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## Issue 14, Term 4 - 5 November 2021

### From the College Principal

Over the last weeks we welcomed back to the College our Primary School students. We should feel blessed to be part of a wonderful supportive community. Our staff acknowledge and appreciate the work you as parents have done over the last months.

Our teachers were looking forward to seeing their student smiling faces in the classroom instead of being transmitted through a screen. As the note prepared by our staff read:

*The day is finally here, and now you are alone. Sit down to have a brew and think of how they have grown!*

*Although learning from home was different and sometimes proved tough, we think your efforts were more than enough!*

*Your little one was blessed with your love and patience, we so very thankful for your dedication.*

*As you walk away your worries can disappear, knowing we have got it from here!*

Next week the College will be welcoming back our High School students, granted there have been changes to their return, this is because the student's welfare is always front of mind when these decisions are made. We appreciate your cooperation and understanding.

As a reminder, please refer to the Parent Portal for any upcoming events, note due to the nature of our

current environment, these dates are subject to change. You will also note, that the 2022 Term Dates have been added to this newsletter, for your reference.

The 10 November of every year marks the anniversary of the Lebanese Maronite Order. 326 years since the establishment of our Order. We pray and carry her in our prayers to continue giving the world the flavour of our Lord and for her monks to stay solid and faithful against all the temptation coming from within and outside of the Christian community.

During the first week of November, we did celebrate two important feast days within the Catholic Church. All Saint's Day which honours all saints known and unknown of the church who have attained heaven. We pray for their intercession and offer up our prayers to them. We also celebrated the memory of all the faithful departed and we prayed for those who have gone before us and who have now entered eternal life with Our Lord. As we have all experienced the heartbreak of losing those dear to us whom we have loved. We continue to pray for them after they have passed and hope that they are with God enjoying the perfection of eternal life. It is our duty as Christians to pray for our deceased and all the Holy Souls in purgatory.

May God bless you and your families.

Rev Fr. Maroun Youssef  
Principal

### From the Director of Primary School

It has been wonderful having all the students back at school after lockdown! Once again, the campus

has been abuzz with the noise of students playing during their breaks and socialising with their friends, which is such an important part of their social, emotional development.

Thank you to all parents for all your patience and support in helping your children with their schoolwork during remote learning! It has been a learning curve for parents, staff and students!

The Primary School has not been affected by the High School closure because the two campuses operate quite separately, with the teachers using different staffrooms, classrooms and facilities. Common areas such as the Library are currently operating in a bubble, so the High School and Primary students are kept separate.

The teachers are working hard to fill any gaps caused by remote learning, however, it is important that students are eased back into school life. The teachers' priority is to ascertain their students' health and wellbeing and ensure a smooth transition back into face-to-face learning. Parents will probably have noticed that their children are exhausted by the end of the school day. Filling gaps will be a gradual process that cannot be rushed.

Now that remote learning has finished, there is only one mode of learning at the school which is face-to-face. NSW Health has declared schools open and stipulated that teachers must return to face-to-face teaching, so this is the staff's focus. For students who are unwell, some work will be sent home or posted online, however, it will not be the same as remote learning.

On Monday 8 November, students will revert to wearing their school uniform. Please ensure your children wear their school hat. This is especially important as the weather heats up. Also, please ensure their clothing is labelled, so items left in the playground can be easily returned to their owner.

To ease congestion at dismissal, there has been a slight change to where students are collected from the playground. K-2 and 3-6 students now sit in class lines on opposite sides of two rows of black cones in the playground, waiting to be collected by their parents who walk down the corridor between the rows of cones.

Under NSW Health guidelines, parents are not allowed to enter the school playground, so it is important that parents remain behind the black cones and do not approach class lines.

Buses will not be running for the remainder of the year. They will return at the start of next year.

There is concern that some students are watching the Netflix series 'Squid Game'. The series is rated MA and contains scenes that are very graphic and violent. It is very concerning that Primary children are being allowed to view this content.

Teachers are already seeing students mimicking a few of the games on the playground. While some games are traditional childhood games and are played innocently by the students, it is apparent that a number of students have watched the TV series. The school asks that parents monitor what their children are watching, especially concerning 'Squid Game', before we start seeing the violent behaviours imitated in the playground.

Ms Maree Kelly  
Director of Primary

### From the RE Department (Secondary)

Year 12 students participated in an online webinar for their Spirituality Day. Mr David Kobler from "Your Choicez" Youth group, was presenting a meaningful and life nurturing seminar on "Respectful Relationships" in addition to various topics pertaining to the Theology of the Body. Students had the opportunity to ask questions through an online chat forum, where they had the opportunity to respond to live polls and then continued those discussions during their religious education lessons. Students were engaged and took away valuable life lessons from this seminar.

Mrs Regina Assaf

Religious Education Co-ordinator (Secondary)



# ★ Self-Soothing

How to make yourself feel better

## Sight

- Low lighting
- Soothing colors
- Sleeping masks
- Coloring books
- Collages
- ASMR videos

## Touch

- Soft things
- Cuddle things
- Hot/cold shower
- Heated/weighted blanket
- Massage
- Squeezy things



## Sound

- Calming noise
- Headphones
- Nature sounds
- Binaural beats
- Guided meditation
- Music playlists

## Smell

- Aromatherapy
- Time outside
- Candles/incense
- Flowers
- Fresh air
- Find your smell



## Taste



- Something yummy
- Eat slowly
- Strong flavors
- Something healthy
- Nostalgic flavors
- Warm drinks

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## From the Year 8 Co-ordinator World Teachers' Day by Year 8

Last Friday, Year 8 celebrated

World Teachers' Day. World Teachers' Day is an opportunity to celebrate and thank teachers for their important role in our community and for the positive impact they have on the lives of their students. In the past 16 weeks, teachers have been challenged to ensure that learning continues in a remote context and the Year 8 cohort are grateful for the wonderful staff at St Charbel's College who continuously offer support and work well beyond what is expected to ensure that they are guided spiritually as well as academically. During Pastoral Care, each student thanked one of the teachers at the college via email with an e-card, poem or a piece of writing of their choice. Year 8 were particularly thankful towards all the teaching staff at the College and are eager to return to face to face learning on November 10<sup>th</sup> to see their teachers' in person once again.

The following is a lovely message that I received:

"The fact that you worry about being a good teacher, means that you already are one."

- Jodi Picoult.

Thank you for a great two years and for always going the extra mile as our coordinator! We appreciate you more than you will ever know. It's not every day you get a friend, teacher and guide in one. I am forever grateful for how you always told us how much faith you had in us. It was something we all needed to hear. Thank you for all that you give students each and every day!

Mrs Andrea Panteli  
Year 8 Coordinator

## From the Head of English

Year 12 Student Places in NSW Parliament Film Competition

Year 12 student Jennifer Sayde this June entered a short film about democracy in the New South Wales Parliament Inaugural International Democracy Day Short Film Competition, using skills she learned across English, History and Drama in her time at St. Charbel's College. Her film has been awarded a Highly Commended Certificate. We congratulate her on this wonderful outcome. Please read about her experience below, and view some still images from her film. – Mrs. Jennifer Fletcher, Secondary English Coordinator

Earlier this year I was afforded the incredible opportunity of entering the 'NSW Parliament Inaugural International Democracy Day Short Film Competition' wherein I was awarded a

Highly Commended Certificate. Within this competition, I was expected to write, film and edit a 60-second-long video discussing my perspective of democracy as a form of government and analysing its inner-workings.

While contemplating my personal definition of democracy, I was inspired by the sayings of Winston Churchill "No one pretends that democracy is perfect or all-wise. Indeed, it has been said that democracy is the worst form of Government except for all those other forms that have been tried". I was enlightened! I now understand that democracy is defined by the unity of the people believing in the core values of liberty, equality and justice for all persons.

I want to extend my gratitude to the teachers of the English, HSIE and Drama departments for inspiring my style and encouraging me to pursue this opportunity. I truly encourage others to enter this competition in the future as it has proven to be a great experience, fuelling creativity and inspiring reflection. *Jennifer Sayde, 12M*



*Hands reaching out in celebration of the freedom democracy affords them*

*Written and illustrated by Jad Haidar (Year 9)*

During term 4, Year 9 English has been given the opportunity to learn about poetry and how it impacts the minds of its readers. Through my study of the poem, "The Mother of Love", I have gained a complex understanding of the significance of Mother Nature to Indigenous people. Before industrialisation, both Indigenous lives and nature lived in serenity. My illustration highlights their overall positive relationship, emphasising their love for each other. However, the entrance of contemporary infrastructure has stolen the natural beauty of the environment and has damaged the wellbeing of Indigenous people, as they plead for the revival of nature's natural beauty. Hence, my illustration raises awareness on the importance of respecting nature, reminding us of the Aboriginal custom that, 'The Earth does not belong to Man, Man belongs to Earth'.

*Teacher: Miss N. Loulach*

Mrs Jennifer Fletcher  
Head of English

### From the Library

It has been wonderful to welcome students back to the College, and especially to the Library. Many of our students engaged with the Library during Remote Learning by participating in Lego Club, Special Story Times, Drawing Club and of course Book Week. Families who were able to do so also made use of our Click and Collect Service to borrow books during this period. We are very grateful to all families in the community for their ongoing support of the Library and its services.

Students are enjoying being able to borrow once again from our amazing collection and they have enjoyed listening to stories as well. There are so many benefits in reading aloud to children. It helps



*Graffiti of 'Help' explores the lacking freedom of speech and faith in an oppressive government*



*The red 'X' depicts the silenced individual under tyrannical rule*

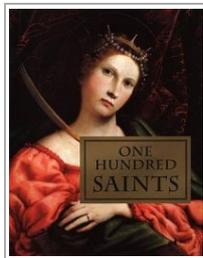
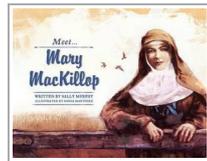
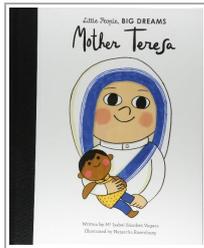


*The crowned individual explores dictatorship and the false promise of freedom*

children to develop focus, imagination, literacy skills and connection to each other and the world around them. It is also great fun! We encourage all parents and carers to take ten minutes a day to read aloud with their children.

If you have library books at home please return them and don't forget to pack a library bag to help keep our books in good condition.

**Mrs Simone Cullinan  
Librarian**



## Careers News

Please navigate through the College's 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.

## How to become a Computational Biologist *Help solve the world's biggest mysteries*

### What do Computational Biologists do?

Computational Biology is a combination of mathematics, statistics, computer science, and biology. Computational Biologists are responsible for gathering data, then using this data to create models to interpret biological phenomena. They can use this data for a number of purposes; to find patterns and trends, understand how things evolve and change, and even cure diseases.

Examples of projects real Computational Biologists are working on include finding a cure for cancer,

helping to stop the spread of deadly diseases like Ebola, and helping develop more sustainable fishing practices.

If you're analytical with a mind for mathematics, are curious and inquisitive, and want to tackle some of the world's biggest problems, becoming a Computational Biologist could be perfect for you.

### The job:

- Gathering and storing data and statistics
- Conducting in-depth research
- Coding new software and programs
- Designing machine learning algorithms to interpret data
- Practically applying research findings in the real world
- Presenting and interpreting research findings to stakeholders
- Applying for research funding and support
- Working alongside other researchers and scientists

## How to become a Computational Biologist in Australia

A Master's or Doctorate-level qualification in a relevant field is usually desired in order to work as a Computational Biologist in Australia.

Step 1 – Complete Year 12 with a strong focus on English, Maths and Sciences.

Step 2 – Study a relevant undergraduate degree at university, such as a Bachelor of Science or Bachelor of Computer Science.

Step 3 – Continue your studies with a Master's level degree. Some fields to consider include Computational Biology, Bioinformatics, Computer Science, Statistics, or Mathematics.

Step 4 – Consider undertaking a PhD in a relevant field.

Step 5 – Gain extensive research and work experience.

### Frequently Asked Questions (FAQs)

#### What do Computational Biologists do?

Computational Biologists use maths, computer science, statistics and biology to interpret biological phenomena.

#### Which industries employ Computational Biologists?

Computational Biologists are mostly found in the Professional, Scientific and Technical Services industry.

## What options are there for career progression?

You can start out as a research assistant before moving on to lead your own research projects, publish your own works, or even move into academia.

## Do I need to go to university to become a Computational Biologist?

Yes, you will need a minimum Bachelor-level qualification to work as a Computational Biologist, though Master- and Doctorate-level qualifications are often desired.

## Where do Computational Biologists work?

Computational Biologists work all across Australia, particularly in the ACT, WA, TAS and QLD.

## What are 3 things I can do right now to help me become a Computational Biologist?

If you're in high school and you'd like to find out if a career as a Computational Biologist is right for you, here's a few things you could do right now:

1. Take classes or go online to learn how to code. This is an incredibly valuable skill you will definitely need in a career in Computational Biology.
2. Try and find work experience or even volunteer in a science or research-based setting. This will help you start building skills and networks for the future.
3. See if you can talk to someone working in the field and get an idea of what a day in their life is like.

Happy Careers Searching

Mrs Dianna Chedid  
Careers Coordinator

Transport 2022 news

## Term dates - 2021 and 2022

2021		
Term 4	Tue 5 Oct 2021	Tue 7 Dec 2021 (Last day of classes)
2022		
NOTES	TERM START	TERM END
Term 1	Years 7 & 12 Commence	Monday 31 January
	Years 1-6 Commence	Tuesday 1 February
	Years 8-11 Commence	Friday 8 April 2022
	Kindergarten Half Days	Wednesday 2 February Thursday 3 February
Kindergarten Full Day	Friday 4 February	Friday 8 April 2022
Term 2	Years K-12	Tuesday 26 April
	Years K-12	Tuesday 19 July
Term 3	Years K-12	Friday 23 September 2022
Term 4	Years K-12	Monday 10 October
		Tuesday 6 December 2022 (Last day of classes)

## 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.

**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?**  
<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](http://health.gov.au)

**HELP STOP THE SPREAD AND STAY HEALTHY**

Australian Government

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

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](http://www.nsw.gov.au/covid-19)

## 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](http://www.nsw.gov.au/covid-19)