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Issue 2, Term 1, February 2021

Principal's Message

On Ash Monday, 15 February, the students of St Charbel's College attended a liturgy to commence the season of Lent, to recall our beginnings and reflect on what we anticipate to achieve during Lent.

Over the last fortnight, the College held virtual parent information evenings for both High School and Primary School, I would like to particularly thank the parents that logged in and participated in the parent information evenings that were organised. The attendance of a parent demonstrates qualities of a true role model which is very important to your children.

During my Principal's message I mentioned a few points of importance that I would like to reiterate to assist you and children to thrive through their schooling life.

By encouraging positive education, this will assist with a positive approach to your child's education. This approach could also be used in all aspects of life. I also asked of you to encourage and to have conversations with your children about the importance to adhere to the College policies and procedures for a smooth and a positive schooling experience.

Our staff are available to help and give their best, but this would be easier if the line of communication is open. We encourage everyone to be professional in addressing any issue that may arise with respect to the College policies and procedures.

It is also imperative that you do not discuss the College and its Teachers in a derogative manner in front of your children and not be driven by social media or by a group of friends that discuss the College or listen to gossip, without knowing the source of truth.

I also mentioned to teach your children and practice with them faith, by attending Mass together on Sunday's, praying every day and prioritise Jesus over other activities.

I am looking forward to meeting you more throughout the school year, listening to your concerns and suggestions and working together, hand by hand to build a professional relationship that will enhance your children results and our staff performance.

As mentioned during the recent parent information evenings, you should have, by now, received information in regards to the St Charbel's College Parent Portal. Our hope is that the Parent Portal be a source of communication between parents and staff. Should you have any questions, please send an email to info@stcharbel.nsw.edu.au.

I sincerely ask you to extend this quality in areas such as praying with your child daily, attending mass regularly on Sunday and special feast days, and demonstrating the values of being a true Christian in our everyday daily lives, particularly during this Lenten season. This will not be enough if it is not extended to the practical side of our lives. It is not wrong to change strategies and directions sometimes. The new generations are looking for something empirical or sensible. Let us as parents consider this requirement and show through our lifestyle, at home, our Christian values and teach our kids so they will be grateful.

that they born in a Christian family and environment. Our joy and hope are in the Lord who created us on His image and gave us the authority to rule the world and its creations. At the beginning of this great season, let us turn back to God thanking Him for His great love to us and call Him to dwell within us so our life will flourish with His great gentleness.

Rev Fr. Maroun Youssef

Principal

Director of Primary

Dear Parents

The Primary School hosted a Parent Information Night this week. We hope parents found the evening informative and that your questions and concerns were answered. It was the first time the information evening was virtual, so there were a few technical issues. We thank you for your patience and for your support on the evening.

The meetings were recorded and will be uploaded to the College's YouTube channel in the coming days.

<https://www.youtube.com/channel/UCoLjqsL8djjL1Ng2PHj-Pqg>

In the future, if you want to view a clip on the channel and cannot find the link, go to the YouTube website and type 'St Charbel's College YouTube channel' in the search bar. This will take you there.

Interim report meetings will be held with parents in a one-to-one setting later in the term, i.e. the evening of Wednesday 31 March. The one-to-one meetings will give parents the opportunity to receive personal feedback regarding your children. Whether the meetings will be onsite or virtual will be determined closer to the date.

School photos were taken last week. Thank you to parents for ensuring your children were dressed neatly in their school uniform, including appropriate haircuts, hair accessories, shoes and socks.

A reminder that the new Primary school uniform is flexible. This means there are no set dates when students move into their winter uniform, and then back into their summer uniform later in the year. This means that parents have the choice in cooler weather to have their children wear long trousers and a long sleeve blouse or shirt. There is also the option of a vest for boys and a lightweight cardigan for the cooler weather.

Ms Maree Kelly

Director of Primary

Director of Pastoral Care K-6

2021 is an exciting year on the primary campus of Saint Charbel's College. For the first time, students will be competing for the 'Saint Charbel's Champions Cup'. The cup is won by the House with the most points at the end of the year. In previous years, students only earned House points when competing in races and activities at the carnivals. This year, students will still earn points for their House in these events, however, we have decided to integrate the points system into the academic and behavioral aspects of the college. This is to promote positive education across the primary campus.

For every merit a student earns, they will receive a House token which contributes to a point for their house. Merits are given out to students who are consistently showing the 3 R's (respect, responsibility and resilience) across all aspects of their school life. This in turn will allow students to build healthy and positive relationships with others. Our theme for this year is thrive and we want students to thrive in all aspects of their school life.

As mentioned at the Parent Information Evening, Years 1-6 are starting a new SEL's (Social and Emotional Learning) program called Highway Heroes and Kindergarten are starting Little Highway Heroes. These programs aim to build resilience and self-regulation in children. Parent information sheets will be sent out, after students have completed a lesson in class and teachers will send home the information sheets via Google Classroom, e-mail or hard copy.

May this year be a fruitful one for all of us.



Mr Christopher Tanza

Director of Pastoral Care K-6

Primary REC Coordinator

The College celebrated the Opening School Mass on Saint Maroun's Feast day with His Excellency Bishop Antoine-Charbel Tarabay. Our K-3 classes watched it Live from their classrooms.



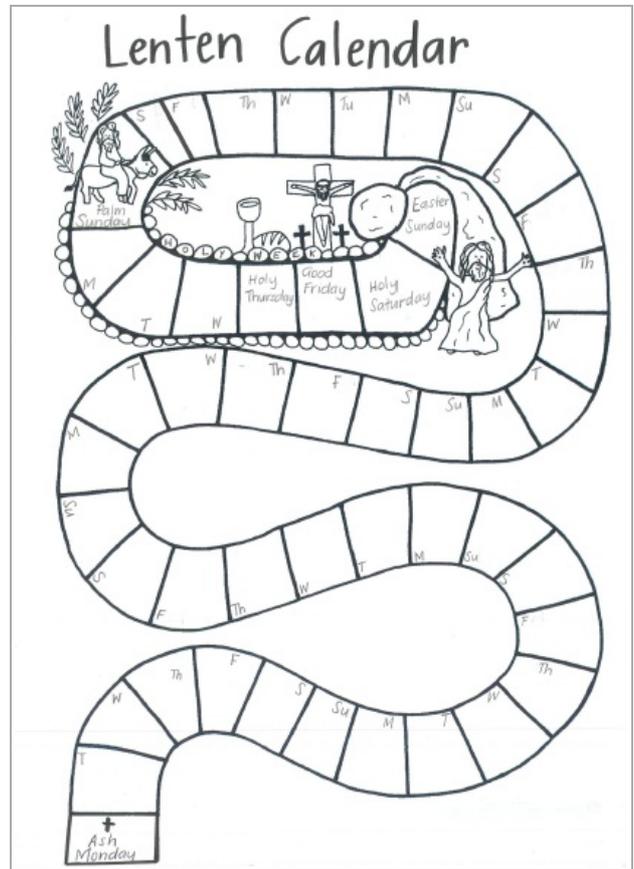
During Religious Education this term we have been introducing the children to Godly play. The use of peg dolls to recite Gospel stories.

The beginning of our Lenten Journey with a special blessing of the ashes by our amazing Parish Priests.





Our Lenten Packs were added to Google Classroom accounts for Year's 1-6 to begin the Church's Season of the Great Lent. Kindergarten were given a hard copy. This Pack includes a Lenten Calendar to track the 40 days of Lent. It also includes Stations of the Cross booklet to inspire you to pray at home as a family, and finally 40 activities your child can partake in this Season. May God bless you all during this Lenten Season.



Mrs Michelle Azzi

Primary REC Coordinator

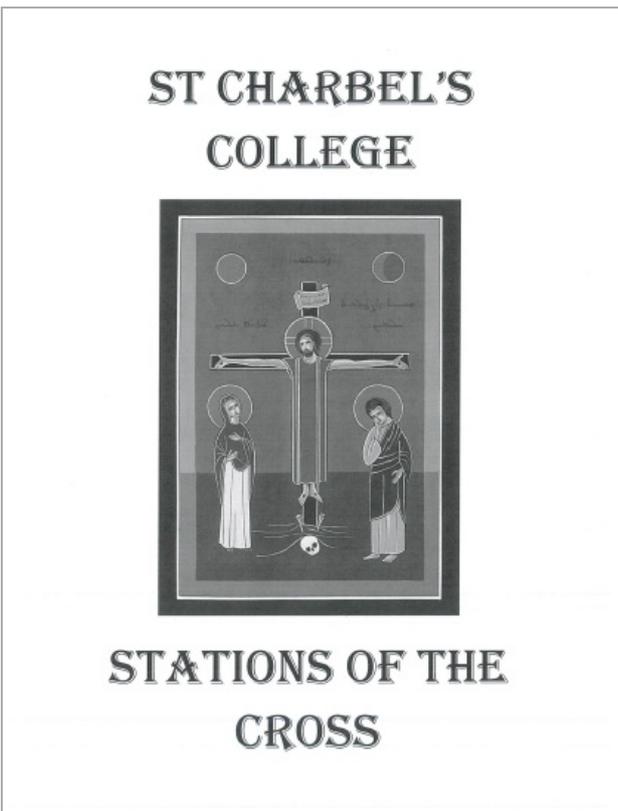
CAPA Coordinator

The Creative Arts have had an amazing start to 2021, with students and teachers well into projects. It is wonderful to walk around the classrooms and witness students who are inspired and yearning to know more. It is also very rewarding to catch up with alumni and share career stories.

Our year 12 students have begun making their major projects in Art, Textiles, Industrial Technology and Music. Teachers are enrolling students in HSC seminars and taking them to HSC major project exhibitions so that they can further develop their knowledge and skills.

Students in year 7 have adjusted well into the Technology, Music and Art classes. Look out for some creative Lino prints from the art students while the music students learn concepts of music and to play the keyboard. The Technology students are discovering the world of textiles and the BBC microbit as well as learning to make their own farm inspired game.

Students in year 9 and 10 are also busy with



knowledge and skills being developed and applied to projects such as architecture inspired drawings and journey inspired textile art pieces.

We pride ourselves on teaching our students knowledge and skills that will take them to new heights and careers. A number of our 2020 students have visited in the past weeks sharing stories of life after school. One Art student I spoke to mentioned how happy he was with his art success and that he is pursuing study at UTS in Architectural Drawing and Design. Many meaningful and rewarding career paths stem from Creative arts and Technological and Applied studies subjects. This year we aim to highlight this and share stories of Alumni.

At St Charbel's we are privileged to be part of the Canterbury Bankstown council area. The Council give our students so many opportunities to develop their music and art making skills. Programs run by the council such as the TAP or Talent Advancement program really place our students on the big stage through music workshops and performances. This year Council are conducting Art workshops at St Charbel's for a select group of students and teacher along with an artist. We look forward to working with the students and the resident artist to develop a school mural.

Enjoy some pictures taken this week of students at work in class.



Year 9 Textiles – Preparation for Tie Dyeing



Year 10 Industrial Technology Marquetry (vener) Experiment

Mrs Maryrose Maatouk

CAPA Coordinator



Year 8 Art – Clay Making

Career News

Please navigate through the College's Library webpage to explore Career options with your children. Please feel free to contact me via the school office or email if there are any Careers related issues you would like to discuss.

Careers in the Spotlight

Music Therapy as a Career

In Australia, there are lots of health professionals who are not doctors or nurses. The jobs that they do are just as important to the health and wellbeing of our nation, but to distinguish their roles, they're called Allied Health Professionals.

Under the umbrella of Allied Health, you'll find services such as Audiology, Dietetics,

Genetic Counselling, Optometry, Physio and lots more. One of the services that you may not have heard of before is Music Therapy.

What is Music Therapy?

You probably already know that listening to your favourite tunes can affect your mood, get you up on your feet having a dance, and even bring back memories. Playing music or singing has the same effect for lots of people too.

Music therapists use musical experiences that could help to improve their patient's physical and mental health, functioning and over all wellbeing. Music therapy is a well researched and accepted form of treatment, with many associated benefits.

Who can music therapy help?

People of all ages from newborns to the elderly might respond well to this treatment. A few examples of who could benefit include people with:

- Mental health needs
- Developmental delays
- Communication problems
- Physical, mental or learning disabilities
- Age related conditions such as Alzheimer's
- Addiction and substance abuse issues
- Patients suffering with acute and chronic pain
- People with long term and terminal illnesses

How to become a Music Therapist in Australia

To work in Music Therapy in Australia, you'll need to register with the [Australian Music Therapy Association \(AMTA\)](#).

To be eligible to register with AMTA, you'll need to:

1. Complete an undergraduate degree related to health or music.
2. Complete a tertiary course that's been accredited by AMTA. E.g. [Master of Music Therapy at the University of Melbourne](#), or [Master of Creative Music Therapy at WSU](#). Or complete an equivalent qualification that will be assessed by AMTA.
3. Apply for registration.

You'll then be able to apply for jobs and practise as a Registers Music Therapist (RMT) anywhere in Australia.

Happy Careers Searching

Mrs Dianna Chedid

Careers and VET Coordinator

Year 10

Year 10 girls have been enjoying their bike riding at Sydney Olympic Park. This is one of the sport activities they've been participating in, which allows them to take in healthy fresh air, get some exercise in and improve their bike skills.



Library Corner



Saint Charbel's College Library
IMAGINE. DREAM. EXPLORE. LEARN. GROW.

CONTACT US

Ph: 02 9740 0923
stafflibrarymailinggroup@stcharbel.nsw.edu.au

New books in the library!

The library is abuzz with excited students borrowing our new books! We help students find a book that they will enjoy by providing recommendations based on their interests and helping them search the library catalogue.



Britannica online K-12

Students can access Britannica at school and home via the school library webpage for assignments or fun! Students are enjoying the interactive features and information available at their fingertips.

"Reading is not normally my thing but I liked this book because it was very interesting. It makes me want to read more."
Mark Ayoub 4H



Mrs Simone Cullinan, Mrs Janet Galimi, Mrs Rima Wakim, Mrs Susie Yammouni and Mrs Mounira Akkari

Librarians

Counsellor's Corner

Praise: what it is and how it works

- Praise is when you tell your child that you like what they're doing or how they're behaving – for example, "Great job!", "Well done" or "That's awesome"
- Praise nurtures your child's confidence and sense of self.
- By using praise, you're showing your child how to think and talk positively about themselves. You're helping your child learn how to recognise when they do well and feel proud of themselves.
- You can praise children of different ages for different things. You might praise a younger child for sharing or for leaving the park when asked. You can praise a teenage child for coming home at an agreed time, or for starting homework without being reminded.

· Descriptive praise is when you tell your child exactly what it is that you like. For example, 'I like the way you've found a spot for everything in your room'. This helps your child understand exactly what it is that they've done well. It's also more genuine than non-specific praise like 'You're a good boy'.

Encouragement: praise for effort

Encouragement is praise for effort – for example, 'You worked hard on that maths homework – well done'. Praising effort can motivate your child and encourage them to try hard in the future. We need to praise the strategies the child used, their focus, their perseverance on a task and how they solved a problem, not just for working hard! We want to focus on learning and progress that will help get you to the outcomes.

You can also use encouragement before your child does something. For example, 'Show me how well you can put your toys away' or 'I know you're nervous about the test, but you've studied hard. No matter how it turns out, you've done your best'.

Some children, especially those who are less confident than others, need more encouragement than others. When praise is focused on effort, children are more likely to see trying hard as a good thing in itself. They're also more likely to keep trying and to be optimistic when they face challenges.

Using praise, encouragement and rewards to change behaviour

Children are more likely to repeat behaviour that earns praise or encouragement. This means you can use praise and encouragement to change difficult behaviour and replace it with desirable behaviour.

The first step is to watch for times when your child behaves in positive ways, or makes an effort. When you see this, immediately get your child's attention and tell your child exactly what you liked – for example, 'I liked how you waited your turn to play with that toy. Well done' or 'You're working so hard at your practice. I think you'll be great in the tryouts!'

At first, you can praise every time you see the behaviour or effort. When it happens more often, you can praise or encourage it less.

Rewards can make praise and encouragement work better. So when you praise or encourage your child's behaviour and then reward it, the behaviour is more likely to happen again. A reward can be something

like 'dinner of your choice'. It doesn't have to be something you buy!

It's best not to overuse rewards. If you need to use them a lot, it might help to rethink the situation. Are there any other strategies that you could try to encourage the behaviour you want? Or is the task or behaviour too hard for your child right now?

Mrs Jennifer Harsch/Mrs Helena Paras

Counsellors

St Charbel's Ethnic School Term 1 2021

https://stcharbel.schoolzineplus.com/_file/null

Learning Support

Online_Workshop_20_21NSWPC41_1_.pdf

https://stcharbel.schoolzineplus.com/_file/media/258/online_workshop_20_21nswpc41_1_.pdf

BYOD

SCC_Year_5_12_BYOD_Letter.pdf

https://stcharbel.schoolzineplus.com/_file/media/185/scc_year_5_12_byod_letter.pdf

2021 Travel Information

https://stcharbel.schoolzineplus.com/_file/null

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



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 5 February 2021.

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.

Learn Music on Keyboard at School
(Enrolment for Term 1)

*Great songs! Musical activities!
Cool music knowledge!*



- Convenient at-school venue
- Small group, 45-min weekly lesson
- Competitive rate
- Instrument not required initially
- Fun introduction to music
- Kindy student register now for Term 2

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To enrol: www.learnmusicatschool.com.au
(02) 9411 3122
VIP Music acknowledges awareness & compliance with the health advice regarding COVID-19.

VIP Music est. 1984

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>

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.



Coronavirus (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



Australian Government

Authorised by the Australian Government, Canberra

Upcoming Events:

Tuesday 9 March:

Catch up Photo Day

Wednesday 17 March:

Primary Athletics Carnival

Friday 19 March:

Feast of St Joseph

Friday 19 March:

Year 9 Spirituality Day

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

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

- doorknobs
- handles
- light switches
- phones
- tablets
- touch screens
- tables
- hard-backed chairs
- remote controls
- keyboards
- desks
- toilets
- sinks/basins
- car steering wheel
- car seats

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

Less touched surfaces

- floors
- walls
- ceilings
- window blinds
- curtains

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