



# shine...

TENISON WOODS COLLEGE | NEWSLETTER EDITION 4 | THURSDAY 23 FEBRUARY 2012

## IMPORTANT NOTICE

### PARKING IN MARIST PARK

Due to OHS&W implications, as of Monday 27 February parking and crossing will no longer be available in Marist Park. This area will be permanently cordoned off. Parking is available in the designated Parking Area to the right of the Shepherdson Road entrance. Please note, students can be dropped off/ picked up at the staff-supervised 'kiss & drop' areas on both the Shepherdson Road and White Avenue entrances.

## IMPORTANT DATES

### Friday, 24 February

Opening Whole School Mass, 9am, Marist Park

Ral Ral Creek Kayaking Expedition Returns  
Evergreen markets at TWC from 2.30pm

### Saturday, 25 February

Liturgy of the Word for Children Mass, 6pm, St Paul's Church

### Sunday, 26 February

Liturgy of the Word for Children Mass, 11am, St Paul's Church

### Monday, 27 February

Athletics Trials, Marist Park (Year 8/9 9am - 12pm, Year 10-12 12.30pm - 3.10pm)  
SESSSA Open Softball

### Tuesday, 28 February

Community Sustainability Launch, 7pm PRC  
Youth Environment Forum  
2012 Italian Trip Meeting, 7pm, Staffroom

### Wednesday, 29 February

Swimming Squad 6.30am - 7.30am  
Music Camp Departs Til 2 March  
Year 10 Surf Camp Departs Til 2 March  
College Board Meeting, 7.30pm

### Thursday, 1 March

Parish Mass, 9.15am, Chapel  
Athletics Squad 3.30pm - 4.30pm

## CONTACT US

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Cricos Provider Code: 01751G

let your light shine



PHOTO OF THE WEEK: Five year old Austin Fatchen and Addison Sims were some of the many Tenison Woods College students who were surrounded by pancakes galore this week as part of the school's Shrove Tuesday celebrations.

FROM THE PRINCIPAL - DAVID MEZINEC

Dear Families, Staff, Students and Friends of Tenison Woods College,

### Lenten Season and Project Compassion

Students are being encouraged in class to develop a communal action during the Lenten season to bring about authentic social change in our world. Fundraising throughout the six weeks of Lent will contribute to Caritas Australia's Project Compassion Campaign "If you want Peace, work for Justice" – Pope Paul VI. Caritas Australia continues its long-term development of people in need, a model of development that acknowledges human dignity, works towards sustainability and self-reliance, and brings about social change. I urge parents to discuss this issue with their students and reiterate the point that individuals can create a better world through their daily decisions and the commitment they display to improving the plight of others.

*May God bless us with eyes, that see the suffering world.*

*May God bless us with courage, to seek justice and peace for all.*

*May God bless us with generosity, to share what we have with those in need.*

*May God bless us with love, to see Christ in each other daily.*

### Carnevale Welcome Afternoon – Thank you

Sincere thanks to the families and staff who attended the Welcome Afternoon with a Carnevale flavour. Special thanks to the Sugarloaf Café team; Jenny Vanikiotis, Alison Gwilym, Benjie McQuade, with honorary Sugarloaf chef, Nicky Jellesma, who ensured an outstanding supply of culinary delights. The support of the Grounds Team and ICT Team was, as always with such events at Tenison Woods College, very significant. I also offer special thanks to Scott Dickson, Tory Brett, Francine Bannister, Joanne Bronca and Troy Mustey for their assistance in a variety of ways.

Similarly I offer thanks to our Master of Ceremonies, David Kenseley, who ensured that all present felt welcomed and part of the events. Others who offered significant support were: Frank Jellesma, Ashley Bronca, Bernard Alexander, Chris Ronan, GIJ guys Shai Martin and Angus Mason, Claude Cesario, Steve Perry, Bernadette Nash, Paul Brooker, Tom Dickson, Year 12 Art students Ilze Alexander, Hannah Best and Meghan Lynch, Phil Muller of Scooters to Go, Mary Clark, Anne Galpin, Andrea Zeven and Dante Pepe.

Finally, a very significant thank you to the Languages Team: Suzanne Pepe, Marisa Mariano, Patrizia Viola, Marilena Wilson, Jun Yang, and Xiaoning Wang, who offered excellent leadership in the planning, preparation and delivery of a very well organised event that spoke loudly of welcome, community and fun; celebrating also our rich Italian heritage.

**Parents and Friends' Group – Next Meeting**

The next meeting of the Parents and Friends' Group will be Monday 5 March 2012 at 7:00pm in the Pam Ronan Centre Lecture Theatre. All parents and friends of the school are most welcome. Parents are asked to indicate if they require crèche facilities.

**Opening Whole School Mass**

Tomorrow (Friday 24 February) from 9am at Marist Park we will gather as a school community to celebrate our Opening Whole School Mass and reflect on the part we will all play in building the community of Tenison Woods College this year. I invite all parents, relatives, friends and community members to attend the celebration, which will assist us in reflecting on how we include people in our large school family. During this time of Lent and a year in which we focus on our 'presence' the theme of our Mass offers a significant challenge to us: "Be the change we want to see in the world."

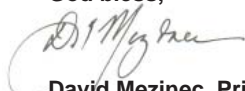
**Reflecting on our identity as Catholic School**

Planning is continuing behind the scenes in relation to our whole school research project, which explores the Catholic identity of our school. We are hoping that as many parents as possible might participate in this project by completing some online surveys about the religious identity of our school. The Project involves a number of Catholic schools across Australia and is being conducted in partnership with the Catholic University in Leuven, Belgium. This is a great opportunity for our school to explore the options available to us in regards to the religious identity of our school. The aim of the Project is to help us better understand how our Catholic identity is expressed within our school community and to develop strategies for moving forward in this critical area of school life. In addition, students in Years 5-12 will also participate in the project by completing similar online surveys that have been carefully designed to be age and language appropriate. Students involved will be supported by their Homegroup teacher, Lisa McCormick, Liza Couzens, Nathan Hayes and myself, and dates and times for the surveys will be organised to minimise the impact on teaching and learning programs. For further information contact Lisa McCormick.

**Interschool Swimming Carnival Success**

Last Friday's second placing behind Bordertown High School (by only six points) was an excellent achievement. I congratulate the whole Tenison team - they not only looked and swam like a strong team, but most importantly they supported one another like a strong team. Such team spirit was epitomised by Natalie Short, who received a call Thursday evening to help out the team, following the withdrawal of one of our Under 15 swimmers. Nat's competing enabled the team to win the 4x100 freestyle relay and then to take out the age group shield. A great team effort in amongst many individual and team achievements. I also thank staff and parents who performed roles or supported the team on the day. Special thanks to Ciaran Buckley, Sara Turnbull and the HPE Staff Team for an outstandingly organised swimming team that paved the way for excellent results.

God bless,



David Meziniec, Principal

**SWIMMING CARNIVAL 2012**



As the barometer reached 35 degrees, our Year 6-12 students escaped the heat at the annual Swimming Carnival. Amidst a sea of green, yellow, blue and red 'Heroes v Villians' costumes, Wonder Woman, Bat Girl, Pirates, Smurfs, Lifeguards and even Cheerleaders, came to do battle in the pool and 'fight for the honour' of their House teams. Competition was tough as good versus evil fought for the right to claim the coveted 'Maney Shield', however in the end Champagnat was too strong. The final points tally was: Champagnat 2554, Woods 2401, MacKillop 2315 and McAuley 2268.

**Individual Age Group results were:**

- Under 12 Girls Champion:** Olivia Dukalskis
- Under 12 Boys Champion:** James Gazzard
- Under 13 Girls Champion:** Laura Gazzard
- Under 13 Boys Champion:** Liam Geddes-Ryan
- Under 14 Girls Champion:** Jade Opie
- Under 14 Boys Champion:** James Dukalskis
- Under 15 Girls Champion:** Emily Gazzard
- Under 15 Boys Champion:** Henry Crauford
- Under 16 Girls Champion:** Emily Balch
- Under 16 Boys Champion:** William Circelli
- Open Girls Champion:** Natasha Weatherill
- Open Boys Champion:** Thomas Williams

**2012 Records:**

- Under 12 Boys 50 Metre Freestyle:** James Gazzard 34.31 (previous record 34.80 Anthony Bueti 2001)
- Under 13 Girls 50 Metre Freestyle:** Laura Gazzard 31.69 (previous record 33.90 Madelyn Van De Veerdonk 2005)
- Under 15 Boys 50 Metre Freestyle:** Henry Crauford 28.34 (previous record 29.20 Alan Robertson 2001)
- Under 12 Girls 50 Metre Breaststroke:** Olivia Dukalskis 45.57 (previous record 49.74 Laura Gazzard 2011)
- Under 13 Girls 50 Metre Breaststroke:** Laura Gazzard 46.94 (previous record 47.80 Madelyn Van De Veerdonk 2005)
- Under 15 Girls 50 Metre Breaststroke:** Emily Gazzard 43.75 (previous record 49.00 Laura Spencer 1998)
- Under 16 Girls 50 Metre Breaststroke:** Emily Balch 45.00 (previous record 45.10 Sarah Cruise 1998)
- Under 16 Boys 50 Metre Breaststroke:** William Circelli 42.08 (previous record 43.90 Dylan Broad 2008)
- Under 12 Girls 50 Metre Backstroke:** Olivia Dukalskis 44.32 (previous record 45.06 Zoe Douglass 2001)
- Under 13 Girls 50 Metre Backstroke:** Laura Gazzard 32.32 (previous record 39.86 Emily Gazzard)
- Under 15 Boys 50 Metre Backstroke:** Henry Crauford 34.44 (previous record 36.46 Nicholas Jenkin 2008)

## LIBRARY BUZZ

2012 is the National Year of Reading and Tenison Woods College Library is very proud to be part of these celebrations. The Library will be linking together all the great things that are already happening around books, reading and literacy, and giving them an extra boost, with inspirational programs and events taking place across the country. We look forward to participating in regular events such as National Simultaneous Storytime, History Week and Bookweek along with some new events like National Read Aloud Day to stimulate our student and wider Tenison Woods College community's love of reading!

The Library would like to introduce everyone to a new member of the Library team, 'Jango' the Giraffe! He has quickly become a very loved member of the Library and was named by Alice Circelli in 3FD after winning the naming competition and we all think the name suits him very well. He loves to read books and be cuddled as well as join in recess and lunchtime games.

The start of the year has whipped along so quickly and students have been busy borrowing out a wide variety of books for reading pleasure and information resources as well as using our online databases and services. Don't forget that databases, resources and Library information is also available from our school website. Just click on the Library button below the community portal. The databases require a password so please ask your child to request this from library staff if they don't already have it. Don't forget the Library is open before and after school for students to return and borrow books.

**Alex Nicholson, Library Manager**

## SHOW JUMPING SUCCESS



Three of our students recently represented Tenison Woods College at the 2012 Barastoc Horse of the Year Interschool Show Jumping Championships. Kate Crauford, Emma Rundle and Jacqui Widdison (pictured above) all travelled to Werribee in Victoria to compete at the illustrious event. Kate returned home with two show jumping titles to her name, the 1.05 metre Interschool Championship and the 1.05 metre Junior/Young Rider Championship. She also placed fifth in the Working Hunter over 15hh. Emma came second in the Junior Interschool Challenge (13 years age group) and fifth in the 90cm Interschool Show Jumping. Jacqui finished sixth in the Working Hunter Galloway, sixth in the Performance Pony 13hh ne 14.2hh, fourth in the Performance Pony Jumping 13hh ne 14.2hh and sixth in the Junior Showmanship Rider 14 years. Congratulations girls.

## YEAR 8-12 TRAINING SQUADS

The Tenison Woods College Sports Department is excited to be introducing Swimming and Athletics/Running Training Squads this term. These trainings are available to all interested Year 8-12 students. These squads were introduced in Term 4 last year and aim to promote physical activity and healthy lifestyles. The specialised trainings also help improve strength, speed and skill in the athletic discipline that the student/athlete wishes to work on as well as improving our school swimming and athletics teams.

The swimming trainings will commence on Wednesday 29 February before school, between 6.30am and 7.30am at the Mount Gambier Aquatic Centre. The cost is \$3 per session and needs to be paid every session the student attends. The trainings will run every week until Week 9 Wednesday 28 March. The Athletics/Running trainings start on Thursday 23 February after school from 3.30pm to 4.30pm. The athletic trainings are free and will be held at Marist Park and the Blue Gum trails/sugarloaf area. The trainings will continue every week until Week 9 Thursday 29 March. If you would like to take part, contact Ciaran Buckley on (08) 8725 5455 or buckc@tenison.catholic.edu.au.

## YEAR 8-12 ATHLETICS TRIALS

Athletics trials will be held on Monday 27 February for all students from Years 8-12. The purpose of the trials is to give students an opportunity to try out for positions to compete at the Tenison Woods College Athletics Carnival which will be held on Friday 9 March. All students who come first or second in the trials will then compete on the day. Year 8-9 students will be trialling from 9am to 12pm. Year 10-12 students will be trialling from 12:30pm to 3:10pm.

## TODDLER TIME

Tenison Woods College's Toddler Time is up and running again for 2012. The innovative playgroup sessions offer South East families an excellent experience for their children. The sessions, 8:45am - 10:15am and 10:30am - 12:00 midday each Wednesday are prepared by Domenica Dunn and supported by our Year 11 Child Studies students. Enquiries and registrations can be directed to Domenica Dunn (dunnd@tenison.catholic.edu.au). After Toddler Time, why not pop in to our Sugarloaf Cafe for a light lunch, coffee or cake. The Cafe, open 8.30am - 3.15pm Monday to Friday, now boasts a new separate enclosed seating area.

## EVERGREEN COMMUNITY FARM MARKETS

Following on from the success of the Mount Gambier Library Market, we are delighted to announce that Evergreen Community Farm will be holding an afternoon market this Friday to allow for the Tenison Woods College community to purchase fresh, local organic produce.

We will be opening two stalls this week on site. Stall one will open at the front of the College near the cricket nets at 3pm. Stall two will be held at the farm itself which is located near the staff carpark (opposite the PRC). Stall two will open from 2.30pm and will provide the opportunity for you to wander through the garden and select your produce direct from the soil. Both stalls will stay open until 4pm. This week the fresh produce will include two varieties of beans, celery, three varieties of bok choy, Mizuna lettuce, spring onions and much more.

## SWIMMING TALENT

Two of our students have performed exceptionally well at the Dolphins Swimming Carnival held in Bordertown. Year 3 student, Ashleigh Spicer and her sister, Jaime (Year 5) both achieved personal best times in all their events. Ashleigh swam three races, winning gold medals in the 50 metre freestyle and 50 metre breaststroke and silver in the 50 metre backstroke. Jaime swam in four races and secured bronze in the 50 metre butterfly and silver in the 50 metre backstroke. Well done girls.

## MEDSPACE PREPARATION

The Rural Doctors Workforce Agency (RDWA) has a free medSPACE preparation for the UMAT for those Year 12 students intending to enter medicine and other careers requiring the UMAT in 2013. Workshops will be held in Adelaide 19 May (Enterprise House, Greenhill Road) and Mount Gambier, City Institute Building, Watson Terrace on 2 June. You must register at [www.ruraldoc.com.au](http://www.ruraldoc.com.au). There are limited places with registration closing 2 weeks prior to each workshop. There are some places available for year 11 students at the Mount Gambier site for medSPACE preparation for UMAT if you are thinking of applying for health science courses that require the UMAT. For further details visit [www.ruraldoc.com.au](http://www.ruraldoc.com.au)

MedSPACE Ready is a free three day residential workshop being held in Adelaide on 3-5 July for rural students in Years 10, 11 and 12 who are thinking of studying medicine. You will visit the universities, learn about the courses and applying and get a taste of student life. For further details contact (08) 8234 8277 or email [studentservices@ruraldoc.com.au](mailto:studentservices@ruraldoc.com.au)

## WORK EXPERIENCE PLACEMENTS

Student work experience placements are now being advertised. For those interested in taking part in placements with the **Engine Build Up Section (EBUS)** they are now open for registration. This placement is centred on the maintenance/mechanical environment and suited to those seeking to pursue a career in aircraft maintenance/engineering.

Applications are also open for students wishing to do work experience in a **science area at The University of Adelaide**. Students must be able to travel to Adelaide as well as find their own accommodation. You must apply by 16th March via the application form found at [http://www.sciences.adelaide.edu.au/future/info\\_science\\_teachers/workexperience](http://www.sciences.adelaide.edu.au/future/info_science_teachers/workexperience).

For further details contact our Tenison Woods College Careers Coordinator, Marie Hoare on (08) 8724 4616

## RAISING RESILIENT CHILDREN

Helping children build inner strength to cope with the 'ups and downs' of growing up is one of the best things parents can do.

### What children need;

Resilience is built on three main building blocks:

- I CAN...make a difference
- I AM...a worthwhile person
- I HAVE...people around who love and support me

Children who are emotionally resilient, those who are optimistic, are more likely to bounce back when faced with hardship or difficulty such as parents arguing or separating, the death of someone close or personal injury.

**How do children develop optimism?** Optimistic parents tend to have optimistic children. Pessimistic parents tend to raise pessimistic children. Children learn to be optimistic or pessimistic from observing how their parents respond to and explain the things that happen to them.

**Why is optimism important?** Optimism is a life skill. When used with social skills it helps children face new challenges and the stresses of growing up. Experts say that compared with pessimists, optimists are less likely to get depressed, are better achievers and physically or mentally healthier. Positive thinking can build resilience that lasts a lifetime. It equips children to tackle problems and persist when things get tough. When one solution doesn't work, optimistic people are more likely to try something else rather than give up.

**Pessimism:** Pessimistic children think failure is permanent. They see good things as being temporary and outside of their experience. Pessimistic children are at risk of depression, underachieving and poor health.

**What parents can do to help:** challenge your own pessimistic assumptions and develop a more optimistic way of thinking; Teach your child social skills like problem solving, assertiveness, negotiation, decision-making and ways to build support; Teach your child that they can shape their own future – that they can make a difference; Provide your child with opportunities to achieve success; Resolve and reduce conflicts at home; and, let your child know you value them and the effort they put in.

**School Counsellors, Judy, Josie & Mairead**

## CANTEEN ROSTER - 8724 4607

|   |                                       |                                    |
|---|---------------------------------------|------------------------------------|
| <b>Monday 27/2</b><br>Karla Nieuwenhuizen | <b>Wednesday 29/2</b><br>Ros Caldwell | <b>Friday 2/3</b><br>Julia Holdman |
| <b>Tuesday 28/2</b><br>Cassie Edwards     | <b>Thursday 1/3</b><br>Dina Macera    |                                    |

### 1<sup>st</sup> Week of Lent *(School week beginning 27<sup>th</sup> February)*



#### Project Compassion, Week 1, brings you the story of Flabiana.

Flabiana lives with her family in the remote province of Oe-cusse in Timor Leste. With training from Caritas Australia, Flabiana and other members of her community have started a business producing tofu and tempeh which has enabled them to improve their livelihoods.

Your donation to Caritas Australia's Project Compassion provides villagers like Flabiana with the opportunity to learn new skills, enables them to move away from dependence and debt and assists them to become self-supporting. [www.caritas.org.au](http://www.caritas.org.au)



Photo: Marden Dean