



Our Lady of Sion College Newsletter

2020 College Theme: *How Do I Bring Hope To My World?*



*From the
Principal –
Tina
Apostolopoulos*

Coronavirus Update

The College continues to closely monitor the developing nature of the Coronavirus (COVID-19) and its impact both locally and globally. We ask that parents/guardians, staff and students continue to monitor their health and adhere to preventative and responsive guidelines communicated by the authorities and conveyed through College letters and the College bulletin notices.

An important update, including information about the postponement of our College Open Day, was emailed to all families yesterday. Should you have any queries, families are invited to contact [Mrs Christine Kralj](#) or myself.

International Sion Schools Governance Meeting in Strasbourg

What does it mean to be a Catholic and Sionian school today? How do we live and make our charism visible in our daily lives? What does dialogue actually mean and within dialogue, what do we experience? How does the school strengthen our charism and commitment so that the Sisters' legacy will always be present in our world?

The word charism is one we use frequently at Our Lady of Sion College. We will be familiar with the word charismatic when we speak of a person or a leader, and by this, we mean they are engaging or able to positively energise others. However, the word charism is not easy to define. In the Christian tradition, charism is seen as a gift from God for the church and the world, given as a way of living out the Gospel. Each congregation or religious order will often speak about its charism, for example, the Marist, Jesuit, or Mercy charism. I have always found it helpful to think of a charism as the lens through which God invites me to view and therefore live within the world.

The focus on our Sion charism and the above questions were posed to the Board Chairpersons and Principals of Sion schools around the world at the recent International Sion Schools Governance meeting held in Strasbourg. Mr Andrew Maxwell, our Board Chairperson and I, were fortunate to spend a very stimulating week with other governance and school leaders strengthening our understanding of the founders of our College, from

Important Dates

Week A – Catholic Education Week

Tuesday 17 March

OPEN DAY 2.30 – 6.30 pm
POSTPONED

Wednesday 18 March

Ayin City Experience
Presentation Evening,
Notre Dame Building, 5.00 pm

Week B

Monday 23 March

Year 7 Camp
Term 1 Music Soirée
Miriam Theatre, 5.00 pm

Tuesday 24 March

Year 7 Camp

Wednesday 25 March

Year 7 Camp

Friday 27 March

Last day of Term 1



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the current Sisters of Our Lady of Sion right back to Theodore Ratisbonne, who established the congregation in the mid 1800s. The location for the meeting was significant as Strasbourg was where Theodore and his family established themselves when Theodore was quite young. It is also the place where Louise Humann, Theodore's mentor, lived and developed a way of educating young people that continues to influence the type of learning and pastoral experiences we work to create within our classrooms and our programs today. We spent a good part of our week deepening our understanding of the Sion charism.

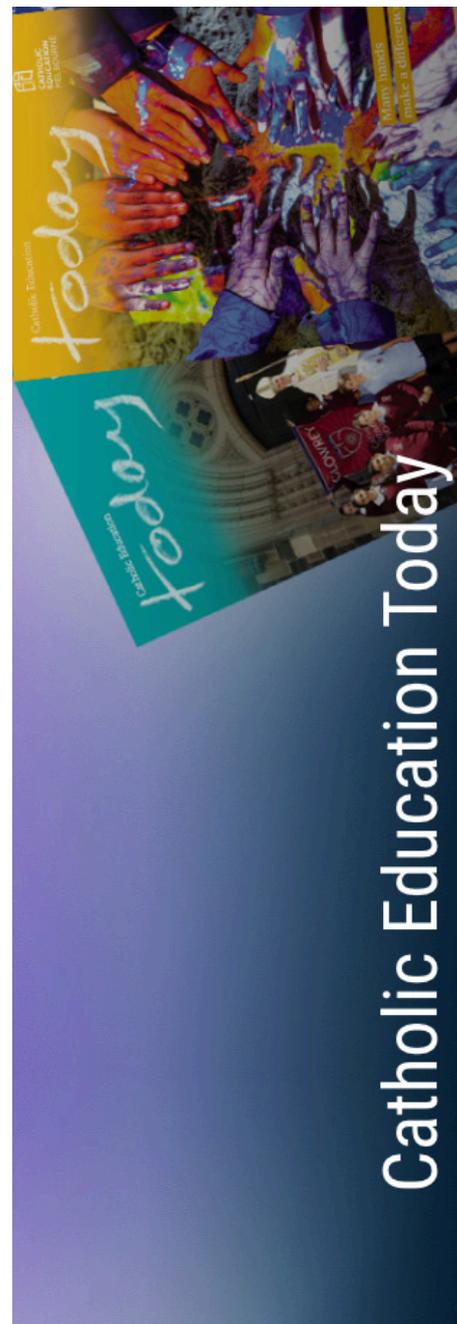
Dialogue is one key feature that allows us to live out our charism. It is the way that we explore and learn about the world. Through our questions and our listening to the perspective of others, students are invited to become discerning adults who are encouraged to pursue truth and not be swayed by fads or deception. Dialogue also allows us to be transformed and enriched by our encounters; we do not necessarily adopt the views of others but dialogue allows us to sit in a position of greater understanding and perhaps empathy. Dialogue forms the basis of our relationships and the manner in which we build our community, the way we become the face of Christ for each other.

The importance of scripture within the Sionian charism points to the centrality of what Theodore came to discern in his own life, namely that God is love. He developed this understanding through 'dialoguing' with scripture, through reading and reflection, and through discerning and responding to the needs of his world. The questions posed during the International Sion Schools Governance meeting allow the College Board and Leadership Team to continue to work with Board members, staff, students and our school community to ensure there is alignment between our practices and our Sion charism.



The Sisters of Our Lady of Sion Superior General Sr Mary Babic nds, the Congregational Schools Team, Sion Schools' Board Chairpersons and Principals at the International Sion Schools Governance Meeting in Strasbourg

Tina Apostolopoulos
College Principal



The Term 1, 2020 edition of Catholic Education Today is now available on the Catholic Education Melbourne website. Click [here](#) for online version.



Faith and Mission – John McInerney

Over the past couple of weeks, while Mrs Apostolopoulos has been away, I have had the pleasure of visiting a number of our feeder primary schools. Along with our Registrar, Mrs McCann, we have taken groups of three Year 8 students with us to the primary schools where our students have spoken to girls in Years 3-6, whose families may be interested in choosing Our Lady of Sion College as a place for their daughter's secondary schooling.

Each of our Year 8 girls has shared so much about the variety of opportunities

they have as members of our school. They have spoken about the music program, the languages that are offered for study, the sports they can play, the House competitions, camps and Retreats they participate in – and much more.

As I have listened to the girls speak, it has reminded me of the enormous efforts that so many in our community make to bring education alive here at Our Lady of Sion College – which I pray continues for many years to come.



Lenten Reflection

By Year 12 students **Kiara Fonseca, Stephanie Sparrow, Lauren Butler and Cecilia Clark**

Lent is a Catholic observance to prepare for Easter. The period of Lent begins on Ash Wednesday and lasts for 40 days, to replicate the sacrifice and fasting of our Lord, when he withdrew into the desert before he began his public ministry. Lent is important to us and our Catholic tradition as it is a time dedicated to acknowledging and appreciating the passion, death and resurrection of Jesus Christ.

As a Sionian community, we commence Lent with an Ash Wednesday Liturgy, where we are marked with a cross of ashes. This year we are encouraged to 'turn away from sin and bring hope to the world'; to reflect our school theme for the year focusing on How can I bring hope to my world? Thereby, we are called to bring hope to others during this Lenten period, perhaps through looking outwards and caring for others such as donating to Project Compassion.

Lent is a time to appreciate the gift of life and what we need in our lives, rather than what we want. For example, each year during the Lenten season, many people give up something to remember Jesus' sacrifice. However, this year, the Year 12 students have been encouraged to complete additional generous acts to help others. For example, to support each other with encouragement before assessments, share smiles or to talk to new people.





Learning and Teaching – Allison Stott

Hard to believe that we are almost at the end of Term 2, and what a busy learning place this is. The Year 7s have settled in well and have experienced their first round of assessment tasks and feedback. The Year 9s have completed City Experience and have returned full of confidence in their hometown. The VCAL classes have experienced a range of hands on learning including a professional barista course. Understandably the staff are very excited.

Last week, the State Government announced a new initiative regarding the Year 9 NAPLAN. Students will be eligible for two certificates; one for high achievement and one for learning growth. We look forward to hearing more about this as the year progresses. A letter with more detail has been sent to Year 9 families. Year 7 and 9 students will be sitting the 2020 NAPLAN online test from May 12 to 22.

Planning forward, parents will soon be receiving information regarding the Student Progress Meetings. We have changed the pattern for 2020 and the 21 April times will now be from 2 pm to 8 pm, while the following day, 22 April, will run from 11 am to 7 pm. More information will be sent about this process shortly.

As a College, we have been exploring the ways in which we personalise learning for each student; knowing what each girl knows and can do already, and setting goals that both reflect her needs and extend her appropriately. At the Student Progress Meetings, you may be asked to sign a form reflecting your discussion with the teacher about the learning adjustments that are being made for your daughter. This is about open communication and taking on board parent feedback.



NAPLAN
NATIONAL ASSESSMENT PROGRAM
Literacy and Numeracy



Student Wellbeing – Christine Kralj

With a lot of news in the media about the coronavirus, countries closing borders, changes to the financial prosperity of businesses and events being postponed, it is understandable that our students can be feeling that they are living in troubled times. We want to encourage our students to have a hopeful outlook and be alert rather than alarmed.

I encourage parents to be honest but mindful of their daughter's age and ability to cope with news that can seem concerning. Below are five tips to protect young minds from negative media exposure:

- 1. Set limits:** restrict the times and hours that younger students are allowed to interact with social media.
- 2. Watch with the kids:** co-viewing is important as it allows parents to keep an eye on what children are watching or listening to. It also provides the opportunity to discuss what they are seeing and encourage the children to critically view content and not accept it as the 'norm'.
- 3. Encourage good choices:** helping children choose media options can ensure that they develop discretion when viewing media and it is more likely to help them opt for age appropriate and pro-social or educational content.
- 4. Role model your response to concerns raised in the media:** ensure that you are not repeating overly dramatic scenarios or discussing your own worries in detail with your child.
- 7. Life away from the media:** it is important for children to have other interests such as reading, outings and sport. They should be encouraged, while safe to do so, to maintain activities and develop interests that are not dependent on social media. If at home, students should be encouraged to take up activities such as cooking, card games or even an old fashioned puzzle.

Adapted from: Writer Helen Splarn. Editor [Dr Ramesh Manocha](#). Source: *Growing up fast and furious*, editors Wayne Warburton and Danya Braunstein.





Year 7 Michelle Arnold

Year 7 Camp will take place on Monday 23 March - Wednesday 25 March. I would like to communicate a few points for camp:

- Medication - If your daughter takes medication, please provide the medication in a labelled bag with the instructions and dosages.
- Day 1 Lunch - On the first day of camp, your daughter will need to bring her own lunch as we will be having lunch together on arrival at the Summit.

- Mobile phones will not be used on camp and this includes for photos. If your daughter wishes to take photos, she may bring a camera. Staff will have school mobiles, if your daughter needs to contact you while on camp.
- Please ensure that your daughter packs old clothes and some plastic bags for her dirty/muddy clothes.
- She must also pack a hat, water bottle and sunscreen.

Camp can be a nerve-racking word but we want to assure you that Year 7 Camp is an exciting challenge that will help your daughter, to not only connect with her peers, but challenge herself. Camp will allow her to grow and learn skills that will help her with future hurdles at school.

Please reinforce to your daughter that camp at Sion is a new challenge and one that she should welcome, reminding her that her teachers and peers are there to help, guide and support her.



Year 8 Jordyn Froid

During the Year 8s Pastoral period last Tuesday, the girls participated in a Mindfulness session with Janine Crociani, our College Counsellor.

This session was composed of two parts. The first part was an interactive session with Janine educating the girls on mindfulness and also experimenting with different mindfulness practices. The second part required the girls to practise, in their Homerooms, mindfulness colouring, putting into action what they learnt in Janine's session.

Mindfulness is not just meditation. It's about, in many different ways, being in the present moment. By taking their minds off social media and other screens, the girls were taught to focus their mind on simple things such as breathing, keeping their feet on the ground as they walk, the water on their face in the shower or simply being truly engaged in a class activity.

There are countless more ways to engage in mindfulness and we will be discussing/practising some of these mindfulness actions throughout the year in Pastoral and in Homerooms, as it is proven to be extremely effective in reducing stress, anxiety and feelings of low mood.

I encourage you to discuss the benefits of mindfulness with your daughter and hopefully, as the year progresses, the girls will find it to be a useful tool in dealing with challenging situations.





*Year 9
Leanne Anderson*



*Year 7-10
Discover
Learning Leader
Rebecca Bennett*

Ayin City Experience

Congratulations to the Year 9 cohort for their outstanding efforts during last week's Ayin City Experience. The year level spent the five days of last week in the city of Melbourne to explore what it has to offer, work together to solve problems and research a topic of interest. This included the Year 9 Retreat on Friday, exploring Melbourne's Catholic precinct.

After the completion of the Race Around the City activity on Day 1, which saw students make their way around the city in small groups to visit landmarks and checkpoints, the girls began to show greater confidence in their navigating skills. On Days 2 and 3, students were guided by staff to various locations around the CBD, including Artvo, the Eureka Skydeck, MCG Sports Museum, Queen Victoria Market, Old Melbourne Gaol, and more. All students visited the Shrine of Remembrance and either The Big Issue or Salvation Army Classroom to learn about the plight of people experiencing homelessness in Melbourne.

On the final day of the City Experience, students executed their pre-planned schedule to explore an inquiry topic of their

choice. Students made their way around the various cultural precincts of Melbourne, surveyed members of the public, explored laneways to analyse street art, visited icons of the city, to name just a few. This is all being collated in Ayin lessons back in the classroom and will be presented to families at the Ayin Presentation Night on Wednesday 18 March at 7.00 pm. All Year 9 families are warmly invited to attend this evening in the Notre Dame Building to witness the work and experiences of the students.





Year 10 – Paul Kerr

Last week in our Pastoral session, the Year 10 students participated in a workshop with Bindaree staff on food selection and menu design in their cooking groups for next term's Adventurous Journey. Students were guided through food types and nutrition, and created a shopping list for each group member.

On Wednesday, students attended the Year 10 Retreat at the Islamic Museum of Australia in Thornbury. Part of the Year 10 Religious Education program looks at the rituals, beliefs, and life of both Islam and Judaism.

Students were able to hear Sherene Hassan (OAM), former Vice President of the Islamic Council of Victoria and Education Director at the Islamic Museum, talk about her life, her faith and the purpose of the museum. She shared interesting insights into what it's like to be a Muslim woman growing up in Australia. Through a guided tour of the museum galleries, the students gained a greater appreciation of the history, architecture, art, and beliefs of Islam.

This week we are finalising the election of Class Leaders. I look forward to acknowledging those students in the next newsletter.



Year 11 – Jessica Baddeley

On Wednesday 4 March, I was privileged to accompany five Year 11 students and Mrs Kralj to the International Women's Day Breakfast at Box Hill Town Hall. It was a very early start, arriving at the College at 6.45 am, however, it was a morning filled with delicious food, great company and three fantastic speakers discussing important initiatives to promote women and women's health. The five young ladies were exemplary representatives of the College and engaged in robust discussions with other attendees at the event. We were very lucky to get photos with two of the guest presenters and a member of the local Rotary Club who generously funded the girls attending the breakfast. It was a wonderful morning.





Year 12 – Adam Rieusset

“How do I bring hope to my world?” was one of the questions I posed in our last newsletter and I hope that all families may have had the opportunity to discuss this over the past two weeks.

Choice, I choose, I decide.....; the deliberate act or thought process that allows us to decide our path each and every day is a powerful one.

I choose.....

To live by choice, not by chance

To be motivated, not a procrastinator

To be useful, not unhelpful

To make changes, not excuses

To excel, not compete

To develop self-esteem, not self-pity

To listen to my inner voice and not the random opinions of others.

‘I choose to’ thoughts and statements shift us out of the ‘I have to’, ‘I need to’ type phrases that can sometimes take us in a place of negative self-talk, and which can then result in closed minded behaviours, stopping us from taking the next step.

That next step can be in the classroom, asking that question, talking to a teacher when you need help or finding out who would be the best person to have that next conversation with, so you can take that next step forward.

‘I choose to’ means we need to be brave; we need to be courageous with our thoughts so that we can explore the unknown and, at times, the uncomfortable.

What this deliberate act or thought process does though, is create opportunities to be proactive rather than purely relying on being re-active.

Over the next two weeks I encourage all Year 12 community members to take on the challenge to reframe their thoughts from the ‘I have to / I need to’, into ‘I choose to or I decided that.....’ thoughts and let’s see where it happens to lead us.

On behalf of the Year 12 Pastoral Team, I wish our Year 12 community members all the best until our next newsletter.



Careers and Pathways – Brooke O'Hara

Careers at OLSC

Failure doesn't mean you are a failure, it just means you haven't succeeded yet.

Robert H. Schuller (Motivational speaker/Author)

Students and families can find the fortnightly Careers newsletter [here](#).

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

- Upcoming Events: THE VCE and Careers Expo 2020, Step on campus with Deakin, Experience Clever with La Trobe, Monash Engineering Tours.
- Career Industry in the Spotlight - The Police Force
- Things to Consider - 2020 Work Experience, Year 12 Careers Appointments
- Research ideas - The new Doctor of Medicine, ADF Gap Year



Religious Education – Anna Gionfriddo

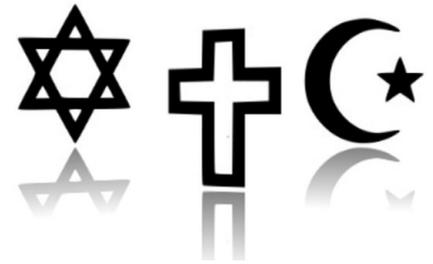
Much has been happening over the past few weeks in Religious Education classes.

The Year 7 students have been exploring the concept of 'Belonging' and from this they have been focusing on Our Sion Story where they have been learning about the formation of the Sisters of Our Lady of Sion and its founders, Theodore and Alphonse Ratisbonne.

Our College archivist, Mr Matthew Roberts, also presented very informative sessions about the history of Our Lady of Sion College, Box Hill to the students. As part of this, the students very much enjoyed having the

opportunity to look at the heritage display, past yearbooks and parts of the different uniforms which had been worn over the decades.

Through the concept of 'Identity and Diversity', the Year 10 students are currently exploring ritual, belief and spirituality through the monotheistic faiths of Judaism, Christianity and Islam as well as through their own experiences. The students are considering how one's identity can shape a person and the importance of developing an understanding and respect for diversity found in our world today. This very important message was certainly a focus during their retreat this week at the Islamic Museum.



Humanities – Sarah Chalmers

Humanities has been off to a busy start in 2020, with the Year 8 Geography students completing fieldwork on forests in the Dandenong Ranges National Park. During the excursion, students visited a variety of different forest types including rainforest, dry forest and damp forest. They compared similarities and differences between the forest types and also learnt how the Dandenong Ranges National Park has changed over time.





Mathematics – Amy Proctor

Mathematics Enrichment Opportunity: Year 7 and 8

This year, the College will again enter a team into the Australasian Problem Solving Mathematical Olympiads (APSMO). This is a challenging competition for high-achieving Mathematics students in Years 7 and 8. It allows teams and individuals to 'put their talent to the test' and compete against other schools and students across Australia and New Zealand. It consists of five 'Olympiads', each with five challenging questions and a time limit of thirty minutes.

The five Olympiads will run at school on the following Thursdays in 2020: 26 March, 7 May, 18 June, 6 August, 17 September

Students will have the opportunity to explore and develop their problem-solving skills with preparation questions in class.

Some sample past competition problems are:

How many whole numbers are less than 3^4 but greater than 4^3 ?

Mr and Mrs Apsmo and their 2 children are randomly seated around a four-seat circular table. What is the probability, expressed as a fraction in lowest terms, that Mr and Mrs Apsmo are seated next to one another?

27 identical cubes are arranged to form a single larger cube. The total surface area of the 27 smaller cubes is K times the surface area of the larger cube. Find K .

Students are encouraged to register their interest in joining the College team with Ms Proctor: aproctor@sion.catholic.edu.au or with their Mathematics teacher. Please contact Ms Amy Proctor at the College, if you have any questions regarding this opportunity.



Health and Physical Education – Ellie Van Der Westhuizen



The Health and Physical Education Learning Area seeks to provide students with new opportunities and ways to move their bodies, whilst having fun. Students are strongly encouraged to be active at lunch and recess and it is great to see such an increased number of students taking up this opportunity. The Year 10s have been exploring alternative games in PE classes including Spikeball which has been a success with many girls practising and playing at lunchtime. In the Peak Performance class, girls have been challenged to learn a new skill and, over the last few weeks, their improvement of juggling has been phenomenal. They had their final workshop last week with David from Cirque Mystique. Keep up the great work both in and out of classes girls.





Music – Martin Macaulay



Music Representatives 2020

Congratulations to the following girls who have been appointed Music Representatives for 2020. Their responsibilities involve organising and running special music events, Soirées, Open Mics and supporting the Year 7 Music program.

- Year 12: Kiara Fonseka - *College Music Captain*
- Year 11: Caitlin Wans, Chelsea Hubbard
- Year 10: Natalie Kilroe-Smith, Madison Cripps
- Year 9: Zara Harris, Megan Macaulay
- Year 8: Abbey Marks, Rose Newey

The Year 7 Music Representatives will be finalised in the coming weeks.

Open Mic – International Women’s Day

Congratulations to all the performers who celebrated IWD in style by singing at the Open Mic last week in the Piazza.

Year 7 Music – Ensemble Rehearsals

By now, all Year 7s have been allocated an instrument or voice and have started their instrumental lessons in small groups each Wednesday or Thursday. Two of the groups started their compulsory rehearsals this week (Year 7 Choir and Tuesday afternoon Concert Band). The Monday morning Concert Band has its first rehearsal at 7.25 am Monday 16 March and Year 7 Junior Strings begin on Wednesday 18 March at 3.30 pm – 4.30 pm.

Term 1 Music Soirée

The Term 1 Music Soirée will be held on Monday 23 March at 5.00 pm in the Miriam Theatre. Girls involved in the instrumental program will be performing that afternoon.





Siena Bonnici, Class of 2019

In this issue, we acknowledge Siena Bonnici, from the Class of 2019, for her phenomenal achievement of being featured in the 2020 VCE Season of Excellence, in the categories of Top Designs and Top Screen, selected from a collective of over 250 entries. Siena completed Media Studies in 2019 and had a clear concept and vision for her final production, before she even started Year 12.

Siena produced a fun-filled, stylised music video 'Serotonin' that depicts seven teenagers making the most of their final summer holidays before embarking on their post-high school journey. Filmed using a Super 8 film camera, the video accurately recreates Australia in the 1970s, capturing real and candid connections between friends and uses the music of Australian artist Daniel Rafferty.

Knowing the format and style of the production, she was able to plan and approach each stage with precision. Her strongest asset was her focus and thorough planning, as she was on track throughout the media production process, regularly seeking feedback and guidance from her teacher and peers.

The VCE Season of Excellence is an annual festival showcasing outstanding senior secondary student work from schools across Victoria. The Season presents works created by VCE students in Design, Technology, Multimedia and the Cinematic, Visual and Performing Arts through exhibitions, screenings and performances. We are very pleased to report that as an Arts faculty we have had our students short-listed and/or featured in the VCE Season of Excellence every year for the past five years. We are incredibly proud of our students and our staff for achieving this prestigious accolade.





Head of Sport – Katrina Gurciullo

both qualifying for the Division 3 Carnival on Tuesday 17 March. We look forward to seeing what we can achieve on this day.

GSV Triathlon

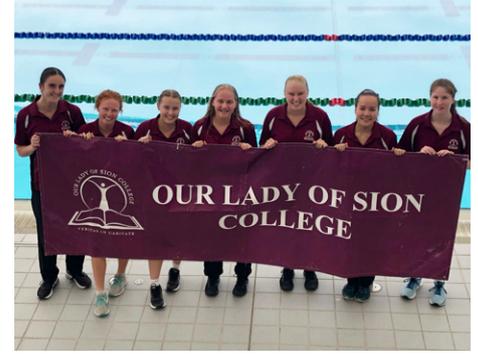
On Sunday 1 March, 40 students competed in the GSV Triathlon event. These girls had the option to compete in a team, or as individuals in a short or long course distance. Our numbers doubled from 2019 and all students competed with fantastic sportsmanship and determination, making the College proud.

The Triathlon was such a great and fun day. Before the race, everyone was ready to try their best and work well together as a team. When I was riding, I had so much support from my peers and it helped me to push myself to perform the best I possibly could. Once the race had finished and knowing that I had worked so hard, over the last two months in training, an immense wave of happiness came over me. **Bianca Dumais, 8 Red**

Although it was a very early start on a Sunday morning, we all woke up quite easily to a stunning sunrise and the beach in front of us. The experience to compete at the crack of dawn and along the beach was incredible and certainly something I am keen to do again next year. All of the Sion participants did so well and my team put in a lot of effort which was great.

Georgie Brisbane, 8 Red

Congratulations to all of those that committed to and participated in the GSV Triathlon; it was a brilliant morning.



Weekly Sport Results

	Junior	Intermediate	Senior
Tennis		Sion (0-5) def by St Margaret's (4-32)	
Softball		Sion A (2) def by Camberwell (17)	Sion (14) def Strathcona (5)
Indoor Cricket	Sion A (196) def Lowther Hall (58) Sion B (193) def Siena (107)	Sion A (134) def by Lowther Hall (143) Sion B (207) def Lowther Hall (165)	Sion (146) def MLC1 (121)

Sports Star of the Week

Mia Arnberger, 8 Red

Mia Arnberger of Year 8 is this week's Sports Star of the Week. Mia has been an active participant in Term 1 Sport at the College, competing in the GSV Swimming and Diving Carnivals and the GSV Triathlon. She has excelled in her events and is always encouraging her team mates, whilst giving her best. Mia was also selected to compete for her Swimming Club at the Tasmanian State Swimming Championships in Hobart from 5 - 9 March. Well done Mia.





House Coordinator— Sean Tehan

Lourdes Feast Day

The first House Feast Day of the year was held on Monday 24 February and it was a wonderful day for the students of Lourdes House to come together as one, enjoy a BBQ lunch and celebrate what it means to be part of their House.

The day commenced with the House Captains, Fiona McAuley and Madeleine Mazar, greeting the students as they arrived at school and presenting them with a Lourdes hair ribbon.

During Homeroom, the Year 11 Representatives, Alice Reid and Calista Vu,

read a prayer over the PA to the rest of the College. This prayer reflected on the history and relevance of Lourdes.

During lunchtime, the House Captains and Representatives ran some fun activities for the Lourdes girls to enjoy including dancing, having their photo taken in the Lourdes photo booth, a basketball shot challenge and Twister.

Well done to the following House Captains and Representatives for their organisation and leadership on the day: Fiona McAuley, Madeleine Mazar, Calista Vu, Alice Reid, Abbey Meagher, Jessica Downes, Daisy Stafford, Natalie Bodin, Maddison Barnet, Caitlin McAuley. Also a special thank you to the other House Captains and staff who assisted in the lead up as well as supervising on the day.





*College
Psychologist –
Sofia Stagnitta*

I would like to draw your attention to this month's Parenting Information Forum run by Whitehorse City Council. It sounds like it will be a very informative session which parents can benefit from. Please find information and links to register below:

Whitehorse City Council's Parenting Information Forum - Understanding your Teen (12-18 years)

In this forum, Joanie Bartolo will aim to provide parents with helpful ways of teaching teenagers emotional intelligence and will share the five steps of emotion coaching that help parents recognise, understand and respond to children's emotions in an accepting, supportive way.

Date: Tuesday 31 March

Time: Registration, tea and coffee from 7.00 pm.
Information session commences at 7.30pm sharp.

Venue: Whitehorse Centre, 397 Whitehorse Road, Nunawading
(rear of Nunawading Library)

Bookings: Registering your attendance is essential.
Please book online on Council's website
<https://www.whitehorse.vic.gov.au/events/understanding-your-teen>

Cost: \$2 gold coin donation payable on the night.

Other Information: To request additional access support including interpreting, please contact Council's Parenting Resource Officer on 9262 6175 or parentresource@whitehorse.vic.gov.au.





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

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 2019, you do not need to complete an application form in 2020 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 2020 or you did not apply in 2019.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.

MORE INFORMATION

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



SUSTAINABLE SCHOOL SHOP

Buy and Sell

Second-hand Uniforms

Second-hand uniform trading system

- List Wanted & For Sale Ads (Browsers tell each other what they require and what they have to sell).
- The school's uniform lists are loaded into the system to make the Ad listing process easy, fast and accurate.
- Our Ad Matching service shows you
 - Exactly the right items to buy
 - Who has the most items you need
 - The cheapest items
- Assistance is provided to accurately price items.
- Buyers contact Sellers, and arrange where and when to transact.
- Excellent email and telephone helplines are provided: 0438 743 444



Cost

- Browse and search the for sale ads for free
- Single items can be advertised for \$1.50
- Annual subscriptions \$21.95 (includes Ad Matching)

Also Buy & Sell

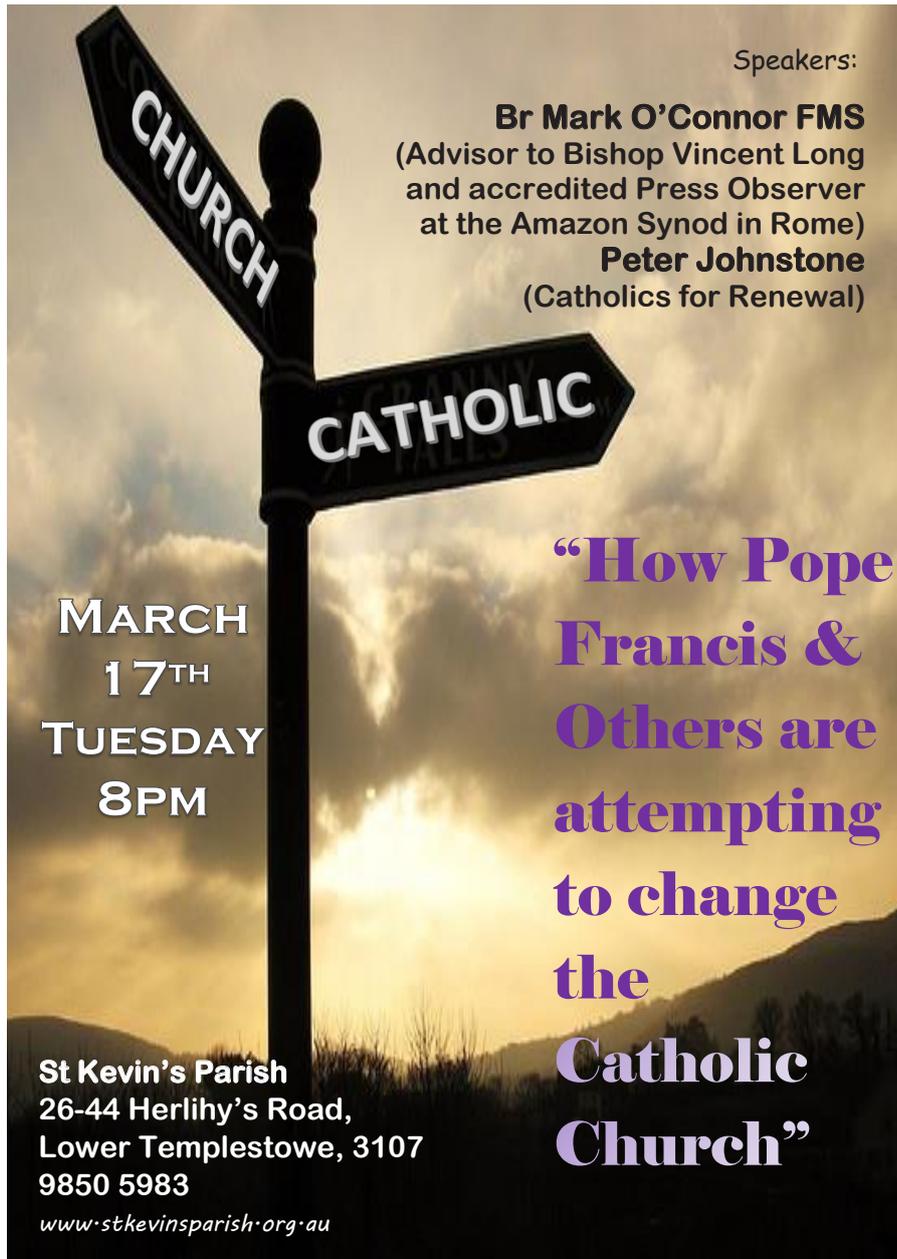
- Calculators
- Sporting items
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**“How Pope
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