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Issue 3, Term 1, March 2021

Principal's Message

As we begin the descent towards the end of Term 1, there are a significant number of assessments in all year groups. Now is the time to focus on these tasks and make sure all students are studying for in class assessments or working on assignments or projects and not leave all the work to the last minute. All students have a copy of their assessment tasks and the time and dates are available on the College Website.

Please encourage your child to do their very best over the coming weeks.

In recent weeks, we have received some positive news from the NSW Government with the easing of the COVID-19 restrictions. As a College, we are still taking all necessary precautions and updates will be provided as they are received.

I would like to take this opportunity to thank our community, leadership, staff, parents and students for their hard work and commitment to St Charbel's College. Our College is blessed to have the mutual commitment of all working together at home and at school to offer and receive quality education and leadership.

We value the partnership that exists between parents/guardians and teachers. This partnership nurtures student wellbeing and promotes a positive College environment. It is therefore in the best interests of the whole College community that communication between parents/guardians and teachers are open and respectful. Parents must ensure that the following

requirements are observed:

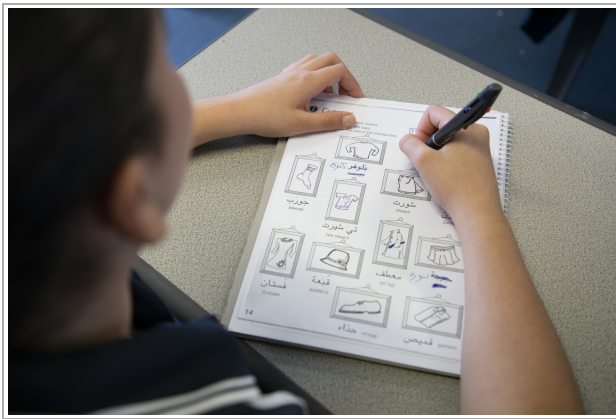
- It is not acceptable to approach a teacher whilst they are on duty dismissing students at the end of the school day.
- Parents must not enter the school grounds until they are signed in through the main office area. The gates are locked at 8:25 am and open again at 3:10pm. Students will need to be in their class line (Primary) or home room (Secondary) at 8:25am so that they can start their lessons promptly.
- Parents should not approach any classroom or enter corridors without an invitation from the class teacher.

All of these guidelines are spoken of in the Parent-Teacher Communication Policy, which can be downloaded from the College website.

We take pride in our College and make the safety and wellbeing of our students a priority. It is for this reason that we ask for your assistance in ensuring student's safety at all times, especially when using Kiss N Go in the mornings and afternoons.

There will be NO tolerance of any inappropriate language or disrespect to either students, parents and/or staff members. Your understanding, cooperation and support with this is greatly appreciated.

God bless you and your families.



Rev Fr. Maroun Youssef

Principal

Director of Primary

The Primary School recently held a Parent Information evening. Thank you parents for your support and positive feedback! A reminder that the grade meetings were recorded and uploaded to the College's YouTube channel. They are available for parents to view at the link: <https://www.youtube.com/channel/UCoLjqsL8djjL1Ng2PHj-Pqg>

There has been an easing of COVID restrictions by NSW Health. This means that the students can sing at assemblies and Choir can sing at school Masses. Parents are allowed onto the school campus, however, some measures stay in place, including the need for adults to socially distance.

We ask that parents continue to drop off their children at the school gates in the morning. This was school policy before COVID restrictions were put in place because playground supervision is easier for staff as they can spot strangers trying to approach students and see immediately if something is amiss.

Information will be sent home shortly regarding next week's Primary athletics carnival on Wednesday 17 March. Hopefully the lovely weather will hold out for the day. Thank you to Miss Zalloua for all her hard work in organising the day and fun events for the students!

Information will go home soon regarding the Parent/Teacher Interim Report meetings on Wednesday 31 March. With the easing of restrictions, the school will have the meetings on the school campus, however, parents who would find it difficult to attend the school campus in the evening will have the option of having a virtual meeting instead.

Ms Maree Kelly

Director of Primary

Secondary REC Coordinator

The Season of Great Lent has been a wonderful opportunity for our children to affirm their faith through weekly devotions – taken by many.

On Mondays, staff and students meet for our weekly Rosary, asking for our Blessed Mother to intercede for our weekly intentions and to assist our students with their daily work and challenges. On Tuesdays we have a religious discussion forum with our High School Chaplain, this provides an excellent opportunity for students to discuss religious questions they miss out on asking during their Religious Education lessons. On Wednesdays students have the opportunity to walk down to our St Charbel's Parish to attend Eucharistic Adoration. This is a life giving opportunity which nourishes and strengthens our deep encounter with Our Lord in the Eucharist. On Fridays during Lent, students are invited to attend Stations of the Cross in the Church, our school Chaplains join and lead us in this amazing experience where students have the opportunity to reflect on the Passion of Christ.

Our school promotes and endorses our precious religious and cultural traditions of fasting, prayer and almsgiving.

We are also looking forward to attending Spirituality Days this year, each cohort from years 7-12 will have the opportunity to participate either on or off campus to engage in various spiritual themes. We hope to share these experiences with you as the year unfolds.

Mrs Regina Assaf

Secondary REC Coordinator

Sydney Jewish Museum Excursion

Hearing first-hand from Holocaust survivor Olga Horak was a fulfilling experience that no textbook could capture. Her testimony showed that the Holocaust is more than just a heading in a book, rather, a permanent mark in history. A highlight from her talk was the unforgettable advice she gave us: 'appreciate the abundance of this country' and 'don't ever hate'. After this, we took part in a talk that exposed us to heroic figures from the Holocaust, like Nicholas Winton. We were then fortunate enough to have a tour of the museum where we saw clothes, weaponry,

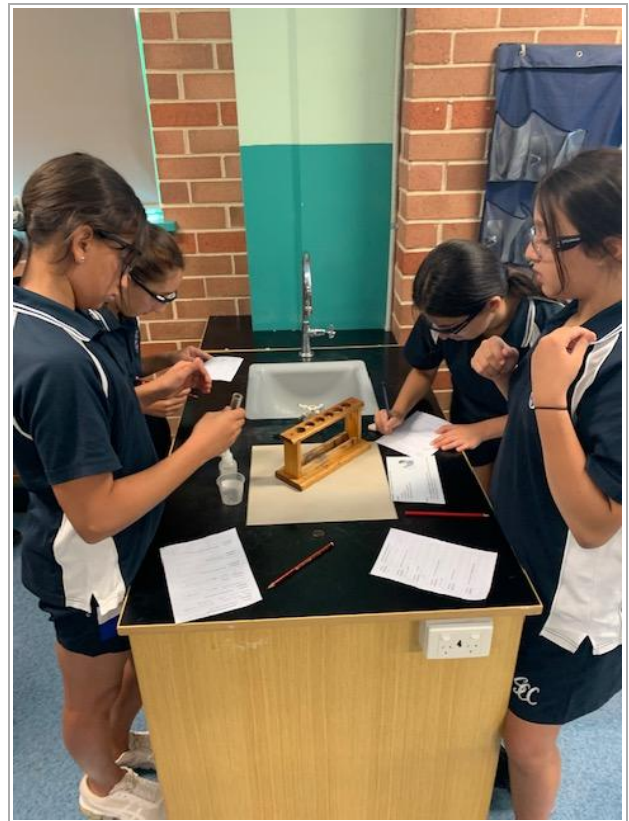
letters, documents, and photographs from the Holocaust. Throughout the day, we were accompanied by several intelligent speakers and tour guides who immersed us into different aspects of the Holocaust. Altogether, this was an undoubtedly inspirational and memorable day.

Joshua Tamer – Year 10 Student

Secondary Science

Students in Years 7-10 having been receiving their new safety glasses in Science.

Year 7 students have been putting the safety glasses to good use as they take part in experiments and practical activities to build their scientific skills.



Mrs Therese Roumanous

Secondary Science Coordinator

Secondary English Coordinator

The Australian Shakespeare Company ignited a passion for Richard III within the Year 12 Advanced English cohort following Friday's interactive workshop on the prescribed play and its paired text, the Al Pacino docudrama, Looking for Richard.



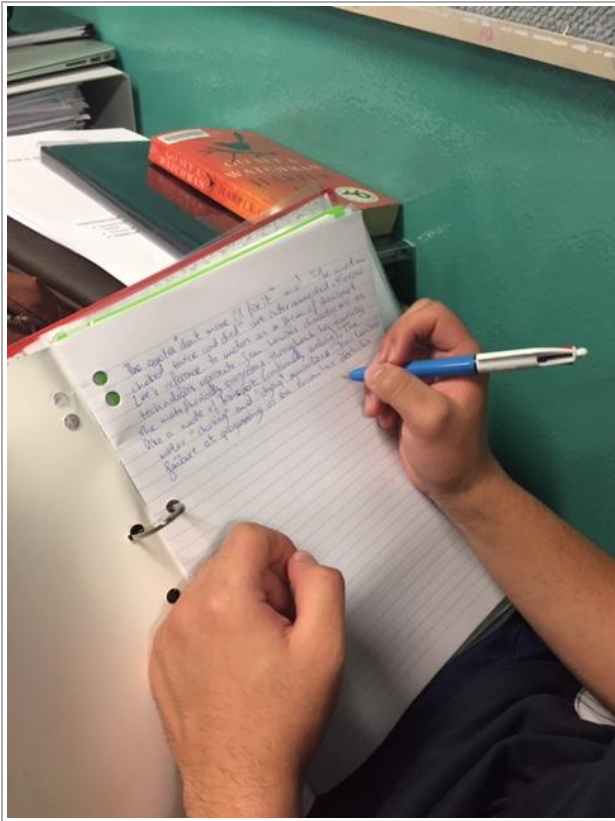


Mrs Jennifer Fletcher

Hexagonal Thinking

Year 11 Advanced English engaged in a hexagonal thinking routine in order to develop their thinking, discussion and writing about the novel they are studying. Each hexagon contained a quote from their text, and they organised them with the character arc of the protagonist in mind. Students then had an opportunity to visit other groups, and explore different thinking paths to share with their home groups. Finally, students translated the thinking and talking into writing. Here are some pictures of the lesson in action: (Attached—pictures with Jessica Wansa, Sasha Noujaim, one collage of hexagons, and one page of writing).





Mrs Jennifer Fletcher

Secondary English Coordinator

The Writing Centre

The Writing Centre is back in full swing with some 20 students from years 7-11 receiving writing advice across all Key Learning Areas from teachers, and most encouragingly, from each other. It is wonderful to see students owning and embracing their learning, and sharing their expertise with peers. Salim Chidiac and Sasha Noujaim, Year 11 Advanced English students, are volunteering their Tuesday afternoons to assist peers as the Service component of their Duke of Edinburgh Challenge, and they have made a wonderful contribution to the younger students' learning already.



Mrs Jennifer Fletcher

Secondary English Coordinator

Year 7 Geography

Each group had to pick a location that is livable and explain why it is livable.

The experience was good and very fun. Learning about livability was very interesting and informative. Performing in front of the class was a bit embarrassing but fine at the end. For the debating, you need to research the area and find out many things about it to see if it is livable or not. Overall the debating was fun and fair. Each student or group had to pick the food and home locations around the suburb or location they picked. It was very awesome being an adjudicator and I loved judging the groups and saying who one was the best team. When my team went up we were ready and very prepared, and we won. And lastly the spectating was very awesome especially sitting next to my teacher. My group did Bondi Beach because we thought it would be a great location. Miss Gee was the adjudicator who chose the winners of the debate.





Teresa Ayoub And Elias Sassine - Year 7 Students

Career News

Our College is working closely with TAFE NSW to offer our students some great opportunities.

TAFE NSW's Youth Engagement Strategy PLUS (the YES+ program) helps students identify potential career pathways, through taster courses in several different industries and experience learning in simulated industry environments at TAFE NSW. The program provides high school students who are 15 years+ the opportunity to learn employability and foundation skills in a vocational context at TAFE. TAFE provides educational support, pathways and individual learning plans. The program aims to help students re-engage with formal schooling, access further education or training options, or realise successful employment pathways.

The courses will run for one (1) day a week for eight (8) weeks. Together with TAFE NSW we have made the following courses available to our students.

Courses, Campus and Course Descriptions:

Barbering Bankstown: This course gives the students an insight to barbering skills. You will learn how to scissor over comb, provide men's grooming, shampoo and blow dry short hair, braid hair and prepare for an interview.

Early Childhood Bankstown: If you have a passion for helping young children grow and develop and enjoy working with people, this course will introduce you to the Early Childhood sector. You will learn practical skills in providing play opportunities for children and about working in an early childhood service.

Hairdressing and Beauty Bankstown: This short

course will give learners an insight to Hairdressing and Beauty skills, shampoo & blow dry short hair, braid hair, face cleansing, applying makeup and how to prepare for an interview.

Design Lidcombe: An introduction to a broad range of technical and conceptual design skills relevant to all design fields - colour theory, elements and principles of design, drawing and surface design.

Timber and Shopfitting Lidcombe: Students will be introduced to the requirements to perform timber and shopfitting tasks. During the course students will be introduced to tools and equipment used in relation to fitting out timber and shopfitting.

I invite all students that are interested in any of these courses to email me and let me know which course you would like to attend. Once we have a number of students interested, I will enrol you into the course.

Course cost is nil. TAFE NSW wants to give our students the opportunity to access resources and services to help identify their areas of interest.

If any students or parents have any questions in relation to this program, please email me or contact the school office.

Happy Careers Searching!

Mrs Dianna Chedid

Careers and VET Coordinator

Year 3 History Excursion

On Monday March 1st, year 3 students, their class teachers and Mr. Paul Love, attended the NSW Schoolhouse Museum in North Ryde. What a blessing it was to finally go on an excursion after the restrictions we had in 2020. The wonderful activities of the day allowed our students to step back in time and see what education was like in the past. This excursion was part of our overall History Unit – Community and Remembrance.

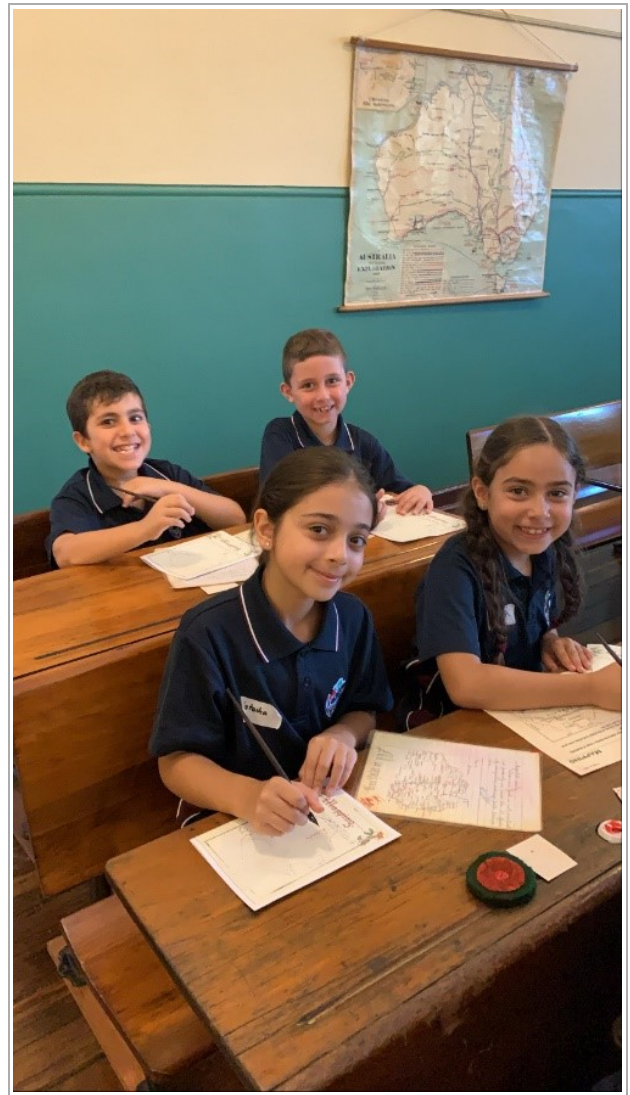


Twisted threading was fun but tricky – Eliza 3M

Loved watching the teacher swing the cane but I would never want to get hit with it – Khalil 3M



Loved the maypole dancing and doing the curtsy like a real lady – Nina 3M





Mrs Diane Sammour

Stage 2 Coordinator

Year 6



The cuisenaire rods were fun and easy to use when learning maths – Anwar 3M

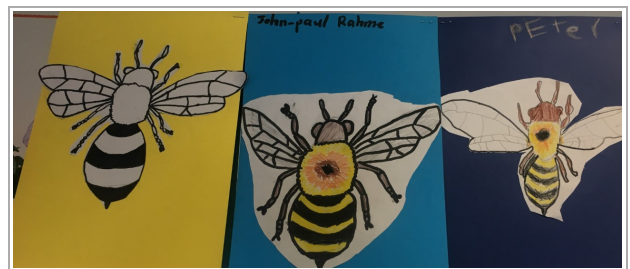
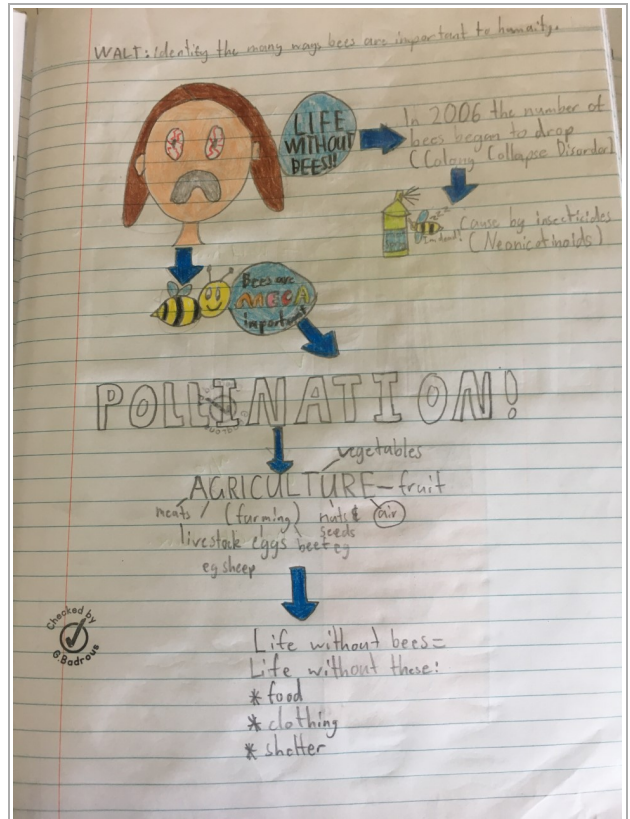
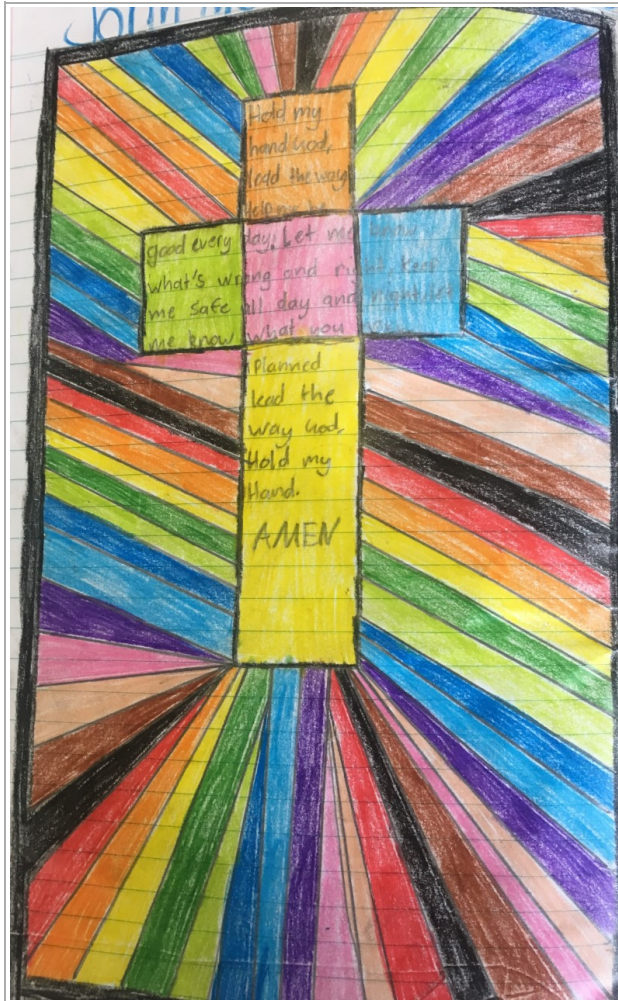


Year 6 boys using problem solving strategies to find the value of the shapes.

Year 4

Year 4 students are really into their learning across all the Key learning Areas . We have some truly

talented artists, readers and scientists among us. We look forward to an amazing 2021.





Mrs Giuseppina Badrous

Year 4 Teacher

Library Corner



This term our students have been learning about our new Britannica School Online, which features on our library homepage. Britannica School Online is a wonderful way for students to find out information for both school assignments and also for personal interest. Students can access the Britannica School Online using the following link and ID and Passcode:

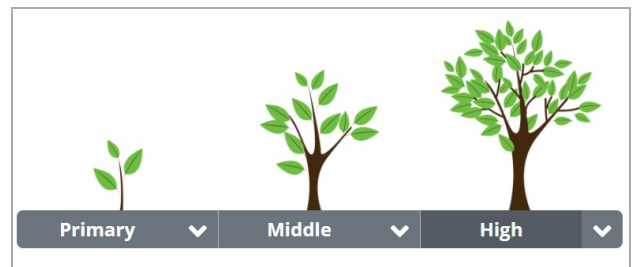
<https://school.eb.com.au/levels>

AccessID: stcharbels

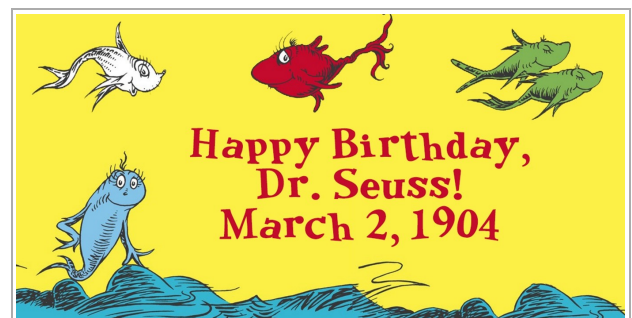
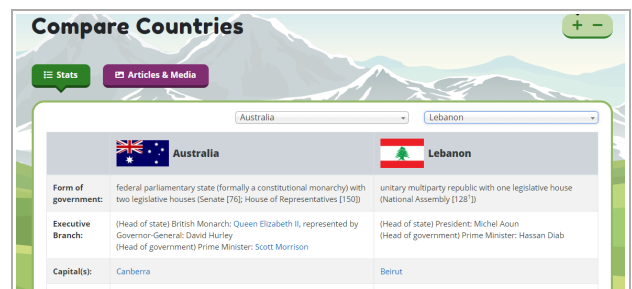
Passcode: eba2020

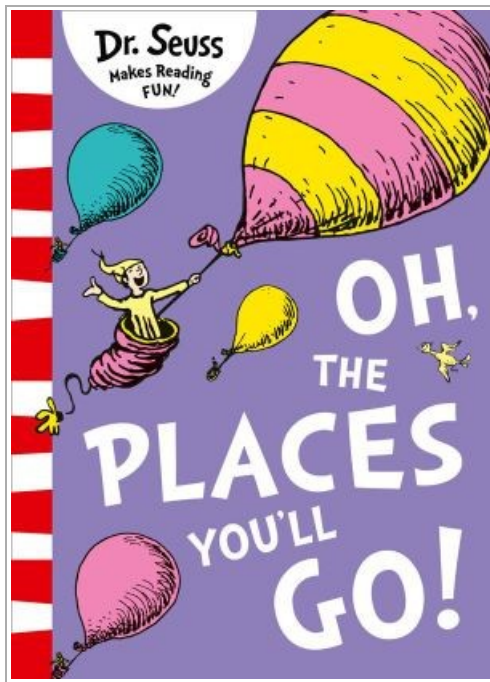
Students can search for a topic and then cater the results to their learning needs by choosing either Primary, Middle or High.

Our students have enjoyed exploring the Primary Geography Section which includes a wonderful interactive World Atlas and allows you to compare any two countries in the world.



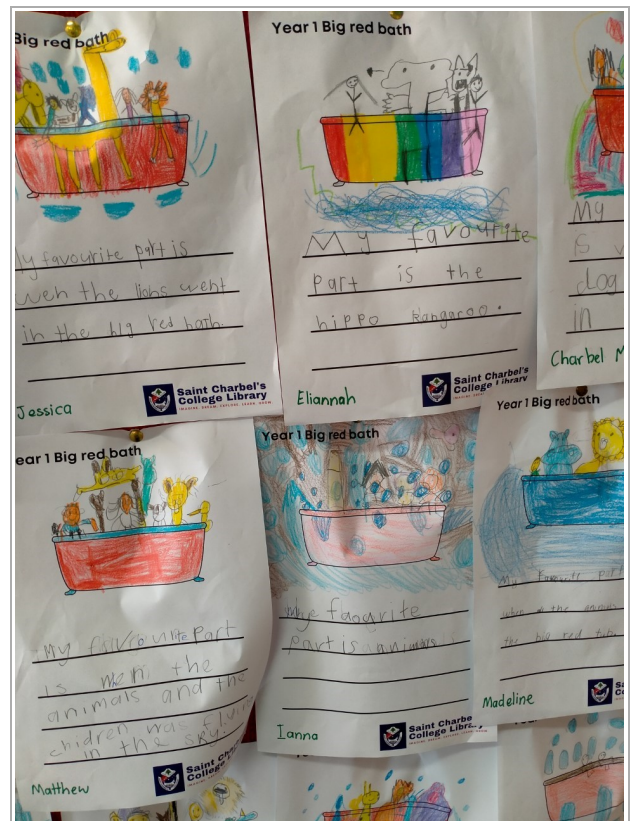
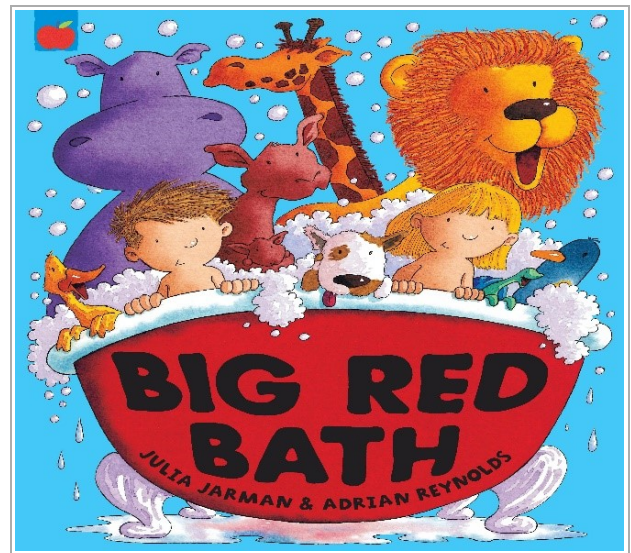
Here is an example comparing Australia and Lebanon. We hope you will feel inspired to compare two countries of your own and take the time to explore our wonderful new school resource- Britannica School Online.





This month we also celebrated the birthday of a much loved author Dr Seuss. 6P enjoyed listening to a reading of *Oh, The Places You'll Go!* This is a wonderfully wise and inspiring book with a timeless message to encourage readers to find the success that lies within, no matter what challenges they face. This book was the last to be published during Dr Seuss's lifetime.

Year One have enjoyed listening to *Big Red Bath* by Julia Jarman and Adrian Reynolds. In this story we meet Ben and Bella, who are having so much splashy bath time fun that soon everyone wants to join in. Year One created these wonderful responses to the story, which have been on display in the library.



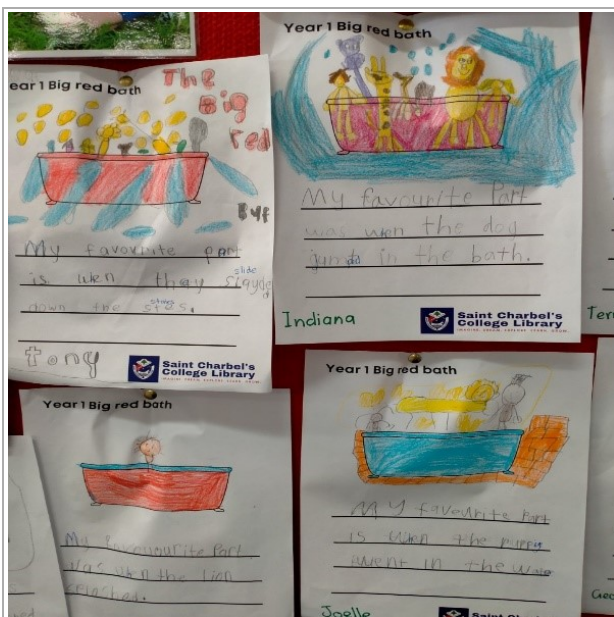
Mrs Simone Cullinan, Mrs Janet Galimi, Mrs Rima Wakim, Mrs Susie Yammouni and Mrs Mounira Akkari

Librarians

Counsellor's Corner
Executive Functioning Skills

What are they?

Executive functions are skills everyone uses to organise and act on information.



Executive functions help you manage life tasks of all types. For example, organising a trip, research a project, planning an assignment in school.

Executive functions are a set of processes that all have to do with managing oneself and one's resources in order to achieve a goal. It is an umbrella term involving mental control and self-regulation.

Under emotional pressure our executive function skills can shut down.

What are the symptoms of executive functioning issues?

Emotional Control – trouble with negative feedback. May overreact to little injustices. Struggles to finish a task when something upsets them

Impulse Control – e.g. calling out, rushing through activities without checking, inconsistency with following rules

Planning and Prioritizing – e.g. difficulty deciding the steps needed to reach a goal. May not know how to start planning a project; trouble seeing the main idea and go off topic.

Organizing – Consistently losing or misplacing things. Can't find a way to get organized even with negative consequences to being disorganized.

Task Initiation – Struggle with planning and prioritizing. May come across as lazy but often they are so overwhelmed they freeze and do nothing.

Flexibility – take things literally; inflexible thinking. Don't see other options or solutions. Difficult to change course. Get stuck.

Working Memory – Struggle with multi steps tasks, remembering directions, taking notes or understanding something you've just explained. Struggle to hold information in their mind to use it and complete a task.

Strategies that can help:

Visuals – Colour code, plans for assignments, mind maps, take photos to show them how their desk or locker should look. The more visuals the better.

Picture sequences write down steps and tick them off as done.

Transition Support – Pre warn about a change; can use a timer. Use transition objects e.g. something they carry (e.g. sensory tool to remind them where they are going

Modelling – show the child what to do. Guide the individual steps.

Routines – packing bag/pencil case/books etc. together at first

Systems – e.g. putting notes into a plastic sleeve in the same part of the bag every day.

Minimise – reduce clutter! (in the bag, locker, desk, drawers)

Time Management – discuss and practice ways to manage time e.g. for assignments and homework

Timer – break routines into steps

Limit Choices – allow to choose between two options instead of giving free choice; this will help the child to feel in control and reduce chances of being overwhelmed

Stop. Check. Reflect. – teach methods to improve accuracy of work e.g. going over spelling in homework

What doesn't work?

Withholding favourite activities or punishment. It is not a choice...they need to be supported towards improving these skills.

Good Website – www.freeology.com


Free graphic organizers including visual templates for writing tasks.

Mrs Jennifer Harsch/Mrs Helena Paras

Counsellors

St Charbel's Ethnic School Term 1 2021
https://stcharbel.schoolzineplus.com/_file/null

Chess!



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

SYDNEY
ACADEMY OF CHESS

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.

Keyboard Lessons at the College

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

CREATIVE KIDS
REGISTERED PROVIDER
Since 2005 NSW Government logo

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, diarrhea, nausea/ vomiting and loss of appetite.

Where can I get more information about self-isolating?
<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx>

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.

Where can I get more information about self-isolating?
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).

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.

NSW GOVERNMENT

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:

Wednesday 17 March:

Primary Athletics Carnival

Friday 19 March:

Feast of St Joseph

Friday 19 March:

Year 9 Spirituality Day

Tuesday 23 March:

Feast of St Rafqa

Tuesday 30 March:

K-2 Easter Hat Parade

Wednesday 31 March:

Last day for students

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	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