith and Mission – John McInerney

Keeping the communication open

I saw such a lovely photo last week. I'd publish it but I'd have to get permission, as I saw it on social media. It was Sunday afternoon and it was a picture of a young mother holding her daughter that she had given birth to earlier that week – her first child. The picture came with a comment from the mother:

My first Mother's day and I have been blessed with this precious gift coming into my world. I never want to put you down or stop looking at you. You are my little ray of sunshine. How did I get so lucky? I love you more than words can even describe!

Isn't God's creation beautiful? Life is precious and life is a gift. And sometimes, love can be simply that – too beautiful to even describe.

Funnily enough, this was not my only connection to social media last week. I had caught up with a friend who I hadn't seen for a while and as we were sharing, he told me that his niece's child had just celebrated her first birthday. He said it in a rather nonchalant and almost uncaring manner. When I questioned him on this he said that he didn't even know his niece had been pregnant! No one had told him. He said, 'Apparently that's the way young people communicate these days – through social media – and if you're on it, good luck, and if you're not, you miss out!'

Don't get me wrong, this is not an article encouraging everyone to get on social media. Rather, a reminder to keep talking with each other, keep communication open, and, in the words of Pope Francis, 'I'm asking you today: to find ways of building social friendship.'



Student Wellbeing – Christine Kralj

Addressing Mental Health Concerns

This week, 20 of our staff undertook the second session of the Youth Mental Health First Aid course, which teaches skills to assist young people who are experiencing a mental health problem. The course covers the signs and symptoms of the common mental health problems, who to approach for initial conversations, and where and how to get help.

While there was plenty of discussion about ways to support young people until appropriate professional help is received or the crisis resolves, we also touched on Apps that support mental health in a variety of ways. Below are some suggested free Apps that might be worth exploring:

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

The Check-in is for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse. The app takes you through four steps, getting you to think about where you might check in, what you might say and how you might support your friend.

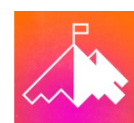
HabitBull can help you organise your life. You can customise, set goals and create positive habits and routines that can help you feel more in control of unwanted habits and easily keep track of all your habits, routines and repeated to-dos.

MoodMission is based in cognitive behavioural therapy (CBT), a psychological therapy for anxiety and depression. Anyone can use *MoodMission*, whether you just want a lift in your day or need a bit more help recovering from anxiety or depression.

Parents' Association Event: Body Confident Children and Teens

Parents are encouraged to attend the information evening *Body Confident Children and Teens* presented by 'The Butterfly Foundation' and sponsored by the Parents' Association.

Please see the [flyer](#) at the end of this newsletter for details including the Trybooking link.





Learning and Teaching – Michelle Rangelov

This week students in Years 7 and 9 successfully completed NAPLAN Tests online. These tests were Writing, Reading and Conventions of Language with Numeracy to be completed on Monday 20 May.

In the past fortnight, I have had an opportunity to speak to Year 9 and Year 10 students about upcoming subject selection in Term 3. In particular, I advised students about the criteria for acceleration in Years 10 and 11. In Year 9 students can apply to undertake a Unit 1/2 in Year 10, and Year 10 students can apply to undertake a Unit 3/4 in Year 11.

The purpose of acceleration in Year 10 is to provide:

- experience in undertaking a VCE study
- challenge and enhancement.

The eligibility criteria for undertaking a Unit 1/2 in Year 10 are:

- an excellent record of achievement in Year 9 studies
- excellent attendance (no more than six days absent in a semester as per Semester 1 Report)
- demonstrated approaches to learning consistently as per Semester 1 Report
- academic aptitude, especially in English, as per Semester 1 Report.

The purpose of acceleration in Year 11 is to provide:

- experience in undertaking a Unit 3 & 4 VCE study
- challenge and enhancement
- six subjects to contribute towards the ATAR.

The eligibility criteria for undertaking a Unit 3/4 in Year 11 are:

- an excellent record of achievement in Year 10 studies, including performance in examinations and coursework
- punctual submission of work
- excellent attendance (no more than six days absent in a semester as per Semester 1 Report)
- demonstrated approaches to learning consistently as per Semester 1 Report
- academic aptitude, especially in English, as per Semester 1 Report.

More information about Subject Selection for 2020 will be provided in the coming weeks.

Staff Professional Learning Day – Friday 24 May

On Friday 24 May, staff will be working with Dr Adrian Bertolini from *Intuyu Consulting* as we deepen and extend teaching strategies that promote dialogue, thinking and literacy. Teaching staff will also be extending their knowledge of SEQTA while administrative staff will undertake further professional learning in Synergetic. Please note that this day is a pupil-free day.

Best wishes for the fortnight ahead.





Year 12 – Adam Rieusset

I wonder, have you ever made a mistake?
Have you ever felt a little unsure of what might lie ahead for you?
Have you ever questioned, am I heading in the right direction?

These are all questions and emotions that I am sure as adults and community members we have faced and overcome. Sometimes these can be easily navigated, while other times they can seem like huge mountains.

Now let's throw in study, school work, SACs, SATs, tests, becoming an adult, voting for the first time, getting your license, social media, ATARs, ever-evolving friendship groups, and fluctuating motivation. These are all elements of 'life' that our Year 12 group face on a day-to-day basis, trying to navigate to the best of their ability.

Over the past few weeks we challenged and discussed topics such as:

- If everything goes well, where are you in five years, what does it look like, what are you doing?
- What is one thing you like about you? What is one thing you would like to change about you?
- What's a task that you know you need someone's help with; how do you get that help and what do you do with it?
- Your definition of success is...
- What are you doing to enable yourself to be successful? What are you doing that is stopping you from being successful?

With this questioning we are promoting thought, reflection and discussions that might help to calm the mind and develop and evolve in our students wisdom based on experience, knowledge, understanding, good judgement, insight, and balance.

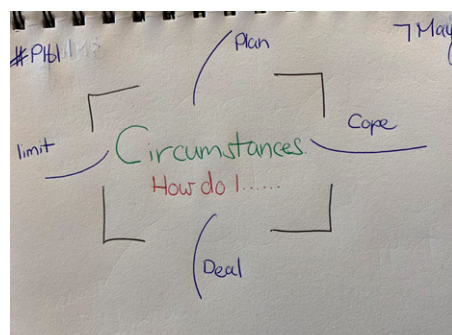
I share this with you to remind our Year 12 community that as we continue to journey through this year, sometimes it is challenging and we need to recognise the times to reach out for support and guidance from those who have done this before. We need to be humble enough to recognise that all parents and guardians not only know 'stuff' but absolutely have the best interests for their daughters. I would like to encourage all Year 12 families to continue to make sure that:

- conversations occur as a family, often
- sleep is seen as a priority each and every night
- study does not occur in the bedroom
- study time is efficient and effective (more does not always mean better).

I hope that the above promotes and prompts some discussion around the family table over the next few weeks, and I share the following meditation session that you might also like to use: www.youtube.com/watch?v=ZToicYcHI0U.

Year 12 Valedictory

A quick note to confirm that the Year 12 Valedictory will be held on Friday 22 November. This event will again be at the MCG in the Members Dining Room with a 6.30 pm gathering for a 7.00 pm function start. More information will be provided throughout Term 3.





Year 11 –

Lauren Amalfi

With winter approaching and the demands of VCE and VCAL rising, Year 11 can very quickly become overwhelming. Please ensure that your daughter is taking time to switch off and do something she enjoys, so that when she is working she can be efficient and minimise distractions. If you feel your daughter needs additional support, please encourage her to seek out myself, her homeroom teacher or her subject teacher. We continually emphasise that being proactive is essential and that students do not have to cope on

their own. The College has a number of resources to support the individual needs of our students. Our focus is on working together to ensure each student's potential is being met and that we are developing the whole self.

VCE Semester 1 exams

The exams are approaching and will be held from 5 to 13 June. Information and exam timetables will be sent to students this week. Please ensure you encourage your daughter to begin her revision early, seek out support where needed and practise implementing good study habits.



Year 10 –

Paul Kerr

Last Thursday, the year level visited the Jewish Museum and the Holocaust Museum, a highlight on the Year 10 calendar, as well as an important element in the charm and history of the College. Cassandra Coxhead of 10 White explains further:

On Thursday the Year 10s had the opportunity of going to the Holocaust Centre and the Jewish Museum as part of our Religion studies. We were able to further understand and learn about Jewish history, symbols, celebrations and festivals, as well as what it

means to live as a Jew in Melbourne today. During our visit to the Holocaust Centre, we had guides in the museum section, who were passionate and knowledgeable. One amazing session was when we were able to listen to a guest speaker who shared his story of the holocaust as a survivor. They tell incredible stories of survival and a hope for a better world. These 'living stories' allow us to understand and acknowledge what they went through and it was a special part of the day. **Cassandra Coxhead, 10 White.**

This week we focused on planning for exam revision in our pastoral session, as well as having the opportunity to run one of our programs with our Year 7 sisters as part of the Peer Mentoring Program. This session focused on 'Who is important to me?'.

Parents and guardians have been emailed an information pack regarding the examination period in June. Please don't hesitate to contact me if you have any questions.





Year 9 – Leanne Anderson

Positive Relationships

As part of the Pastoral and RE programs in Year 9, a key focus is teaching the girls how to identify and develop strong, healthy relationships. When we talk about relationships in a general sense it can be defined as anybody we know in a significant way or those we interact with on a regular basis.

As we explore the meaning of positive and healthy relationships we encourage the girls to think about different relationships they are currently in and the role they play within each of these. We encourage the girls to look at

how they conduct themselves or behave within different relationships and the impact this has on the lives and emotional responses of others.

Some of the important elements we will be addressing and discussing include:

- characteristics of a good friend
- importance of genuine, loyal friendships
- role of communication skills in relationships
- skills that are needed to be an effective communicator
- initiating conversations and using good listening skills
- importance of interacting in person
- consequences of being solely reliant on electronic devices and social media to communicate
- identifying emotions in others to understand what others might be thinking and feeling
- recognising and interpreting non-verbal and verbal emotional expressions
- developing the capacity to take the perspective of other people
- problem-solving and conflict resolution to manage relationships effectively.

There is no doubt that relationships have an impact on a person's mental health and emotional wellbeing. As we endeavour to equip the girls with skills and strategies to navigate their way through relationships we invite parents to have conversations with their daughters around some of the elements listed above.



Year Level News



Year 8 – Jordyn Frood

On Tuesday 14 May, the Year 8s participated in an incursion hosted by Brainstorm Productions. The incursion was called 'Verbal Combat' and the show covered:

- cyberbullying
- social media
- cybersafety (linking to social media)
- rumors
- bystanders
- exclusion/alienation
- resilience.

The program provides an opportunity for students to see how our words and actions can have a negative impact on other people's lives. The show broke down the who, what, why, where and how of cyberbullying and linked to the focus areas mentioned above. The performers also took the time to discuss issues with the students and provided them with resources to go to if they need support or want to learn more.

The incursion encouraged peer discussion on friendships and how we need to be supportive of others' differences and ensure that our actions, especially on social media, don't negatively impact others. It also showed the Year 8s that they need to be true to themselves within their friendships and 'own' who they are.

I would like to encourage Year 8 parents and guardians to talk with their daughters about their friendships, ensuring that they are comfortable with how they act and portray themselves in these friendships: are they being true to themselves?



Year 7 – Michelle Arnold

This week we announced the 2019 Portfolio Representatives. I know that there will be disappointed students who have not received a leadership position this year. Please share the following story with your daughters in the hope that it can give her a new way of looking at the situation; instead of disappointment or failure, she should take it as a learning opportunity to grow and challenge herself for the future:

Walt Disney is a household name but his journey across the film industry is not just filled with success stories; he faced many

difficulties and challenges along the way. Disney turned each challenge into an opportunity for growth. Disney's first animation studio was shut down as he could not pay his rent. Even after the successful premiere of Snow White, many of Disney's early movies classics, like Pinocchio and Fantasia, were financial failures.

What can we learn from Walt Disney? The next time you experience failure or you are disappointed with an outcome, remind yourself that you're in good company. Many people just like you have experienced failure many times and thought their goal was unobtainable. Failure is never the end of the road, it is only a small step in the greater journey.



Well done to the students below who will be our Portfolio Representatives for 2019:

- **Liturgy** –
Abigail Hilson and Alyssa Gooi
- **Social Justice** –
Olinda Escalante and Molly Browne
- **Drama** –
Chloe Pinwill and Victoria Hynes
- **Debating** –
Tianna Duffin and Natalya Barry
- **Environment** –
Lucinda Beet and Hayley Brown
- **Music** –
Emma Gorry and Maddie Smith
- **Sport** –
Bianca Dumais and Ava Knight
- **Visual Arts** –
Amy Coffey and Isabel Gallagher
- **House Rep – Carmel** –
Michelle Yii and Tess Davies
- **House Rep – Fatima** –
Georgie Brisbane and Lucy Bedford
- **House Rep – Loreto** –
Simran Dhillon and Catherine Simmons
- **House Rep – Lourdes** –
Helena Andrikopoulos and Nadia Schipano



**Year 7 – 10
Learning
Discovery Leader
Laura Geilings**

It is hard to believe that the end of the semester is fast approaching. There has been so much going on in our classrooms this semester and we have had lots of girls take up extra learning opportunities, which is fantastic to see. One of our Year 11 students, Emily Poldermans, has entered a piece into the *What Matters?* competition run by the Whitlam Institute. Emily has written a piece called *It Doesn't Matter* for the competition and we wish her all the best of luck: (see right column).

What's Happening in the Classroom?

This week's literacy strategy for the classroom is about mapping out and explicitly thinking about the three stages of reading: before, during and after reading. Students may notice their teachers breaking down texts more and spending time on teaching them about how we read and why we do it in that order.

From the Curriculum Team

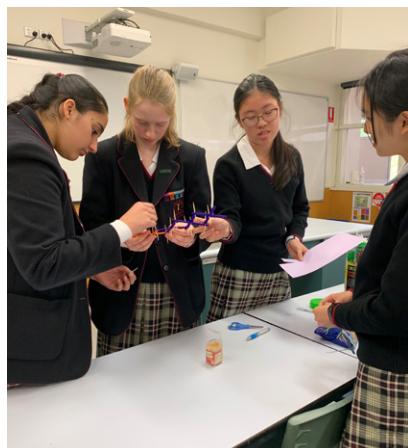
Below is a list of a few opportunities currently on offer:

- Chess Club: Tuesday B, lunchtime in the ELC Building (all welcome)
- Creative Club: Monday A, lunchtime in room 27 (all welcome)
- Gaming Club: Look out for notices in the student bulletin (all welcome)
- Literature Group: Wednesday A, lunchtime in the library (senior) or Monday B, lunchtime in the library (junior)
- Maths Assist: Every Monday and Thursday, lunchtime EC 2.6 (all welcome)
- STEM Club: Monday A, lunchtime in the ELC Building (all welcome)
- Writer's Club: Tuesday A, lunchtime in the ELC Building (all welcome).

STEM Club

Mr Tan and the STEM Club have been busy creating their Claw Machine project. The girls have been collaborating and problem-solving their way through the design process, where Mr Tan is encouraging them to trial their ideas and then reflect on what worked and what didn't.

STEM Club will be continuing the work on their Claw Machine this term and will also be working on an Escape Room for Sion Day. If you would like to see what the girls are creating, please check out the YouTube clip to see what the end product will look like: www.youtube.com/watch?v=16MVPbX2D1M.



We are a society that spends too much time focusing on the wrong things; the things we don't have, the things we want, the things we don't need. The world in which we live is greedy, relentless, and constantly in search of the next best thing. We are on a never-ending search of finding 'true happiness' and are embarking on a journey with no real sense of direction, just a final destination - being the best. Throughout our time as humans, we have grown to misplace our morals and rest our values in materialistic things, things that don't matter. The once important parts of life have simply been thrown away and hidden behind a mask of straight desire and delusion.

It's true what they say, you know. The best things in life really are free. They can't be bought, or sold, or wrapped up in a fancy designer bag. Most of the time they can't even be seen. The true and wholesome gifts in life are ones that can merely be felt by the heart and treasured by the soul - not shared on Facebook.

A large reason for our generation's misconception is due to the manipulation of social media and the continual feed of lies we are being told. As young minds, we are led to believe that quantity is more important than quality and the most valuable things are the ones that have the highest value.

Wealth can be defined as a large supply of a particular desirable. Since when did this desirable thing become money? I truly believe that the wealthiest people aren't the ones with the biggest bank statement or largest house, rather those who have an abundance of love in their hearts and can see the genuine good in the world around them.

Success is now determined by how much money you make or how many followers you have on Instagram. Those considered to be the most successful are the ones with nice cars, or designer shoes, or a pile of cash in their account. To me success is achieving an aim or fulfilling a dream or goal you've been working towards. Maybe it was to fall in love, or to have a supportive family - not something with a dollar sign in front of it.

Self-love is no longer something found within, but validated by other people and their brutal judgments of how 'beautiful' you are. Loving yourself doesn't come from a place of inner peace or confidence, but a place ruled by likes and comments and your place in a social hierarchy.

None of these things matter. Your income, your follower count, your brand of shoes. None of it. The rapidly changing trends around us are consuming our minds and clouding our heads with materialistic items that cannot bring happiness. It's that simple. Money can't solve problems; it is simply a currency. In the midst of all of this, we have lost sight of the important things and the elements of life that make us all human. Love, joy, family, friends, health; the things that really count.

These things matter to me. And they should matter to you, too. I'll admit, at the end of the day I might not have the fanciest clothes, the most likes, or be able to afford the new iPhone. What I do have though? I have peace, I have belonging, and I have pure happiness. That's more important to me than a Gucci belt any day.

Emily Poldermans, 11 Gold



Religious Education – Anna Gionfriddo

enable the students to understand the history of persecution suffered by the Jews. To support them with their learning, the students attended the Jewish Holocaust Centre and the Jewish Museum of Australia last Thursday. They participated in a range of activities that allowed them to gain a much greater understanding of Jewish history, faith, customs and beliefs and what the Jewish population in Europe experienced during the Holocaust. Our students were privileged to hear from Holocaust survivors and were most touched by their stories of tragedy, courage and hope.

As a College community, we pray for peace in our world today and that all will have the courage to speak out against such atrocities ever happening again.

This term the Year 10 students are studying the concept of 'humanity' in Religious Education and are considering the question: *Why is it important to respect the dignity of all human beings?* They are exploring the nature of humanity, what it means to be made in the image of God, and are examining and reflecting upon the rights and responsibilities that humanity should embrace, to be able to live in a world where all people feel a sense of dignity and respect.

The students are currently investigating the terrible plight of the Jews during the Shoah (1933-1945) and in the centuries before, to



Social Justice Coordinator – Lucy Miotello

Social Justice

Our Year 9 *Days for Girls* packing and sewing day was a great success. Thirty-six students participated across the day, contributing to a number of elements that make up the reusable sanitary packs that are distributed all over the world to girls whose periods are a barrier to their participation in education, the workforce and community life. Our Year 9s, along with some volunteer staff, helped to trace patterns, cut and rip material, do preparation stitching and sew elements of the packs. A huge thank you to Bev, Sally and Josie from the Balwyn chapter of Days for Girls who facilitated the day for our students. We look forward to running some fundraising initiatives to support their amazing work in the coming weeks.

Coming up in Week 6, the College community will be celebrating National Reconciliation Week. As a newly established FIRE Carrier school, we are excited to be solidifying our commitment to reconciliation with our indigenous brothers and sisters. During this week, there will be a number of awareness-raising, prayer and reflection experiences offered to our students and staff. Additionally, Year 10s and FIRE Carriers will be fundraising for the Opening the Doors Foundation and the 2019 Indigenous Immersion students and staff will participate in the annual Long Walk

at Aquinas College on Tuesday 28 May along with staff and students from a number of schools across Melbourne.

Congratulations to the Year 8s on a great start to their social justice project – One Girl. They have been busy running fundraising and awareness-raising events to help provide girls in Sierra Leone and Uganda with scholarships to continue their education. More to come on their progress in the coming weeks.





Languages – Gail Amato

It is with great excitement that we welcome our Italian language assistant, Serena Oliveri, to the Sion community. We applied to have Serena work alongside us in the Languages department through a program funded by CO.AS.IT, and were fortunate enough to be successful. Serena is from Pinzolo, a town in the province of Trento, in the North of Italy. For the remainder of the year, she will be working at our College for three days a week, as well as at Mont Albert Primary School.

Serena is a young, passionate and enthusiastic teacher and is a great addition to the classroom. Having obtained a Bachelor's Degree in Linguistics and Cultural Mediation

(Chinese and English) from the University of Venice, as well as a Master's Degree of Teaching Chinese from Capital Normal University in Beijing, she is well equipped to assist our students with their language studies. Serena speaks four languages: Italian, English, Chinese and German.

Ultimately, Serena's role at the College is to assist students to increase their fluency and confidence in the Italian language by providing them with individual support, and enriching their learning by broadening their knowledge and understanding of contemporary Italy.

This program is extremely valuable and I am certain that our students will benefit greatly from the involvement of a language assistant. We feel very fortunate to have Serena with us at Sion and look forward to her continual contribution to our Italian program.



Health & Physical Education – Ellie Van Der Westhuizen

Australia's *Physical Activity and Sedentary Behaviour Guidelines* and the *Australian 24-Hour Movement Guidelines* are supported by a rigorous evidence review process that considered:

- the relationship between physical activity (including the amount, frequency, intensity and type of physical activity) and health outcome indicators, including the risk of chronic disease and obesity
- the relationship between sedentary behaviour or sitting time and health outcome indicators, including the risk of chronic disease and obesity
- the relationship between good sleep hygiene and improved health (relevant to the *24-Hour Movement Guidelines* only).

This information and further information about adult guidelines and scientific evidence can be found on the following websites:

Guidelines: www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines

Research and Statistics: www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-active-evidence.htm





Humanities – Sarah Chalmers

which was a very important issue for us as the delegates of Israel. It was an amazing experience to immerse ourselves in another country's point of view, especially one as controversial as Israel.

All in all, we were not only able to learn a lot about global issues that may impact us in the future but also form some amazing friendships.

Alex Boffa, 11 White.

To prepare for the event, we each researched our designated country's history, culture and political structure. Once we were allocated the country we would be representing, we began preparation on the ten resolutions. Not only did we have to understand what the resolution would mean for the world, but we had to develop an insight into how our country would view the resolution. After weeks of study and hours of careful collation of information, both teams had plans and outlines for what would be said should each resolution come up in debate. Walking to the building was incredibly nerve-racking as we spotted other schools turning up in their costumes. Despite our preparation, it felt like nothing would be enough. However, as soon as the debates got started and we saw how the day would proceed, speaking seemed far less daunting. Throughout the course of the two days, we all had multiple chances to present and we each made great friends with the people around us. **Jenna Hart, 11 Gold.**

Throughout the weekend, multiple resolutions were discussed. These included combating glorification of racial extremism and religious discrimination, trade barriers and tariffs, refugees and asylum seekers and intercultural communication. One that concerned Alex and I particularly was the establishment of a nuclear-weapon-free zone in the Middle East. In this resolution, we discussed if this region should be required to place all their nuclear activities under International Atomic Energy Agency safeguards, adhere to the Treaty on the Non-Proliferation of Nuclear Weapons, desist from developing, producing, testing or acquiring nuclear weapons, and whether all other States should render their assistance in the establishment of the zone. As we represented Israel, Alex and I were largely involved with debating against the resolution alongside USA and North Korea. Although we were far outnumbered in votes, it was highly engaging to hear the opinions of such a variety of countries and their reasoning.

Bess Hamshaw, 11 Silver.

MUNA has given us the opportunity to develop our public-speaking skills and gain a greater understanding of global issues. Most importantly, we've learnt that solutions to problems aren't always clear cut and that progress can only be made if we are willing to listen to other people's opinions and insight. **Fiona McAuley, 11 Purple.**

Model United Nations Assembly 2019

On the weekend of 4-5 May 2019, Bess, Fiona, Jenna and I had the pleasure of attending the Model United Nations Assembly (MUNA). Everyone was split into teams of two and assigned a country to represent. Bess and I represented Israel in the debate. We needed to represent our country's opinion on various issues and resolutions argued throughout the weekend, from the ageing population many countries are facing, to the establishment of a nuclear-free zone in the Middle East,





Arts – Natasha Borg

Drama

It has been a busy few weeks for Drama, with lots of activities and performances taking place. Our Unit 1 Drama girls performed their self-devised solo pieces last Tuesday to a warm audience of friends and families. We congratulate the students on their fine performance work; the task was a challenging one and they rose to the occasion, bringing some wonderful performance skills.

The Year 9 and 10 Drama classes have had a busy week. On Thursday 9 May, both classes presented their interpretation of the Dan Giovannoni play *Turbine* to family and friends. The girls had to completely design this production, from lighting and sound decisions to direction and costume, while also performing a character role in a scene. The students did a wonderful job and should be extremely proud of all their hard work. On Friday 10 May, we headed to the Melbourne Theatre Company to see the production of *The Violent Outburst that Drew Me to You* in preparation for their final task of the semester. Students will be studying this play for their final exam (Year 10) or test (Year 9), where they will have to analyse the performance in response to short-answer questions. We congratulate the girls on all their efforts this week.

It was Drama Week this week and lunchtimes were full of Drama-themed activities to get involved in. Our Unit 3 Drama girls performed their Ensemble Pieces on Tuesday evening, which were fantastic!

The Drama Team



Alex Bleazby



Catherine Bennett



Laura Geilings



Paris Mansell, Year 11

Paris is a highly involved Drama student. While preparing for her VCE Drama Solo, Paris is also performing in this years Senior Play *You Can't Take it With You* and helping with activities associated with her Drama Rep Role for Drama Week. Paris is encouraging to her peers and is always a great support to younger students.

Congratulations Paris!





Music – Martin Macaulay

were awarded by the judges across the whole division – an incredible achievement.

Generations in Jazz 2019 was an incredible experience!

The weekend was so much fun, from seeing other schools perform to watching world-class jazz musicians, attending workshops and playing on stage. The atmosphere in the big tent was truly magical and showed how music can connect over 5000 young musicians.

Hearing the great jazz musicians, such as organist Joey DeFrancesco and vocalists Kurt Elling and Liz Wright, perform and speak at workshops was so inspiring, being able to take their professional advice made the trip so worthwhile and will help us continue to grow as musicians.

Mel Veprek, 11 Red

The three-day trip gave each of us a chance to listen to some of the best jazz musicians of our time and hear some of the top rising musical talent in students from all around the country. After rehearsing all year, we came with the goal to have a great time and play the best that we could. We left with a win in Division 4, and four of our Sion girls chosen to be part of the 'Superband', which was made up of the best musicians in our division. The whole experience was extremely rewarding, and each girl played so well and deserved the hard-earned win.

Megan De Bolfo, 10 White

Year 9/10 Music Recital

Congratulations to the Year 9/10 Music elective class that performed solo and ensemble pieces as part of their course in the Miriam Theatre last week.

Term 2 Music Soiree

The music never stops at OLSC and it was again evident as many instrumental soloists performed repertoire they have been studying so far this year. Many thanks to Ms Han for her amazing accompaniment skills.



OLSC Jazz Ensemble's Incredible Success at Generations in Jazz

The Senior Jazz Ensemble ventured to Mt Gambier on Friday 3 May until Sunday 5 May and had an outstanding weekend winning Division 4 in fine style and having four OLSC students selected for the honorary Division 4 'Superband'. Bianca Gaudion (Drums), Mel Veprek (Trumpet), Nicola Gaudion (Trombone) and Megan De Bolfo (Trombone) were selected from approximately 70 bands, or 1400 students, to receive the coveted Superband hat – only 22 positions



Upcoming Dates

- Monday 20 May – Year 7 Morning Concert Band Open Rehearsal, 7.30 am, Miriam Theatre
- Tuesday 21 May – Year 7 Afternoon Concert Band Open Rehearsal, 3.30 pm, LHC
- Tuesday 21 May – VCE Music Recital Concert 5.00 pm, Notre Dame Centre
- Wednesday 22 May – Year 7 String Ensemble Open Rehearsal, 3.30 pm, Music Room 22
- Wednesday 29 May – Sion First Band Debut Concert, 5.00 pm, Miriam Theatre
- Friday 31 May – Year 7 Choir Open Rehearsal, 7.30 am, Miriam Theatre
- Thursday 27 June – Ensembles Concert, Act 1 – 5.00–6.30 pm, Act 2 – 7.00–8.30 pm, Miriam Theatre



**Acting Head of Sport –
Angela Stephens**

Junior Netball

This week saw the first round of matches for our Junior Netball and Hockey teams. I am delighted to say that we have some very talented Netballers here at Our Lady of Sion. Netball is a very popular sport and we have eight junior teams competing in the GSV competition. All eight teams won their matches this week, as did the Intermediate and Senior teams. Looking forward to a fabulous season!

AFL 9s

This term we are excited to be participating in a new GSV Sport called AFL 9s. This is a modified version of AFL, where the field is much smaller, there are only nine players per side and they play four 10-minute quarters. We have two junior (Year 7/8) teams in this competition, coached by Mr Rob Steward and Mr Luke Brewis. The girls have been training hard and we wish them all the best for their upcoming matches.

Weekly Sport Results — Week 3

	Junior (Round 1)	Intermediate (Round 2)	Senior (Round 2)
Netball	Sion A (30) def Ruyton (10) Sion B (31) def Ruyton (9) Sion C (32) def Ruyton (9) Sion D (25) def Ruyton (3) Sion E (10) def MGGS (6) Sion F (19) def OLMC (12) Sion G (25) def Ruyton (2) Sion H (7) def OLMC (6)	Sion E (22) def CGGS (6) No other matches due to House Athletics Carnival	Sion A (43) def Ruyton (13) Sion B (25) def Ruyton (21)
Hockey	PLC (5) def Sion (0)	No match due to House Athletics Carnival	Lauriston (10) def Sion A (0)
AFL 9s	Sion A1 (130) def Fintona (6) Lowther Hall (74) def Sion A2 (8)		



Weekly Sport Results — Week 4

	Junior (Round 2)	Intermediate (Round 3)	Senior (Round 3)
Netball	Sion A won (Strathcona1 forfeit) Sion B (40) def Strathcona (8) Sion C (46) def Strathcona (5) Sion D (32) def MLC (8) Sion E (16) def MLC (3) Sion F (38) def Ruyton (10) Sion G (31) def MLC (9) Sion H (21) def Siena (6)	Sion A (25) def OLMC (38) Sion B (28) draw OLMC (28) Sion C (29) draw OLMC (29) Sion D (12) def by OLMC (33) Sion E (3) def by OLMC (31)	Sion A (46) def Camberwell (7) Sion B (52) def Camberwell (14)
Hockey	Genazzano (4) def Sion (0)	Sion A (1) draw Ivanhoe (1)	Sion A (2) def Melbourne (1)
AFL 9s	Sion A1 (89) def Genazzano (8) MLC (126) def Sion A2 (2)		

Sports Star of the Week

Grace Osborne – Year 8

Grace had a number of outstanding results at our House Athletics Carnival including placing 1st in the 100m, 800m and 1500m races. While these performances are impressive, her sportswomanship in all she does is what has gained her this award. At the end of every race, she congratulated all the place getters as they crossed the finish line – a true testament to her character and a genuine display of the Sionian spirit. Congratulations Grace – a most deserving winner!





House Coordinator – Jaclyn Taylor

There are still three out of the six House activities that will occur throughout this term:

- Loreto Feast Day, 30 May
- House Table Tennis, 17–19 June
- House Music, 25 June.

We hope to build excitement for these important activities and create high levels of participation from students. There is also a new House event this year, called 'House Music', with more information to be released as this event approaches.

2019 House Cross Country Event

Just scraping through the wet weather on Thursday 2 May, over 200 students competed across six age groups for the House Cross Country Championship. This event is held at school on the oval so that as many students as possible can enter and those not running can spectate.

While the course is only 1.3 km, it is quite challenging with its many twists and turns. The runners wove a colourful trail, back and forth across the oval in their House t-shirts as they completed the four laps.

Congratulations to all runners as they contributed to the overall House positions. Special congratulations to our individual age group winners listed below, and in particular to Ava Scully who completed the course in the fastest time.

2019 Individual Age Group Champions

Year 7 Champion	Georgie Brisbane Fatima 4.49mins
Year 8 Champion	Grace Osborne Lourdes 4.42mins
Year 9 Champion	Ava Scully Loreto 4.36mins Overall Champion
Year 10 Champion	Olivia De Vincentis Loreto 5.01mins
Year 11 Champion	Saskia Nannes Carmel 4.54mins
Year 12 Champion	Georgia McKenna Fatima 5.18mins

2019 House Age Group Champions

	Junior Event	Intermediate Event	Senior Event
1st	Fatima 188	Loreto 208	Loreto 106
2nd	Carmel 158	Carmel 139	Fatima 79
3rd	Loreto 87	Fatima 96	Lourdes 70
4th	Lourdes 78	Lourdes 46	Carmel 71

Overall Points Cross Country Champions 2019

Loreto 401
Carmel 368
Fatima 363
Lourdes 194



House Athletics Carnival

Fatima 1st place for 2019

On Wednesday 8 May we travelled to the Athletics Track in Doncaster for our House Athletics Carnival. The weather varied significantly throughout the day, with a large downpour of rain followed by an hour of beautiful sunshine. The rain certainly did not dampen the spirit of our cheer squads or our athletes. The track was filled with the colour of red, green, blue and yellow T shirts, running, jumping and throwing in huge participation numbers. It is a real credit to our students to see how involved they get with every aspect of a carnival like this.

Our Year 12s relish every 'last' activity they do in their final year and it has become a tradition for them to dress up in themed costumes at the big carnivals. This year we had the Loreto Tennis Girls, the Carmel Sunflowers, Lourdes in Double Denim and Fatima as the Red Wiggles. The Year 12s looked amazing and we should congratulate the House Captains for their ingenuity.

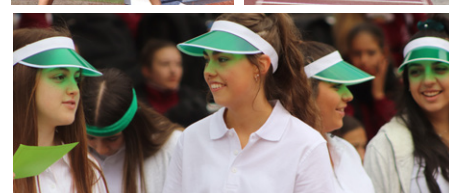
Throughout the day the scores remained fairly even, with all teams seemingly sharing in the top places. Not until the final scores were announced did the school cohort know which team was going to win the House Cup. Fatima House came in first place taking out the Athletics Trophy for 2019, with Carmel coming in second. Loreto were third, closely followed by Lourdes in fourth place. As for the Cheering competition, Lourdes displayed encouraging voices and won the Cheering Trophy. In the novelty events, Loreto and Fatima came equal first place.

The age group winners and runners up have not yet been verified so these will appear in the next edition. Congratulations to all competitors for their considerable efforts throughout the day.

Final Standings 2019 House Athletics Carnival

2019 Athletic Champions	Cheering Champions	Novelty Champions
1st Fatima 1917 points	Lourdes	Loreto=1st
2nd Carmel 1710 points	Loreto	Fatima=1st
3rd Loreto 1391 points	Carmel	Carmel
4th Lourdes 1260 points	Fatima	Lourdes

Special thanks to Acting Head of Sport, Ms Sarah Parkinson, for her organisation and leadership on the day. Thank you also to the PE staff who work tirelessly to ensure this day is such a success and the entire teaching staff for their support on the day.





Hard work most often leads to success, but it's not every day, and it's not every week. It will pay off at different times over the course of your careers.

Sally Krawcheck
(CEO and Cofounder of Ellevest)

Students and families can find the fortnightly Careers newsletter at

www.olsccareers.com/?page=newsletter.

In this fortnight's newsletter there is information relating to:

- Upcoming Events – UCAT reminder, My Melbourne Future series, Overseas Study in the UK and USA, Inside Monash Seminar Series update
- Career in the Spotlight – Engineering
- Things to Consider – DealNspire, Swinburne Discover, Deakin Information Session
- Research ideas – New courses for 2020 at RMIT.



OUR LADY OF SION COLLEGE PARENTS' ASSOCIATION MEETING



All parents and guardians are warmly invited to attend the Term 2 Parents' Association Meeting, to be held on **Monday 27 May 2019**, commencing at 7.00 pm, in the Ratisbonne Boardroom (please park in the front car park and enter through reception).

Please note, we will have in attendance our Principal, Tina Apostolopoulos, and Deputy Principal – Student Wellbeing, Christine Kralj.

For further information regarding our meetings please contact our Secretary, Caroline Athey, carolineathey02@gmail.com.

I look forward to seeing new and existing parents/guardians attending our meetings.

Adele Pasquini
President

Our Lady of Sion College

Apply
now for
2021

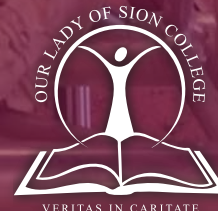
Information Evening

Wednesday 22 May, 7.00 to 8.00 pm

Prospective families are invited to register their attendance.

Please contact the College on 9890 9097 or
info@sion.catholic.edu.au

1065 Whitehorse Road, Box Hill | www.sion.catholic.edu.au



BE
INFORMED

Our Lady of Sion College
Parents Association
presents



Body Confident Children & Teens

Information for Parents

Body image is consistently reported as one of the top three concerns for young people. With society's increasing obsession with appearance and diet it can be difficult for parents to know how to support positive body image.

The Butterfly Foundation is Australia's leading not-for-profit for eating disorders and body image. This seminar aims to empower parents so they feel better equipped to help their child develop and maintain body confidence through their child and adolescent years.

Topics covered include:

- Background on body image and importance of prevention
- Brief overview of eating and body related issues and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding 'Fat Talk' and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- *Please note, this session does not cover dealing with fussy eaters*

Date: Tuesday 4 June

Venue: Miriam Theatre

Time: 7:00pm

Cost: \$0

A light supper will be served at the conclusion of presentation

Do not delay and book your seat at Trybooking

<https://www.trybooking.com/BCCBG>

More information: www.thebutterflyfoundation.org.au





Our Lady of Sion Presents:

YOU CAN'T TAKE IT WITH YOU

Moss Hart and George S. Kaufman



23, 24, 25 May, Miriam Theatre, Our Lady of Sion College

Tickets www.trybooking.com/BBHVC

By arrangement with Hal Leonard Australia Pty Ltd, on behalf of Dramatists Play Service, including Inc New York.



FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/csef

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2018, you do not need to complete an application form in 2019 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2019 or you did not apply in 2018.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2019.

Check with the school office if you are unsure.

