



# Our Lady of Sion College Newsletter

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



*From the  
Principal –  
Tina  
Apostolopoulos*

### *Online Home Learning Update*

Friday marks the end of Week 2 of Online Home Learning and what a journey the last two weeks have been. Much has been achieved in such a short time and we are very proud of how smoothly classes are running.

I take this opportunity to thank our staff for the enormous work they have undertaken and continue to undertake to support student learning. This includes not only our teachers who have ensured learning continuity but also our non-teaching staff who work behind the scenes facilitating all school operations. Everyone has had to rethink how we can effectively transition to the virtual classroom and from anecdotal staff, student and parent/guardian feedback, support for learning has continued to the high standard, of which we are very proud.

I would like to acknowledge our students who overall have made a very successful adjustment to learning online. They are being offered rich opportunities for developing important life skills of time management and self-efficacy; learning to be more self-directed and working to solve their problems with the resources they are provided. However, some teachers have commented that they seem reluctant to engage in discussions so I encourage students to not hold back just because the learning environment has changed. We still expect them to contribute, and most importantly, to ask questions when uncertain.

Thank you to our parents/guardians for the support you are providing your daughters at home. We really appreciate the changes to home routines that we are all experiencing at this stage.

As we settle into this new routine, I encourage parents/guardians to work in partnership with us to ensure the safe and appropriate use of technology in their home at this time. Please monitor your daughter's screen time use in the evenings when they have completed their school work. It is important that the girls spend time in physical activity and interacting with family so they allow themselves a break from screen time and what we are referring to as a 'brain break'. All staff and students have also been reminded of our legal and moral obligations to maintain Child Safe and eLearning standards. Students must observe the College's ICT expectations remembering that any breach of these expectations will be taken very seriously.

### *College Survey*

This week we have sent out surveys to all staff and students in order to gain feedback, evaluate our current processes and make any necessary adjustments to the delivery of classes as required. We also invite families to provide their feedback via the following link:

[google survey link](#)

We aim to look at the trends in the feedback to set priorities and address them as best we can. At this point in time, I have asked teachers to use their professional judgement to adjust the length of screen time for students as they

complete their tasks. Our period length of 80 minutes is a long time to be on Google Meets or always completing tasks online. We encourage everyone to take breaks for some fresh air, movement or exercise.

We are pleased to share that despite the fact that school looks very different at the moment, our student leaders and key teachers have already begun planning for a number of community activities that are such an important part of our school. We hope to share these with our families in the coming weeks. The Pastoral Team is also looking at how we maintain our mental health at this time and a reminder that key staff such as Homeroom Teachers, Wellbeing and Growth Leaders and our Counselling Team continue to support students at this time. Thank you to our Liturgy and Social Justice Leaders for their planning and support of the faith life of the College. It was great to participate in the online Chapel sessions that Liturgy leaders had developed over the term break.

## *Adversity and Hope*

One of the amazing aspects of our humanity is that when people are faced with adversity, there is a natural instinct to reach out to others. In recent weeks we have all seen great examples of this connection. In many ways, we are 'programmed' to live in community; it is a central part of being human and when we are denied the opportunity to be together, what do we do? We find new and innovative ways to connect. We have seen evidence of this all around the world: global choirs and virtual music concerts, neighbours socialising, entertaining and learning from each other, families preparing and sharing meals, celebrating mass online or as we witnessed overseas, coming together for Easter services with their neighbours on balconies. Why does this happen? I believe it is because positive and life giving relationships are so important to us. They sustain and nourish us. They are also essential for mental, physical and social health; we learn from each and we thrive on our ability to give to and receive from others.

My hope is that in the not too distant future we can look back at this time and reflect on the challenges we currently face with a great sense of hope. Hope that those who have lost loved ones can be supported in their time of unexpected and tragic loss; hope that as a global, local and school community, we have shown each other care, support, respect and kindness; hope that we have grown from this adversity to more fully appreciate what is truly important in our lives.

Two weeks ago, we celebrated Easter, a time of new life, of great joy and of great hope. My hope for each student, staff member and family is that the Easter message of hope and new life continues to support us in the coming weeks and that we will always be Easter people who look for new ways to be in community with each other.

God bless for the fortnight ahead.

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





## Faith and Mission – John McInerney

### Faith and Mission Online

I wonder how everyone spent Easter this year? One thing that would be certain, it would have been 'different'.

There was no attending the Holy Week services and no celebration of Mass on Easter Sunday – apart from watching it 'online'.

It seems we're doing everything 'online' these days! Ordering food and other items is 'online'; banking, paying bills – it's all 'online'. Now we're even doing Home Online Schooling.

Sometimes, when we change our way of doing things, it is easy for things to slide by. Therefore, during this 'online' time, we are busily working to ensure the Faith and Prayer life of our College is sustained.

During Homeroom, we ensure that prayer continues to be an important element of that special time in the morning. We have had some of our Liturgy Representatives, led by Liturgy Captain Cecilia Clarke, send in clips of themselves reading prayers and Scripture that we have provided for the school community.

Also, each week we will continue to put a Chapel Prayer experience into each Year Level's classroom. Follow this link to see an example of this:

[Chapel 4 - Kindness](#)

### ANZAC Day

On Friday we will have an extended online Homeroom to recognise ANZAC Day and pray for Peace. Our prayer service will begin with:

*Holy God, you call us to rejoice in God's love. In this season of Easter, we rejoice in the New Life your Son the Risen Jesus gives us.*

*You offer us hope. You offer us peace.*

*We thank you for this treasured land of ours, Australia. Today as we remember the ANZAC soldiers who fought to protect our country, help us to strive for peace in all we do. We make our prayer in the name of our Risen Lord.*

*Amen.*

As there will be no ANZAC Day gatherings allowed this year due to COVID-19, Australians have been asked to light a candle in their driveways on ANZAC day as a mark of respect for those soldiers who have paid the ultimate sacrifice in times of war.

### Anzac Day

Others have been doing something similar during the current pandemic. See below from staff member, Dakini Maddock:

*Sometimes I am overcome by emotion for what human beings are going through at the moment. I cannot hug the world and I feel at a loss to know what to do. At Easter, we light candles and this inspired me to light my own. It made me feel I was able to connect myself to our community and the hope the Easter story brings us; Light returning to the world after darkness.*

*So tonight, I will light a candle by my door to tell you all I am thinking of you and the family and friends we are isolated from. Will you join me and show your support and solidarity for each other in these difficult times?*

*We may be apart but, we are united in prayer, light and by being part of the Our Lady of Sion College community.*

*I look forward to seeing you all again soon. God Bless.*

*Dakini*

### In Remembrance

Our particular thoughts and prayers go to Lexi (9 Red) and Zoe Murray (12 Silver) whose grandfather passed away recently.

We remember Lexi, Zoe and their families in a special way at this sad time.

*Eternal rest grant unto him, O Lord, and may your perpetual light shine upon him.*

*May his soul and the souls of the faithful departed rest in peace,*

*Amen.*





*Learning and Teaching*  
– Allison Stott

## *Learning Goes On*

Sion staff forums are buzzing with the sharing of new skills and strategies for creating interesting, engaging and meaningful lessons via Online Home Learning. I'd like to take this opportunity to congratulate our girls; teachers report high levels of engagement and completion of learning tasks. This speaks to the resilience of our teachers as educators and students as learners.

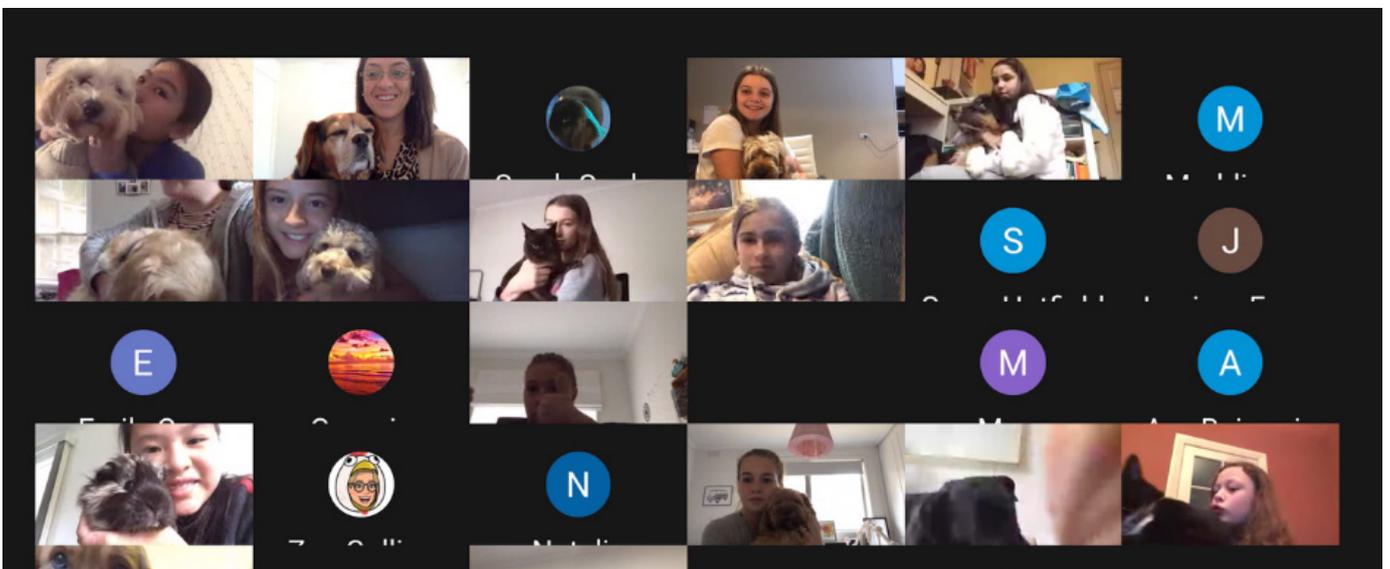
In this current context, teachers are finding themselves the star of the (small) screen as they make short films of themselves explaining a concept or an idea. These films are posted to Google Classroom and students are able to watch them at their own pace, as often as they like, and ask very specific questions when they are confused, "I don't understand the next step at minute 1.20? Can you explain that to me again"?

Teachers are also working to find ways to get students learning away from screens. Some of the activities undertaken include exercise regimes, scavenger hunts, wide reading activities and lots of art works.

Collaboration is happening both between teachers and between students as we are all finding our feet with Google Meet. Teachers have been setting up 'Meet' breakout groups so that students can work in small groups, speak to each other, and learn together. The girls and teachers find this an enjoyable and rewarding experience.

Notre Dame families have been emailed an update regarding VCAA study design and assessment changes. Please refer to this letter for detailed information and any further changes will be communicated as soon as possible.

A highlight for both staff and students has been the preparation of art kits for the senior students. We look forward to what is produced with these packages.





## Student Wellbeing – Christine Kralj

### Wellbeing While Learning From Home

As staff and students get into the swing of Online Home Learning, the Pastoral Care team is continuing to work to support student wellbeing and connectedness.

Our Counselling service remains available to our students, albeit via email and phone calls. If your daughter already has contact with one of our Counsellors, she may receive an email to just 'touch base' to see how she is going. If more contact would be beneficial, our Counsellor may arrange to call your daughter to talk in more detail about her concerns and provide support. As always, students will be made aware of privacy guidelines that govern this service but are essentially the same as face to face counselling at the school.

If your daughter has not engaged with the Counselling service at the College before but she or you feel that it could be beneficial, an email to [Counselling@sion.catholic.edu.au](mailto:Counselling@sion.catholic.edu.au) is the best way to make initial contact with the team.

On Wednesday, students were emailed a link to a Student Wellbeing Survey. We encourage all students to provide the College with feedback and also make suggestions about fun activities in which the Community can participate while online home learning is being undertaken. Wellbeing and Growth Leaders will be monitoring the feedback, contacting students, if needed, and working with their student leaders to ensure that we keep the student community connected.

I ask parents/guardians to take the time to remind students of the need to comply with the College ICT guidelines. They can be found in your daughter's diary. Of most importance is to respect the rights of others, staff and students, to not have their comments or images uploaded to social media nor instructional videos taken from where they have been placed by the teacher. Staff who engage in Google Meets with students do so with the trust that images or a screencast will not be taken of themselves without direct permission.

The Counselling team is also developing a Wellbeing Hub via Google Classrooms that will enable students to 'browse' videos and read material that could help answer questions and provide further support. Topics include:

- Self care and keeping connected
- Where to get support
- Online learning
- Staying active
- Dealing with COVID-19

The Hub will be launched with students on Monday 27 April and I hope your daughter finds it a useful resource.

**Student Wellbeing Hub**  
Class code 5bz7t2w

Select theme  
Upload photo

**Upcoming**  
No work due in soon  
View all

Share something with your class...

**Janine Crociani posted a new material: Managing Difficult Thoughts and Feelings**

Posted 17 Apr (Edited 17 Apr)

Fear and anxiety are normal and natural responses to challenging situations. This video will take you through a series of steps by using the acronym FACE COVID to hopefully help you move from 😞 to 😊 The video is great for learning about how to manage any stress or anxiety in the here and now and the poster can be printed out as a nice way to remind you of the steps you can take to manage difficult thoughts and feelings. Take a look! 🌟

**FACE COVID – How To Re...**  
YouTube video 5 minutes

**FACE COVID poster.png**  
Image



Congratulations on what you and your family have achieved so far this term with Online Home Learning. It is different and it is challenging but you are navigating your way through this really well.

It is important to remain kind to yourself and all members of your family, simply do your best, and that will be enough.

Over the past week I have sought feedback from the Year 12s on how they are going and motivation has been a topic that has been mentioned often. Earlier this week, I shared a video on Google Classroom for the students to view. I hope your daughter also invited you to watch this with her.

## Year 12 – Adam Rieusset

### Motivation

- As much as it is physical, it is very much emotional
- We need to approach motivation in small steps
- Be specific with what we want to achieve
- Set a time limit for how long we wish to spend on that task
- Ensure we have a reward waiting at the other end.

There is no quick fix for a lower than normal motivation level; it takes time, patience and persistence. These might sound simple, but, making your bed when you get up, getting dressed for the day ahead, making sure your study space is organised (in your way) so you can find all the things you need for the day, will go a long way in maintaining your motivational levels. By doing these three things each day you can tick off three completed tasks early in the day. This becomes important to reflect on if you hit a low motivation point during the day.

### Act and seek early

Over this term I strongly encourage that all the Year 12 students act and seek early.

- **Act** - ensure you have all that you need for each class, organise and prioritise your diary each day and make sure you are getting plenty of exercise and movement throughout the day (walk away from that screen)
- **Seek** - support, ask questions, respond to emails and tasks as required. Not having the opportunity to connect physically, we rely even more on each other to seek opportunities to connect.

### Control me

With each and every lesson, with each and every assessment task, with every opportunity presented before you, do it to the best of your ability, and do it with as much pride and passion as you can. Control your personal investment of growing YOU, because YOU are worth it, YOU are valued and YOU are loved. Make every little step along your journey be the very best that it can be. When we 'control me', our final result (product) will be the very best that it can be. And for that we should be PROUD.

You are all amazing.

On behalf of the Year 12 Pastoral Team, I wish all Year 12 community members the very best.

Some together times pre-coronavirus at the Year 12 Retreat





## Year 7 – Michelle Arnold

Term 2 is well underway and looking very different from anything that we have experienced before.

Online learning will be an adjustment for your daughter, yourself and her teachers. Please remind your daughter, that it might take her a few weeks to feel settled into this new routine. Encourage her as much as you can and reinforce how well she is adapting to her new learning environment.

The Homeroom teachers and myself would like to remind parents/guardians and the Year 7 students that communication with each other, peers and teachers is more important

than ever. We are all here to support one another during these challenging times but we all must ensure we are effectively communicating with the people around us to help ourselves. We also have a few helpful tips for the Year 7 students to support them in their transition to online home learning:

- Balance the day by taking regular breaks
- Get up and move around, go outside and get some fresh air
- Communicate with your teacher if you are unsure of your work and don't be afraid to ask for help
- Be as productive as you can in your lessons - remove things that distract you and give yourself brain breaks in the lesson
- Just do your best



## Careers and Pathways – Brooke O'Hara

### Careers at OLSC

*All you need in this life is ignorance and confidence, and then success is sure.*

**Mark Twain**

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

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

- Upcoming Events: Studying in the USA webinar, VU Information Evenings, Virtual Careers Expo, Collarts Open day
- Career Industry in the Spotlight - Organisational Psychology
- Research ideas - Engineers Australia, Masters of Rehabilitation Science
- Things to Consider - ACU Achievers' Program



## Learning Resource Centre – Margaret Lawson

It has been a strange start to Term 2. Even though there hasn't been anyone onsite, the Library team has been busily assisting students and classes with their eBook and eTextbook requirements.

If you have any questions about your eTextbook or eBook access, you can email [LRCsupport@sion.catholic.edu.au](mailto:LRCsupport@sion.catholic.edu.au) with your enquiries. Let us know who you are, perhaps include a screenshot of the problem and your Campion receipt details.

### Borrow Bags

'Borrow Bags' are available through the LRC while we are all working offsite so that students can borrow physical books. Using our Catalogue, you can **reserve the books** that you want to borrow. LRC staff will put together 'Borrow Bags' once a week and email you when they are available for collection from the front office.

### eBooks and Audiobooks

With the move to online Learning, the Library team has been purchasing some more eBooks for our Sion Wheelers ePlatform. To get to our eBooks and Audiobooks, simply:

- > Log into **SEQTA**
- > Click on the **Learning Resource Centre** tile
- > Click on the **eBook**

### Overdue Books

For the duration of online home learning, we will be suspending the issuing of overdue notices.

### Clickview Online

Just a reminder to all students that the school's ClickView Digital Video library is still available during Term 2. Your teachers will direct you to the most relevant content but why not take some time to explore it for yourself? There are over **6,000 educational programs** in the collection and many are original productions by ClickView, so they are not available on Youtube or streaming services.

Why not have a look and see what's there?

- > Log into **SEQTA**
- > Click on the **Clickview** tile
- > Search for your topic

**Sion LRC Autumn Reads**

Check out these fresh eBook reads. Login to SEQTA>LRC

**SEQTA LEARN**

- Calendar: College Student Calendar
- LRC: Learning Resource Centre
- ClickView: College Media Stream System
- Google Apps: Access to Google Apps
- FLEXISCHOOLS: Top up student card for canteen
- PTO: Student Progress Meeting Bookings
- User Guides: Seqta user help guides
- IT SUPPORT: Contacting IT Services for Assistance



**Music –  
Martin Macaulay**

## *Instrumental Music Remote Lessons*

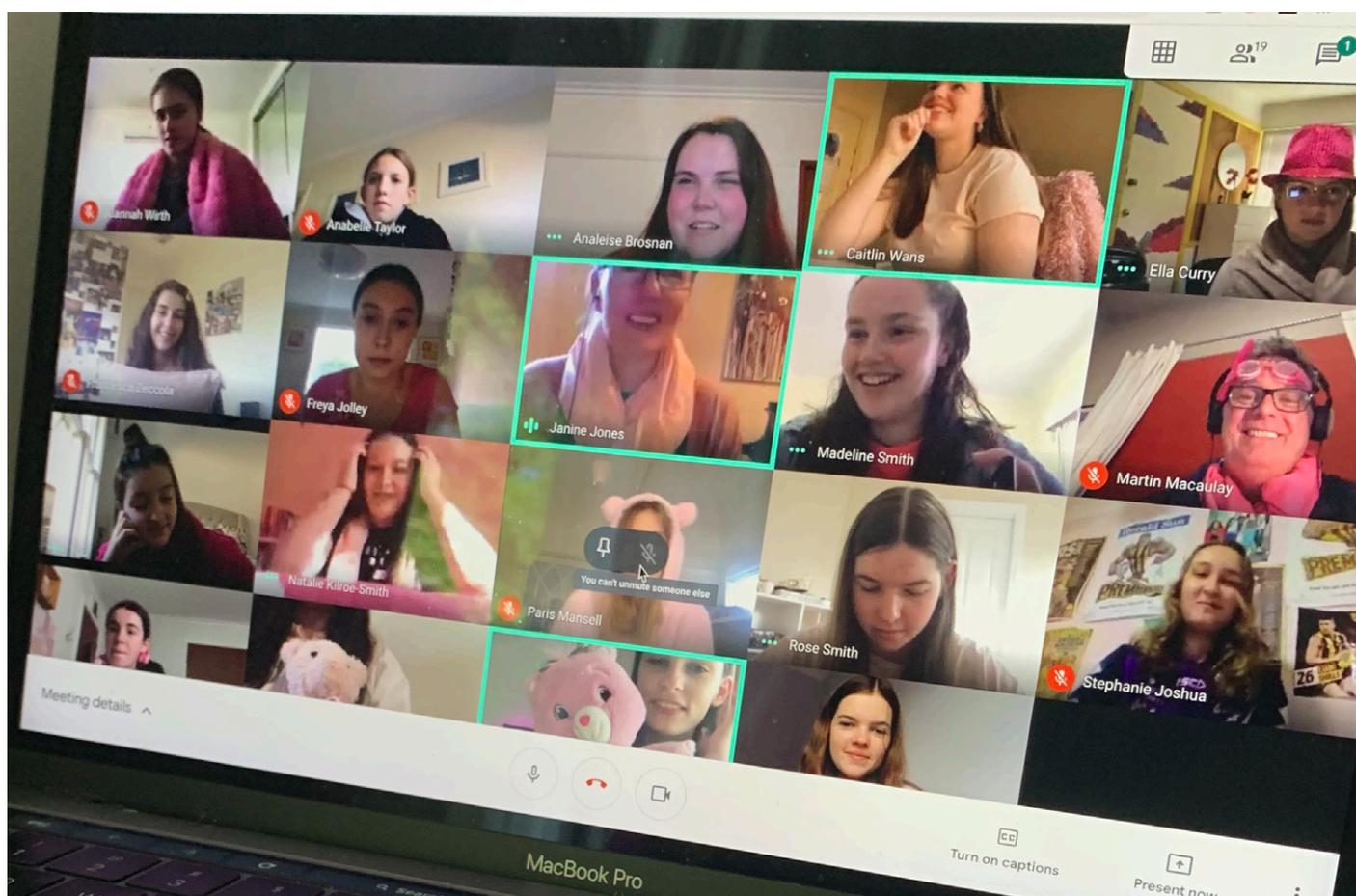
It was fantastic to see so many students engage in remote instrumental lessons over the last couple of weeks. If any students need maintenance advice for an instrument that isn't working, please email me at [mmacaulay@sion.catholic.edu.au](mailto:mmacaulay@sion.catholic.edu.au) to sort out a quick repair. (Don't let dad take it out to the shed!)

The instrument maintenance needed could include:

- Broken clarinet/saxophone reeds
- Snapped violin/viola/cello strings
- Valves sticking on trumpets/euphoniums/French horns

## *Ensemble Rehearsals Continue – well kinda!*

Some of the Senior ensembles started virtual rehearsals also this week. It was great to 'sit-in' with Mrs Jones and the CVE in their 'pink' themed rehearsal this week. Mr Parks has the Senior Concert Band practising their band parts using SmartMusic and delivering a daily repertoire piece for the girls to listen to.



## Bookmark Competition 2020

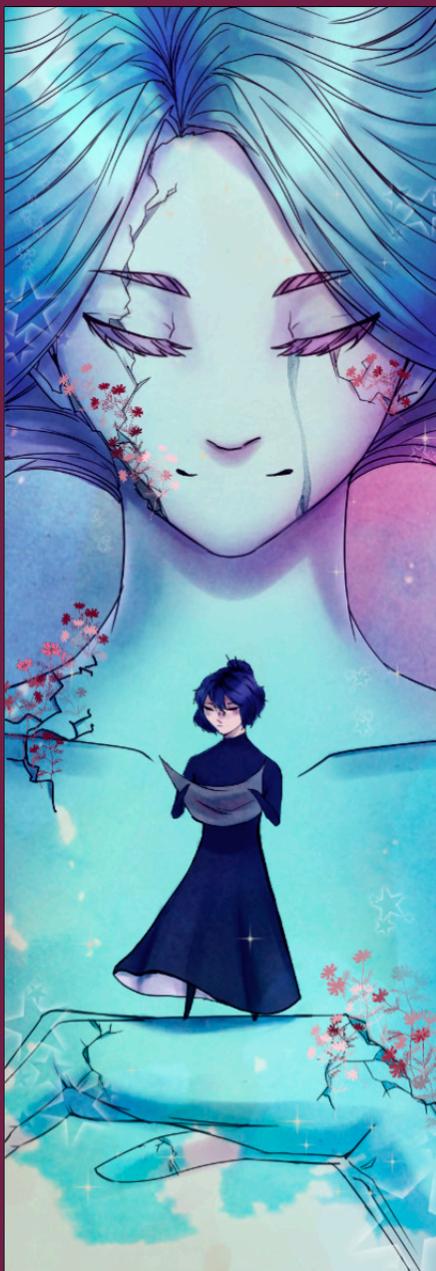
Please find below images of the designs that were selected to be turned into bookmarks that will be distributed in the College Learning Resource Centre.

The theme of this competition was *Escape to the Unknown*. It is great to see how each of the students have interpreted this theme.

A very special mention to Anja Batiller (10 White) who has been awarded the Visual Arts Excellence award for the design of her bookmark.

### Overall winner

Anja Batiller, 10 White



Maddison McGain, 7 Gold



Manisha Boyagama, 8 Purple



Bella Chan, 10 Silver



Sacha de Hoedt, 10 Silver



Demi Agouras, 11 Silver



Cady Lin, 9 Blue



Brittany Quach, 9 Purple



Alexis Sikos, 9 White



Ebony Olsen, 11 Red



Lily Lazzarini, 7 Purple



Alexandra McGain, 8 Gold



Severine Cherry, 8 Blue



Jessica Zou, 10 Red



Victoria Gallagher, 11 Gold

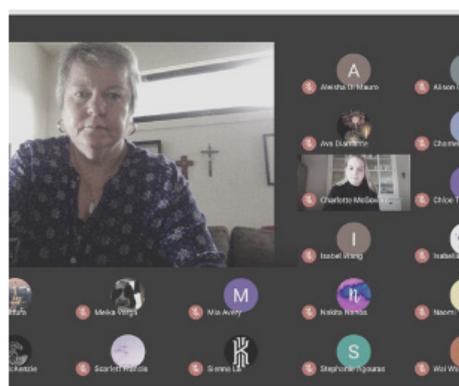


Emily Ong, 7 Gold

## Online Home Learning In Action

Our teachers have done an amazing job in their first two weeks of delivering our online home learning program. We wish to thank our wonderful students and their families for their adaptability, patience and support in ensuring such a smooth transition. Just in case you didn't see these photos on our social media channels, we thought we would include them in this week's Newsletter.

Here is Sion Online Home Learning in action!

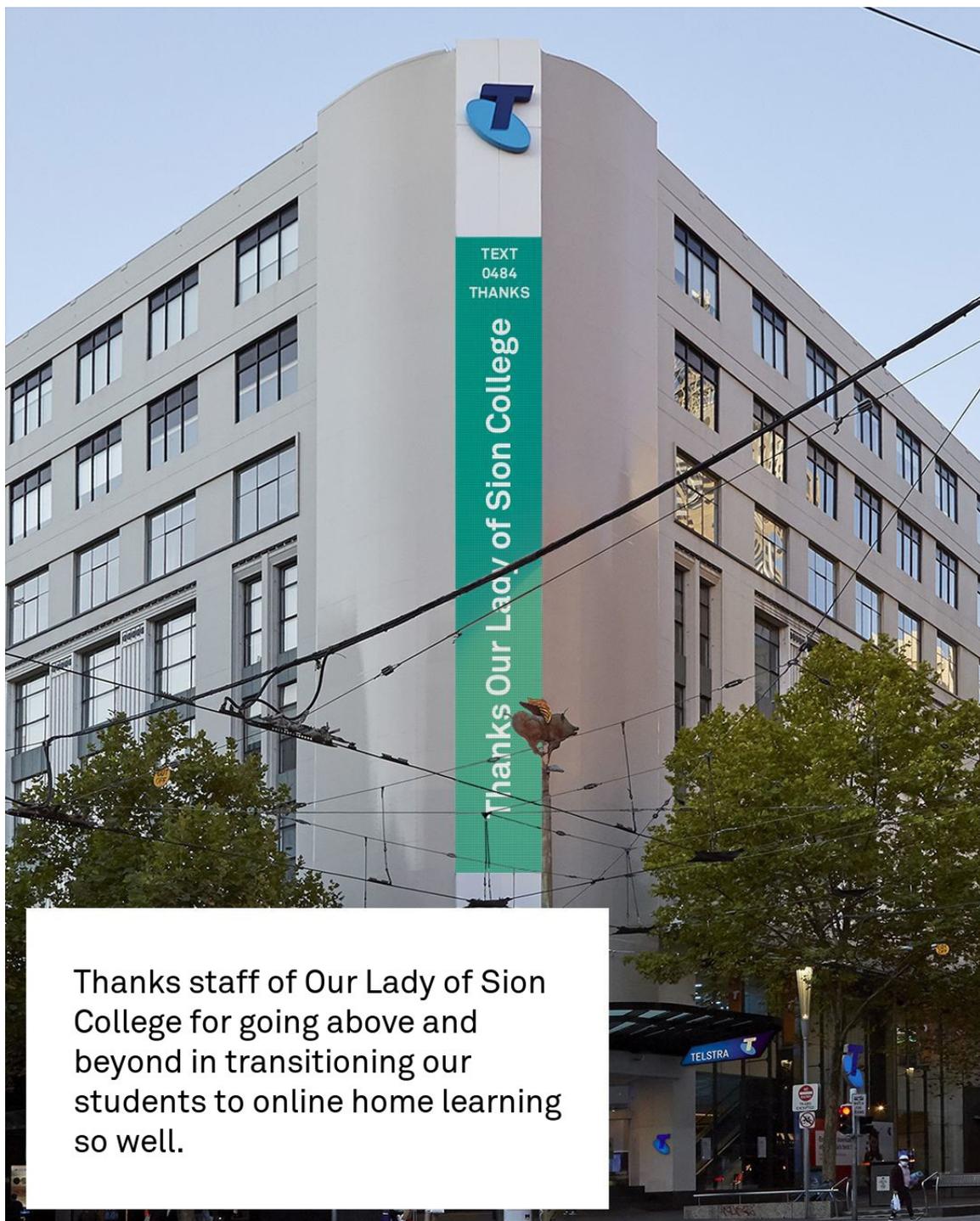


It's not every day that we see the College's name up in lights but thanks to Telstra, that's exactly what happened. In these challenging times, Telstra is currently providing the opportunity for anyone in Australia to show their appreciation through a free message on their Bourke Street billboard. (See image below)

We wanted to show our gratitude with a simple message of thanks. Seeing our College name up in lights just took our message of thanks to another level.

It certainly put a smile on the faces of our staff and we hope it puts a smile on your face too.

**Vicky Kapourelakos**  
**Communication and Development**



Thanks staff of Our Lady of Sion College for going above and beyond in transitioning our students to online home learning so well.

## Parents' Association

The Parents' Association hosted a supper after the Year 7 Family Eucharist on Thursday 12 March. It was a lovely way for families to come together after Mass. Thank you to all the girls who assisted us on the evening.

We wish to advise that the Parents' Association Meeting previously advertised for Monday 27 April has been cancelled.

The next Parents' Association Meeting will be held on Monday, 20 July 2020.

**Vesna Wirth**  
**Parents' Association President**

