From the Principal

As parents and teachers, one of the most important characteristics we can help the girls to develop is resilience. Some young people have amazing resilience - when we hear their stories we are inspired by the way they keep on going through great hardship. Others seem to run from every challenge and never face them or bounce back from them.

The Child and Youth Health Website (South Australian Government) explains resilience to young people in the following way:

In some video games you have to get your character through all sorts of obstacles to the next level, and then do the same sort of things again! On the way you can 'power up' by hitting or jumping on something and that would give you the strength to keep going.

Well, life is a bit like that. You go through life trying to ‘get to the next level’, and there are all sorts of obstacles to stop you, and times when you can ‘power up’ to help you keep going.

Coping with everything, keeping on going, and collecting something to help you is what resilience is all about. (http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=293&id=2198)

It advises that young people can build their resilience by following these guidelines:

- **Getting connected.** Make friends, get to know people, join in with teams, clubs and organisations.
- **Don’t give up.** Everyone has to deal with a crisis from time to time. It isn’t easy, but you do get through eventually.
- **Change is here to stay – accept it!**
- **Get good at making realistic goals.**
- **Face up to problems.** Think about how you can solve them instead of wishing that they would go away.
- **Learn from the bad times.**
- **Trust yourself.** Develop your skills [eg. communication, problem solving, conflict resolving] and instincts, and then develop confidence in your ability to use them.
- **Practise thinking positive thoughts.**
- **Look after yourself.** Exercise and eat well for a healthy body, and learn to relax.
- **Get to know yourself.**

Every young person needs to feel that they have a loving family and community to support them. A number of programs at the College are designed to aid in the development of resilience. Keeping girls engaged in school and engaged in learning through the crucial years of adolescence is an important element of this. Participation in sport, music and other extra-curricular activities help to connect girls to school.

While the development of resilience is a long-term project and a quite complex facet of life, there is much that parents can do to assist their daughter in the development of resilience. Our girls need the skills to deal with the many ups and downs of life. They need to be helped to face these rather than to run away from them. We need to know when to intervene and help and when to let them stand on their own two feet. We also need to know when we need to seek help in knowing the best approach to take in a difficult situation.

If we never allow young people to experience failure, loss or pain then how will they ever learn how to cope with these when we aren’t there to protect them?

As parents, I think that these are issues we need to reflect on in our parenting.

There are many interesting articles and books written on the topic of resilience. Recent evidence seems to suggest that there are gender differences in the development of resilience and that we therefore need to tailor our programs towards those gender specific needs.
Year 9 Religious Education class responds to devastated Christchurch

Congratulations to Ms Fisher’s Year 9 Religious Education class who are currently studying Sacraments of Healing. In the course of one lesson they were discussing how healing can be aided through the love and support of friends and family. Each lesson during the past two weeks prayers have been offered for the people of Christchurch. They decided to put their loving support into action by writing letters to anonymous Year 9 students at Marian College, Christchurch and Ms Fisher wrote to the teachers. The letters were posted last week and these are some sentiments that our girls offered:

‘I can’t even begin to imagine what you’ve been going through. It must be an extremely hard time for you all.’

‘We here at Woolwich are keeping you in our thoughts and prayers and we would like to fly over and help’

‘Just know that you have support from all around the world – especially Australia.’

‘I can’t seem to find enough words to try and help you feel better – so just use my motto LHB - Love, Hope, Believe’

Sharing in Circles

In Forum this week all girls were involved in a Circles discussion that was found to be most valuable. During Principal’s Assembly the girls were presented with a short clip and an acted out scene related to bullying incidents. Then in their House Tutor Groups girls spoke about any experiences they were aware of and strategies to both cope with and end such behaviour. The focus is always to take a stand against any inappropriate actions and reporting of any bullying to be made to Staff or indeed Senior girls who are aware of procedures to follow. Our Senior girls showed maturity and real Marist leadership in their Tutor Group Circles. Girls found their discussions helpful and, for many, increased their understanding and confidence about handling any uncomfortable behaviours. We encourage all girls and parents to read over the College Anti-bullying Policy published in the College Diary and the “Say No to Bullying” property on the College ‘mydesktop’.

Congratulations to the following girls …

For EXTENSION ENGLISH
K.Haddad (Chanel), C.Scottland (Perroton), D.Bonanno (Marcellin), R.Lourey (Chanel), K.Young (Perroton), E.Woodbury (Chavoin), G.Garland (Marcellin), A.Moliterno (Perroton).

For VISUAL ARTS
I.Ciampa (Chavoin), B.De Ocampo (Marcellin), B.Diggins (Marcellin), B.Toto (Jaricot), A.Tregeagle (Jaricot), C.Wohlfiel (Jaricot).

For MODERN HISTORY
G.Garland (Marcellin), H.Cassar (Chanel), K.Young (Perroton), M.Fayad (Colin), E.Woodbury (Chavoin), N.Topouzian (Chavoin), L.Timrell (Colin), L.Muscolino (Perroton), D.Payne (Chavoin), A.Aракellan (Jaricot), K.Burkett (Perroton).

Congratulations to … Stephanie Meade (Chanel 123), Taylor Clancy (Chanel 131), Lauren Kalina (Chanel 131) … for truly living the Marist Spirit!

School Fees
Emailing of fees will commence next term. Thank you to those families who have emailed their addresses to us. Your fees can now be paid fortnightly or monthly, if you wish. Please contact the Business Manager if you would like to take up this option.

If pressing financial circumstances make it difficult to meet the on-time payment of fees, parents are asked to contact Mrs Kathleen Badolato (Business Manager) at school so that an interview to discuss possible arrangements for payment can be made.

Please note that there was a data issue with the fees and Year 10 PDHPE fee was duplicated $100. There will be a credit on Term 2 fees.

SCHOOL FEES ARE DUE ON 13TH MARCH

DUTY GIRL ROSTER
COMMENCING MONDAY 7TH MARCH 2011
Monday  Charlotte Dyer and Emily Hunt
Tuesday  Rachel Eccleston and Madeleine Hyland
Wednesday  Monique Edwards and Olga Ibrahim
Thursday  Jessica Fear and Corinne Illuzzi
Friday   Zoe Fierro and Valentina Indovino
Girls report to Student Office by 8:50 am

P&F Minutes of Meeting
Attached with the Newsletter is the P&F Minutes of Meeting from Tuesday 15th February 2011

Member of Association of Marist Schools of Australia and Alliance of Girls’ Schools
On behalf of the Marist Sisters’ I would like to thank all those generous families of Perroton House who donated to our 2011 fundraising appeal. Thank you also to all those girls and teachers who purchased the delicious gelato that was on sale. A special mention must also be made of our fantastic Year 12s in Perroton who turned up to their shifts on time and developed strong biceps from serving all that VERY frozen gelato. Through their actions these girls are and will continue to be fine examples of their Marist Sisters’ education. Perroton House managed to raise $1400.00 that will go towards helping the Marist Sisters’ mission in Papua New Guinea. The following is an extract taken from the Marist Sisters’ Mission Statement. I encourage all in the Perroton Community to show through their actions what it means to be ‘Marist’.

‘Open to the Spirit and alert to the signs of the times, we reach out to others in simplicity and humility, thinking, judging, feeling and acting as Mary, accepting that our efforts may be hidden and, as it were, unknown to others.’

Once again I take this opportunity to remind you that should you have any concerns whatsoever in regards to your daughter/s’ pastoral needs please do not hesitate to contact me on the main College number or alternatively on my email marshall@mscw.catholic.edu.au.

Regards, Mrs Emma Marshall, Perroton House Coordinator

Year 10 High Resolves

Last Friday, 25 Year 10 girls (including some new comers) had their first meeting of High Resolves. They were led by a new Program Manager, Sophie Testart who guided thought through various worthwhile issues. The theme that they decided to base their Community Action Project around was homelessness, extreme poverty and hunger. The girls will yet have to confirm the scope and reach of their project, that is, local, national or international, before their next meeting on 15th March. In the next working session, they will work on finalising the objective for their project. We look forward to hearing more of their project. Good luck girls and congratulations on taking on such a worthwhile endeavour!

Ms Fisher, College Chaplain

The Season of Lent

Dear Parents

Next Wednesday the Church celebrates Ash Wednesday and the beginning of the season of Lent. Lent is a preparation for the greatest celebration in the Church’s year, the day on which Jesus rose to a new and glorious life. Lent provides us with an opportunity to pray, fast and to give to others.

PROJECT COMPASSION

During Lent each tutor class will have its own Project Compassion collection box. This is a voluntary contribution, which can be made on a daily basis from the girls.

LENT

The discipline of Lent lasts from Ash Wednesday to the Mass of the Lord’s Supper. The Easter fast is observed on Good Friday and, if possible, on Holy Saturday until the Easter Vigil.

During the liturgy on Wednesday the girls will receive the sign of the cross on their foreheads with ashes. The Christian use of ashes comes from a Jewish custom of sprinkling ashes on the head as a sign of repentance.

LENTEN PENANCE

The Church’s Canon Law reaffirms our obligation to do penance. The special times of penance are all Fridays throughout the year and the Season of Lent. Repentance means the rejection of sin. It implies conversion to and reconciliation with God. Penance is the concrete expression of repentance. It takes the form of prayer, self-denial and works of charity.

Abstinence from meat, and fasting, are to be observed on Ash Wednesday and Good Friday. All who have completed their 18th year and have not yet begun their 60th year are bound to fast. All who have completed their 14th year are bound to abstain.

Ms Julie Bjazevich, Religious Education Coordinator
**Volleyball**

The MCCS junior and intermediate Volleyball team are proving to be the teams to beat this term! Congratulations to our junior and intermediate teams who have all been playing exceptionally well. Each team member has played to her full potential through quick decision-making and exceptional communication between teammates. I have been fortunate enough to witness some big hits from all players and consistent sets. In the junior team we have seen some powerful serves from Vanessa Lo Basso, Maddie Williams, Daniela Scibilio and Sophie Woodbury, Alisa Gschwind, Talise Rosman, Aimee Le Febvre and Kate Mateffy are showing they are all deadly targets on the court by playing some fantastic sets. For the intermediate team it was nothing less than great, starting from the positive encouragement on the sideline for the juniors then continuing as they step on the court. Sachi Kayama, Laara Lewis, Winnie Enright and Bianca Sorbello are powerful servers with their precise placement of the ball to obtain a point for their team. Sam Rodgers, Taylah Clarke, Carry Edger, Renee Dunne and Niamh Simula are a risk with their brilliant plays of setting up and spiking the ball! Keep it up girls, well done.

Last Tuesday, 24th February, Woolwich entered a junior and senior team in the CGSSSA Volleyball competition at Sydney Olympic Park indoor courts. In the blink of an eye, warm ups had begun and we were ready for a good day! Throughout the day, it was superb seeing secure shots, sets and spikes from each player. The competition was tough but the junior and senior team never backed down. It was unfortunate that neither team proceeded past their pool but the day was fantastic!

A big thank you to Jacinta Birbara, Romina Di Santo, Lucy Keough and Bianca De Ocampo for their help throughout the day. It was much appreciated.

**Touch Football**

On Wednesday, 2nd March Mr Watts and Ms Delaney took two very talented Touch teams to the annual CGSSSA Competition - an Open and an Under 15s team. While the girls put 100 per cent in, the

Open team were eliminated in a hard-fought quarter final, after a Mexican drop-out. This means that, at full time, the score was even. The girls then start with five players on the field, and drop a player every two minutes, until one team scores.

The Under 15 team went through to the Grand Final and again, the scores were even at full time. Unfortunately luck was not on our side as they lost after four minutes of Mexican drop-off was played.

Congratulations on an excellent day and good luck to all those girls who were put forward for CCC representative team. We certainly have some talented sport girls at MSCW.

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**Important Sailing News**

Until further notice there will be no Saturday sailing.

The Saturday sailing program is under review.

Mr Maloney (9879 6935, 0415 219 112)

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**CAREERS**

- Cultural Care Au Pair offer Gap year opportunities in the USA to work full or part time as an Au Pair. For details visit the website [www.culturalcare.com.au](http://www.culturalcare.com.au) or call 1800 677 373.

- Professional Cadetships Australia offer Business Cadetships with Bank of America Merrill Lynch and UBS Investment Bank in Finance and in Operations. Full details of these cadetship opportunities for Year 12 girls is available on the website [www.businesscadetships.com.au](http://www.businesscadetships.com.au), Applications open 14th March and close 11th May.

- The school for excellence is holding a free “mastering the exams” lecture on 21st March at Sydney University and 13th March at the University of New South Wales. Details for the lectures and registration is through the website [www.tsfx.com.au/tsyw](http://www.tsfx.com.au/tsyw) or call 1300 364 173.

- The Design Centre Enmore is a specialist college of design within TAFE NSW Sydney Institute offering a large range of design based courses. In addition to the full time course they also offer short courses through the Design Centre Saturday School and cover a range of study areas such as Jewellery, Graphics, Digital Imaging, Web Design, Flash, Studio Max, Interior Design and Interior Decoration. New classes start each term and there are selected 2-day short courses available in the school holidays specifically for school students. For more information visit the website [www.sit.nsw.edu.au/enmore](http://www.sit.nsw.edu.au/enmore) or call 9394 5700.

- Avondale College is based on the Central Coast and offers a range of degrees in Teaching, Nursing, Arts, Business, Science, Maths, Ministry and Theology. To find out more about the available courses visit the website [www.avondale.edu.au](http://www.avondale.edu.au) or call 4980 2222.

- The University of New South Wales (UNSW) offers a substantial range of Degree courses across nine faculties. Information about the courses being offered is available from the website [www.unsw.edu.au/futureStudents/futurestudents](http://www.unsw.edu.au/futureStudents/futurestudents). A new website will be launched at the end of Term 1 detailing upcoming events – [www.whatson.unsw.edu.au](http://www.whatson.unsw.edu.au). This will include events like the Year 10 subject selection information evenings. On 9th and 11th May they will be held at the UNSW campus at Kensington but there will also be an information evening on 12th May at Riverside Theatre Parramatta. For now, details are available about these evenings at [www.year10.unsw.edu.au](http://www.year10.unsw.edu.au). Open Day will be on 3rd September [www.openday.unsw.edu.au](http://www.openday.unsw.edu.au) and scholarship applications will close 30th September – [www.scholarships.unsw.edu.au](http://www.scholarships.unsw.edu.au).

- The University of Sydney continues to offer a variety of courses with two new courses being introduced from 2012 – Bachelor of Design in Architecture/Bachelor of Laws and Bachelor of Applied Science Physiology. Details on most courses have been updated on the website [www.sit.nsw.edu.au/enmore](http://www.sit.nsw.edu.au/enmore) or call 9394 5700.

- The University of Sydney offers an extensive range of courses across many faculties. To find out more about the available courses visit the website [www.unsw.edu.au/futureStudents/futurestudents](http://www.unsw.edu.au/futureStudents/futurestudents). A new website will be launched at the end of Term 1 detailing upcoming events – [www.whatson.unsw.edu.au](http://www.whatson.unsw.edu.au). This will include events like the Year 10 subject selection information evenings. On 9th and 11th May they will be held at the UNSW campus at Kensington but there will also be an information evening on 12th May at Riverside Theatre Parramatta. For now, details are available about these evenings at [www.year10.unsw.edu.au](http://www.year10.unsw.edu.au). Open Day will be on 3rd September [www.openday.unsw.edu.au](http://www.openday.unsw.edu.au) and scholarship applications will close 30th September – [www.scholarships.unsw.edu.au](http://www.scholarships.unsw.edu.au).

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- A big thank you to Jacinta Birbara, Romina Di Santo, Lucy Keough and Bianca De Ocampo for their help throughout the day. It was much appreciated.

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**Miss Ravenscroft**

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**Mrs Renee Delaney**

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**Mrs Jenine Smith, Careers Advisor**
3rd March 2011

Dear Parents /Carers

The *My School* website for 2010 will be officially launched at 10.00am, Friday 4 March 2011. The link to the site is [www.myschool.edu.au](http://www.myschool.edu.au).

This website was set up by the Federal Government in 2009 to provide details about Australian schools. Each school’s NAPLAN scores are on the website. There is also information that shows if there have been improvements in the students’ performance compared to the last NAPLAN test they completed two years before. As well, there is information about how each school’s results compare with other ‘like’ schools.

This year, the *My School* website will contain information on each school’s ‘Recurrent Income’ and ‘Capital Expenditure’. In other words, it will state the **total amount of income**, per student, that each school receives from Commonwealth and State governments, and from all private sources (e.g. school fees).

You would be aware that there have been stories in the media for some time with claims by some groups that Catholic schools are overfunded. *MySchool* figures will show otherwise. In the days ahead, there may even be questions raised about the completeness and reliability of this data on the website. These are the facts:

**Fact 1: All sources of income to schools were included in the calculations.** Any claim that private sources of income and other fundraising have not been included for Catholic schools is incorrect.

**Fact 2:** While there will be variations between schools in the amount of income that each school receives – depending on location, size, students’ needs and other factors – the figures show that, on average, the **total income of Catholic schools is less than for government schools**.

**Fact 3:** The accountancy firm Deloitte conducted an independent assessment of the methods used to collect the financial data for all government and non-government schools. Deloitte endorsed the methods used and provided a ‘Letter of Assurance’ to confirm that.

The financial data on the *My School* website will show that Catholic schools are **not overfunded** by Commonwealth and State governments. Actually, it will show that they are **great value for money**. NAPLAN and the Higher School Certificate results from recent years show this clearly.

More information about how to make the best use of the *My School* data will be included in future newsletters. The Fact Sheets on the *My School* site are also very informative.

Thank you for your support for Marist Sisters College.

*Sister* *Clare*

Principal
Ryde Eastwood Women’s Hockey Association
Is looking for players and/or teams to join our local Women's Saturday afternoon competition. Women and girls of all ages and abilities (including beginners) from 12 years are invited to contact the Secretary, Anne Babka, on 0412 602 570 or email secretary@rewha.com.

The competition is played at Tory Wicks Fields, Meadowbank, on Saturday afternoons commencing 2nd April 2011. The fields are close to Meadowbank railway station and easy onsite parking is also available. A well equipped canteen and clubhouse is available for the comfort of players and supporters.

2011 Registration Day - Saturday 5th March 10am-1pm at the clubhouse, Tory Wicks Fields, Andrew Street, Meadowbank

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