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Issue 11, Term 4, October 2020

Principal's Message

We have commenced the last quarter of the year which is arguably the busiest time of the school year. Our Year 12 students have also commenced their HSC exams. We continue to wish them well and keep them in our prayers for the Holy Spirit to guide them through the next chapter in their life.

A wonderful and very enriching day was spent with our Year 3 students in last Friday to prepare them for the Sacrament of Holy Communion. Our students gathered together in prayer and veneration of the Blessed Sacrament during adoration. It was a truly glorious day spent with our students and our Year 3 teachers. Please keep our students in your prayers as they prepare to receive their Holy Communion this weekend.

Please be mindful that being in Term 4 students should be fully aware of uniform, hair cuts, discipline and leave. I ask you all as parents to encourage your children to follow and respect the rules of the College as they are in the best interest of our students and this will in turn avoid any disappointment for any disciplinary action taken. Our devoted teachers work very hard alongside our students to assist them where possible, we ask that this is a mutual commitment by teachers, students and parents. As we continue the month of October - devoted to the Rosary, may Our Lady bless each and every one of you.

Our hearts, minds and prayers these last months have been focused on our homeland Lebanon due to the current crisis. Let us all keep our prayers for our families in Lebanon. We entrust our homeland to our beloved Saints for their protection and intercession and pray that peace and stability and a better future for Lebanon will prevail.

May St Charbel and all our saints protect and pray for Lebanon.

Rev Fr Maroun Youssef

Principal

Director of Primary

Dear Parents

Welcome to Term 4! I trust you and your family had a lovely holiday!

This term, Jellybean Music lessons have started for students in Years 3-6, following COVID-19 guidelines. Lessons are on Thursdays and Fridays with the students learning to play a range of percussion instruments. The feedback so far has been very positive with the students really enjoying their lessons.

Year 3 have been preparing for their First Reconciliation and First Communion. On Friday 16 October students took part in a Spiritual Retreat Day where they made their First Reconciliation, with their First Communion to follow on Saturday 24 October. Year 3 have been taking their preparation very seriously and are looking forward to their big day. Please keep them in your thoughts and prayers!

An information evening for parents with children starting in Kindergarten next year will be held on Tuesday 27 October at 6.00pm. The meeting will be virtual via Google Meet due to COVID-19 restrictions. The meeting link and instructions will be sent to Kindergarten 2021 parents prior to the meeting.

Student orientations can now take place on campus, so Kindergarten 2021 students will be spending the morning at the school on Thursday 5 November. They will meet the Kindergarten staff, tour their new campus and take part in fun activities. The staff look forward to the new students becoming part of the St. Charbel's community!

The school's uniform supplier, Saouma's, is having a sale from 9 - 21 November, so this is a good opportunity for parents to purchase the new uniform for their children. A recent addition is a lightweight

cardigan for the warmer weather. Vests are coming soon. A reminder that next year is the final year that students can wear their old uniform.

Ms Maree Kelly

Director of Primary

Year 12 Coordinator

Year 12 has officially commenced their HSC examinations! In the first week of Term, we had a number of eager and excited Year 12 students coming in to meet with teachers for revision lessons and to seek feedback on, and clarification about work that they had studied over the holiday break.

On Tuesday, 20 October, they, along with 73,000 other Year 12 students across the state, kicked off their examinations with English Paper One. It was great to see the students buzzing with excitement (and nerves!) to start their exams and put pen to paper for their final exam block as a secondary school student.

We wish all of our students all the best of luck as they embark on this final leg of their HSC journey, and pray that St Charbel continue to guide them towards achieving their full potential!

A reminder to parents of Year 12, that the **Senior Formal is going ahead on 25 November, 2020**. Payment was due 21 October, and we ask that you finalise that account as a matter of urgency if you have not yet done so. The **Year 12 Graduation Ceremony will be on 12 November, 2020**; details on this event will be communicated to parents via email this week.



Miss Manelle Michael

Year 12 Coordinator

Careers and VET Coordinator

5 Tips to help you prepare for a Summer Job

Are you planning on working over the summer holidays this year? If so, the start of Term 4 is the ideal time to prepare yourself and start applying for jobs if you haven't already got started.

Advertisements for Christmas Casuals are already popping up and some of the closing dates are as early as mid-October. Businesses like to know they've got staff lined up and it gives them a chance to organise rosters, training, uniforms, and paperwork etc, so lots of the closing dates could be earlier than you might expect.

Our 5 top tips that could help you to prepare are:

1. Start preparing right now

1. Decide how much time you'll have available to work during your holidays.
2. Create or update your resume.
3. Start your search and get applications in for any suitable jobs as soon as possible.

By "suitable" we mean that they're:

- Nearby and you'll be able to get yourself there and home ok and on time
- You can commit to the hours, and
- You're confident that it's a role you can see yourself doing for the whole summer

1. Your resume and cover letter definitely do matter

Your CV and cover letter are likely to be the first contact you'll have with the organisation hiring you, and making a great first impression could really count in your favour.

Ensure all your details are up to date, that your skills and experience are all listed, and remember to show a little bit of your personality.

Also it pays to take a little extra time to tailor your applications to each specific job you're applying for.

1. Find the right opportunities

Start your search early, if you leave it until the end of Term 4 lots of vacancies may already be closed. Work out what kinds of jobs and hours you're willing to do, then look for positions that match your requirements.

There are lots of places where casual summer jobs could be advertised, make a list of them, then keep checking over the next few weeks.

1. Make sure you're work ready

Before you can start working and most importantly get paid, you'll need to make sure that you've got a few important things organised.

They include:

- Tax File Number (TFN)
- Bank Account
- Super Account

Do you know about your rights and responsibilities? Take some time to read about them before you sign any contracts. You could also brush up on some basic workplace health and safety guidelines if you have the time.

1. Put in some time and effort

It's best to assume that every job you apply for will receive tonnes more applications as well, so if you want to land a great job then you'll need to put in a bit of work that could give your application a boost and stand out.

Approach every application and interview with a positive and professional attitude. If you don't make an effort to write a personalised cover letter or complete the entire application, if you submit documents after deadlines or turn up to interviews late and unprepared, you won't be making the best impression on employers and could end up missing out on the job.

Remember to always follow up – even if it's just a “thank you for your time” message.

Happy Careers Searching

Mrs Dianna Chedid

Careers and VET Coordinator

Book Week

October 16-23 was Book Week! Research reveals that “students who read 20 minutes a day outside of school tend to have improved language skills, a better understanding of the world, stronger relationships, and outscore their peers on tests by 90%.” Statistics also show that reading 20 minutes a day exposes us to almost 2 million words a year! High school students were invited this week to spend some time at lunch in the Learning Hub playing book and literacy themed board games, reading, or discussing their favourite books with others. The Library has a special section for Book Week, offering for loan the pictured books, recommended by the Children's Book Council of Australia.



Mrs Jennifer Fletcher

Secondary English Coordinator

Book Week Highlight

A highlight of Book Week came about spontaneously when Year 10 student Cayenne Dagher was awakened to a wonderful journalistic memoir by Leigh Sales, *Any Ordinary Day*. Ms. Ezabelle Ghanem recommended the book to Cayenne, and was delighted the book had such an impact on her. Cayenne and “Ms. G,” as she is known, discussed the book during lunch on Tuesday.

Reading outside our “comfort zone” can be wonderfully enriching and fulfilling. Perhaps you will be inspired to have a look at *Any Ordinary Day* after reading Cayenne’s book review!

A Review of *Any Ordinary Day* by Leigh Sales

By Cayenne Dagher

Towards the end of Term three I was inspired by one of my teachers, Miss Ghanem, to explore this astounding book, *Any Ordinary Day* by an Australian journalist, Leigh Sales. Within this story, Sales interviews many people who have suffered extreme tragedies in an attempt to get her own understanding of the meaning of disasters and how they affect a person in their day to day lives. From survivors of the Lindt café siege to a surfing accident, Sales experiences the rise and fall of these personal stories while providing her own intellectual insights. Through her mind blowing revelations we as an audience are

blowing revelations, we as an audience are able to understand her newly found wisdom through the gut-retching accounts of the victims, empathising with them and gaining knowledge and understanding of why every single decision, such as missing a train or simply being in the wrong place at the wrong time, has the ability to drastically change our lives. She sums up her astonishing memoir with this statement which really resonated with me, "There's really only one lesson to take from all of this and that is to be grateful for the ordinary days and to savour every last moment of them. They are not so ordinary, really. Hindsight makes them quite magical."

Year 11 EEC

Year 11 EEC studied how to provide CPR for a child who may need medical assistance. The girls developed their skills to be confident in the need of an emergency.



Miss Jenna Boulos

Secondary PDHPE Teacher



Mrs Jennifer Fletcher

Secondary English Coordinator

Science Week

During Monday's assembly the students who volunteered to create a model for science week last term were acknowledged with certificates for their contribution.

During this assembly, the group who received the most votes for the most educational model was announced. The award went to a group of year 10 students who modelled the effect of oil pollution on the ocean and the techniques used to remove this type of pollution.

The science department would like to thank all the students who volunteered their time to get involved in this year's science week.



Miss Brooke Cleggett
Secondary Science Teacher

Lebanon Mission

Year 10 students and the SCC high school staff banded together to throw their support behind the *Aussie Friends of The Poor Lebanon Mission* last week. In only three days a huge number of essential items and \$150 were donated. I extend a huge and heartfelt thanks to our wonderful College community for their compassion and generosity!



Mrs Kathy Dell'Orefice
Secondary Teacher

Year 6

6H have been busy discovering new worlds through novels!



Ms Marguerite Nassif

Year 6 Teacher

Library News

Students enjoyed celebrating 'Roald Dahl Day' in the library. *Charlie and the Chocolate Factory*,

Book week is here! Students have been making their very own curious creatures and reading the winning books of the year.

The new 'High School Zone' is a wonderful place to read and relax. Students can visit the library before school, recess, lunch and after school for study, printing and reading.

Library opening hours:

Monday - Thursday 8:00am - 4:30pm Friday 8:00am - 4pm



A TOOL TO HELP YOU... GET STUFF DONE!

GREAT FOR PRIORITIZING & ORGANIZING YOUR TIME - ESPECIALLY FOR PROCRASTINATORS!

STEP 1 JOT DOWN SOME THINGS YOU MOST NEED TO FOCUS ON & GET DONE.

STEP 2 DRAW THE "1 HOUR GRID" - DIVIDE THE NEXT HOUR INTO 6 x 10 MIN BLOCKS

STEP 3 PICK A NUMBER OF BLOCKS TO FOCUS IN (THE OTHERS ARE FREE TIME!) → THEN ADD YOUR THINGS TO DO

STEP 4 SET A TIMER & GO HARD OUT IN THE FOCUS BLOCKS!

@journey-to_wellness

Mrs Jennifer Harsch/Mrs Emily Sheahan

Counsellors

School newsletter item T4_2020.pdf
https://stcharbel.schoolzineplus.com/_file/media/143/school_newsletter_item_t4_2020.pdf

CBCA 2020 Book of the Year Award Winners
CONGRATULATIONS!

Mrs Janet Galimi, Mrs Simone Cullinan & Mrs Christine Golz, Mrs Susie Yammouni, Mrs Rima Wakim & Mrs Mounira Akkari

Librarians

Counsellor's Corner

Dear students and parents,

It is the end of the year and we are on a sprint, racing to get a lot of things done before the Christmas Break.

Here is a helpful tool to keep you on track and motivated.

Library Programs Recommencing

Reading reduces stress by 68%. It works faster than listening to music, going for a walk or enjoying a cup of tea.

Reading will advance your child's learning. A bedtime story six days a week can put kids almost a year ahead when they start school.

DID YOU KNOW?

Reading is good for your brain. It helps keep you active as you get older.

Reading leads to self awareness. It is closely linked to increasing our understanding of our own identity.

AUSTRALIA READS
 November 1-12, 2020

Homework Help resumes flier.pdf
https://stcharbel.schoolzineplus.com/_file/media/163/home_work_help_resumes_flier.pdf

Australia_reads_poster.pdf

St Charbel's Basketball Club



St. Charbel's Basketball Club Inc. is a new club that currently has 10 teams playing in the local Bankstown Basketball Association competition. Registration is currently open for the upcoming Summer 20/21 season commencing in October.

If your son or daughter is interested in playing basketball, please contact us within the next few weeks to avoid disappointment as our Summer 20/21 teams are filling up quickly. Whether they have an already established team that is interested in playing for our club or they are a player looking for a team we would love to have them join our basketball community! We welcome all abilities from beginner through to advanced and the competition is open to girls and boys from 10 years of age.

As a club our aim is to encourage children and teenagers from our local community to get involved in a team sport, consider the fitness benefits of sport as a way of life and to also bring our community together. St. Charbel's Basketball Club is a Not-For-Profit Club that is made up of players from our local community and is run by a committee of volunteers.

Please support us by liking and sharing our Facebook page
 [St. Charbel's Basketball Club](#)

Club President: Kylie Alam – 0410 558 516
Club Secretary: Suzie Dib – 0402 697 722



SALE!

15% OFF

ST CHARBEL COLLEGE UNIFORM
FROM
9TH NOVEMBER TO
21ST NOVEMBER 2020
AT
SAOUMA'S SCHOOL WEAR
SHOP 2/200 THE BOULEVARDE
PUNCHBOWL 2196
PH: 97503276
**PLEASE PURCHASE UNIFORMS
EARLY TO AVOID SOCIAL
DISTANCING QUEUES**

[ST_CHARBEL_PRIMARY_UNIFORM_PRICELIST_2021_1_.pdf](#)

https://stcharbel.schoolzineplus.com/_file/media/160/st_charbel_primary_uniform_pricelist_2021_1_.pdf

[ST_CHARBEL_HIGH_SCHOOL_UNIFORM_PRICELIST_2021_1.pdf](#)


https://stcharbel.schoolzineplus.com/_file/media/161/st_charbel_high_school_uniform_pricelist_2021.pdf

COVID-19:

Access the following link for the latest information on the COVID-19 situation in NSW:

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/case-definition.aspx>

Chess!



Level 1 30A George St, Burwood 2134
Office: (02) 9745 1170

CHESS!!

Learn to be a chess champion! Coaching for students at St Charbel's College (Punchbowl) is held on Fridays from 1:25pm to 2:05pm, starting on 24 July 2020.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

Keyboard Lessons at the College

[keyboard_lesson_ad.pdf](#)

https://stcharbel.schoolzineplus.com/_file/media/23/keyboard_lesson_ad.pdf

Coronavirus (COVID-19)

COVID-19 Testing

Who should get tested?

Anyone with cold or flu-like symptoms, even if very mild, should get a COVID-19 test as soon as possible. COVID-19 symptoms include:

- fever e.g. chills, night sweats
- respiratory symptoms such as cough, sore/scratchy throat, runny nose, shortness of breath, loss of smell or taste
- other symptoms including muscle and joint pain, diarrhoea, nausea/ vomiting and loss of appetite.

What to expect when you get tested?

- Testing is free, easy and quick.
- If you have been referred to a testing clinic, please take your referral with you. This is not needed for most clinics.
- Staff at testing and respiratory clinics will be wearing masks, gowns, gloves and face shields.
- Staff will ask you about your symptoms
- Swabs are taken from inside your nose and your throat.

What happens after I get tested?

- You must stay at home (self-isolate) until you get your test result and are well.
- You cannot leave your home unless you are seeking medical care or in an emergency. You cannot have visitors.
- If your symptoms become serious (e.g. difficulty breathing), call Triple Zero (000). Tell the ambulance staff you have been tested for COVID-19.
- If you are sharing your home with others you should separate yourself in another room. Wear a surgical mask when you are in the same room and keep 1.5 metres away.

- Practice good hygiene. Wash your hands often. Cover your cough or sneeze with your elbow or a tissue.

Where can I get more information about self-isolating?

<https://www.health.nsw.gov.au/infectious/covid-19/Pages/resources.aspx>

- If you have been in close contact with a person with COVID-19, you need to stay home for 14 days after you last saw that person. (Close contact includes living in the same household or spending more than 15 minutes face-to-face or 2 hours sharing a closed space, with someone with COVID-19, from 48 hours before they became ill).
- Home isolation applies to all close contacts, even if you are currently feeling well and/or have received a negative test result.

How will I get my results?

- You will usually receive your test result within 24 to 48 hours but please allow up to 72 hours.
- If you had your test done at an Emergency Department or public hospital COVID-19 clinic you can receive your COVID-19 negative test result by SMS if you register for Pathology COVID-19 SMS Results Service. If you don't register you will receive a call from a Public Health officer at your Local Health District.
- If you had your test collected by your GP or at other sites, your doctor will give you your results.

What happens if I test positive?

- NSW Health will look after you. There will be no cost for your treatment, even if you don't have Medicare.



Hygiene advice for people living in residential buildings

Coronaviruses, such as COVID-19, can survive on surfaces for a few hours or up to several days.

This may vary based on the temperature, humidity and type of surface.

Residents and common areas

People living in residential buildings should take care when moving through common areas to reduce the risk of COVID-19:

- Clean your hands with soap and water for 20 seconds or use an alcohol-based hand rub/sanitiser after touching any frequently touched surfaces in common areas. This includes doorknobs or door handles when you enter and exit the building or when using communal washing machines or dryers
- Cover your nose and mouth with a tissue when coughing and sneezing or use your elbow, not your hands
- Avoid close contact with people unwell with cold or flu-like symptoms
- Avoid touching your face and avoid shaking hands with others
- Try to maintain a distance of 1.5 metres from others as much as possible in your apartment block, such as in elevators, stairwells or hallways
- Do not gather in large groups in common areas such as rooftops or courtyards.

Cleaning guidance for NSW strata managers and body corporates

- Regularly clean frequently touched surfaces in common areas with a detergent followed by disinfectant, or use detergent/disinfectant wipes
- Consider providing adequate alcohol-based hand rub (sanitiser) for residents to use.



More information:
www.nsw.gov.au/covid-19

GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit health.gov.au

HELP STOP THE SPREAD AND STAY HEALTHY



Authorised by the Australian Government, Canberra

Cleaning surfaces at home to help stop the spread of COVID-19

Coronaviruses, such as COVID-19, can survive on surfaces for a few hours or up to several days. This may vary based on the temperature, humidity and type of surface.

How to clean

Frequently touched surfaces	Less touched surfaces
<ul style="list-style-type: none"> • doorknobs • handles • light switches • phones • tablets • touch screens • tables • hard-backed chairs 	<ul style="list-style-type: none"> • remote controls • keyboards • desks • toilets • sinks/basins • car steering wheel • car seats
<ul style="list-style-type: none"> • floors • walls • ceilings • window blinds • curtains 	

Regularly clean with a household detergent followed by disinfectant, or use detergent/disinfectant wipes (scrub hard).

Clean using a household detergent or detergent wipes. Use a damp mop on hard floors. Clean walls and window blinds when visibly dusty or soiled. Curtains should be changed regularly and cleaned when soiled.

Detergent or disinfectant?

Detergents help remove germs, dirt, and impurities from surfaces but they do not kill germs. Disinfectants kill viruses and bacteria but don't remove them from a surface. Using a detergent then a disinfectant helps lower the risk of spreading infection.

If you have been outside

If you have to leave home, when you return:

- wash your hands as soon as you enter and after putting groceries or other items away. Wash your hands before you eat
- if you would feel better to do so, remove your shoes and clothing if you have been on public transport or in spaces where you weren't able to keep 1.5 metres from others
- wipe down your phone
- keep your keys in one place.



More information:
www.nsw.gov.au/covid-19

Upcoming Events:

Saturday 24 October:

Year 3 Holy Communion

Tuesday 27 October:

Kindy 2021 Information Evening (zoom)

Friday 30 October:

All Saint's Day themed Mufti Day (Primary)

Sunday 1 November:

All Saint's Day

Monday 2 November:

All Soul's Day

Tuesday 8 December:

Last day of Term 4