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Issue 2, Term 1 - 23rd March 2023

From The Principals

We are already more than half way through the term and we are still keeping busy. We were delighted to meet many parents at our information evenings.

It gave us an opportunity to appreciate the warm feedback by parents about both the College and our hard-working staff.

We look forward to many more opportunities to meet with each and every one of you throughout the year.

In the meantime, we encourage you to maintain open lines of communication with our staff and to provide feedback on how we can continue to improve and enhance the educational experience at Saint Charbel's College.

Thank you for your ongoing support and commitment to our school community and we wish you a blessed and holy Lenten journey fill with an abundance of graces.

Fr Michael Sandrussi & Fr Anthony El-Kazzi
Co-Principals



Epilepsy Fundraiser

This year's epilepsy fundraiser was a success. We set a goal of \$1000.00 and we smashed it, raising \$2424.00. A big thank you to the Year 6 leaders for helping out and organising the stalls.

A special mention to Mrs Lillian Papantoniou, Mrs Nancy Haifa and their daughters for baking 100 cupcakes to sell. They were a big seller and it looks like we will need to make more next year!

Thank you to all of the families in our community for also helping raise awareness and for the generous donations for The Epilepsy Foundation. If you haven't yet made a donation and would like to donate, please click the below link.

<https://fundraising.epilepsyfoundation.org.au/fundraisers/christophertanza>



Price list for MMP Merchandise



Lion - \$15



Pen - \$5



Wristband - \$3



Monkey - \$12



Penguin - \$12



Lemar - \$12



Turtle - \$12



Dino - \$10



Teddy - \$10



Lamb - \$10

Please visit website to order
or call the team on 8809 0655
makemarchpurple.org.au

Crunch N Sip

Crunch N Sip

This can be found on the Health NSW website. Crunch&Sip® is a set time in primary schools for students to 'refuel' on vegetables, salad and fruit and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.

Please ensure you pack your child a piece of fruit or vegetable. If you are unsure about what to pack your child please see the image and brochures for more information.

Vegetable Week and The Big Vegie Crunch

Our school has been registered to participate in Vegetable Week & The Big Vegie Crunch. Please see the link below for more details.

<https://healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/resources/>

Vegetable Week 2023 will run in week 10, term 1 (27 March – 31 March). The Big Vegie Crunch will be on Thursday March 30, 10am. This will mean all of primary will be having crunch n sip at the same time.

School competition

Vegetable Week needs a mascot! In this year's school competition, we will be looking for the most fun, cool and creative design. The winning mascot will be featured in promotional material and resources for Vegetable Week 2024.

Prizes: The winning school receives a \$400 Veggie Voucher, the winning student will win their mascot printed on tote bags for their whole class! The two runner-up schools will each receive a \$250 Veggie Voucher.

They must submit it to Mr Tanza by the 29th of March. Only the 5 best designs will be picked.

Mr Christopher Tanza
Pastoral Care Coordinator K-6

Crunch&Sip®
Information for parents

What is Crunch&Sip®?
Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:
Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and hydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink, unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

What you need to do:
Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.

What to pack for Crunch&Sip®
here are some examples

- A bottle of plain water:** When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.
- A whole piece of fruit or veg:** Choose an easy-to-eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.
- Several whole, smaller fruit or veg:** Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.
- Chopped fruit or veg:** Pack a container of bite-sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.
- Veggie sticks:** Cucumbers, capsicum, celery and carrot are great options.
- Canned fruit:** Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.
- Dried fruit:** For example, apple, mango, apricots or raisins, a maximum of once a week.

Helpful tips for Crunch&Sip®

- Only fruit and vegetables are suitable for Crunch&Sip®. The following are NOT suitable: fruit juice, fruit products such as rolls, leathers or straps, potato or veggie chips, sweets, fruit canned in syrup, popcorn.
- Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety goes a long way and is a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.
- Make sure whatever you pack is a suitable amount for your child and ready for them to eat. No chopping or peeling can be done at school. Include a fork or spoon when needed.
- Prepare Crunch&Sip® snacks in advance. Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut some vegetables when preparing dinner the night before.
- Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. New veggie make a great snack for Crunch&Sip®.
- Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to wash water around their mouth after eating dried fruit to help prevent tooth decay.

Note: Your child's school may request some food items not be brought to school where there are students with severe allergies.

Crunch&Sip®
("تقنّة وشمّة")
معلومات للأهل

ما هي Crunch&Sip®؟
Crunch&Sip® هي فقرة استراحة خلال اليوم الدراسي يتناول فيها الأطفال بعض الفواكه والخضروات وشربون جرعة من الماء في الصف.

ما أهمية هذه الاستراحة؟
تتمتع استراحة Crunch&Sip® الأطفال على اختيار الفواكه والخضروات كوجبة خفيفة والماء كمشروب. الفواكه والخضروات ضرورية للصحة والفواكه والخضروات التي تشرب Crunch&Sip® في أفضل وقت لتناول وجبة جيدة.

ما نتاجون إلى القيام به؟
استاذ/ة الفصل إلى المدرسة وجوهر قشرة ماء وضغط الفواكه والخضروات الجاهزة كالتالي في فترة Crunch&Sip®.

نصائح
مقدمة لزيادة تناول الفواكه والخضروات في المنزل

1. جعل الفواكه والخضروات جزءاً من الوجبة.
2. جعل الفواكه والخضروات جزءاً من الوجبة.
3. جعل الفواكه والخضروات جزءاً من الوجبة.
4. جعل الفواكه والخضروات جزءاً من الوجبة.
5. جعل الفواكه والخضروات جزءاً من الوجبة.
6. جعل الفواكه والخضروات جزءاً من الوجبة.

https://www.health.nsw.gov.au/health/primaryschools/Pages/crunch-and-sip.aspx
تحتوي بعض الأجزاء على طيف هذه الصفحة

Crunch&Sip®
ما يمكن جلبه

قائمة ما يمكن جلبه:
1. فواكه أو خضروات مقطعة مسبقاً.
2. فواكه أو خضروات مقطعة مسبقاً.
3. فواكه أو خضروات مقطعة مسبقاً.
4. فواكه أو خضروات مقطعة مسبقاً.
5. فواكه أو خضروات مقطعة مسبقاً.
6. فواكه أو خضروات مقطعة مسبقاً.

أفكار جيدة لوجبة Crunch&Sip®

1. لا ينبغي تناول الفواكه والخضروات مع الوجبة الرئيسية.
2. يجب تناول الفواكه والخضروات مع الوجبة الرئيسية.
3. يجب تناول الفواكه والخضروات مع الوجبة الرئيسية.
4. يجب تناول الفواكه والخضروات مع الوجبة الرئيسية.
5. يجب تناول الفواكه والخضروات مع الوجبة الرئيسية.
6. يجب تناول الفواكه والخضروات مع الوجبة الرئيسية.

What to pack for Crunch&Sip®
It's simple!
Crunch&Sip means vegetables, fruit and water only.

Sometimes

www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx

The Council of Catholic School Parents NSW/ACT

Anxiety and Resilience
With Dr Justin Coulson PhD
Wednesday 29 March 2023 7.00-8.00pm

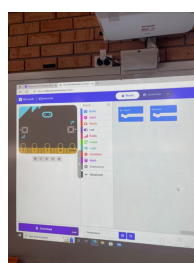
The Council of Catholic School Parents NSW/ACT has arranged for Dr Justin Coulson PhD to present a FREE webinar on the important topic of Anxiety and Resilience. The webinar for parents, carers, and staff in NSW

and ACT Catholic schools will be held on Wednesday 29 March at 7.00pm. You can register using the QR code below or

ccsp.catholic.edu.au/upcoming-webinars.



Find resources to promote this FREE webinar to your school community and network [here](#).



From 5H

Mr Love has been working closely with 5H in Science/I.T. The students are working in their own groups on making their own model that can be changed and manipulated with the different states of matter. An exciting journey ahead!

Mr Love, Mrs Soueif and Mrs Tahhan



From 6P

6P Science lessons have been hands on and amazing! Everyone has enjoyed learning about decoding, micro bits, solar panels and sustainability with Mr. Love and Ms. Badrous.

Jump Rope for Heart

Dear Parents / Guardians,

The Jump Rope for Heart program for 2023 is coming to a close. On Wednesday 29 March we will be holding our Jump Off Day. This will be an opportunity for the students to come together and participate in some skipping activities, show off their new skills and celebrate the conclusion of the program.

The Students will come to school in their sport uniform with a splash of red - (red shirt, ribbon, hat etc).

All online donations will need to be finalised on that day. If you would like to make a cash donation, please put the money in a zip lock bag or plastic bag with the name and class of the student visible and your child can bring it in and give it to Mr Ryan. Thank you for your support and generosity!

Mr Matthew Ryan

Sport Teacher K-6 and Jump Rope for Heart Coordinator

From TAS Department

It is the middle of March and the Creative Arts and TAS classes are off to a flying start. There have been excursions, professional development and an array of amazing work well underway.

The events began early, with year 11 and 12 Music classes attending the Encore performances at The Sydney Opera House. Top performing students from the 2022 HSC music classes were selected to inspire the 2023 cohort in what was an amazing concert.

Visual arts students from year 11 and 12 visited the Art Gallery of NSW to view the Art express exhibition. The Exhibition features the spectacular work of 2022 HSC Visual Art students. Students also visited the new modern wing of the Art Gallery to view the work of Contemporary Australian Artists.

Textiles and Design students from yr 11 and 12 visited Gallery 76 in Concord West to view the Textstyle exhibition of 2022 HSC Textiles students.

Students were treated to an amazing display of talent and inspiration for their own work.

This year we introduced a new and exciting subject in stage 5. Design and Technology engages students in the design process using different materials, tools and techniques to solve design problems. Students are learning to use Adobe InDesign, an industry software to design a logo for their brand and then a T-shirt design which will be printed. This is one of the many areas students will develop design skills.

Year 7-12 students have settled into their CA TAS classes with many projects underway. Music and Drama classes have moved into their new classrooms in the MPH. We look forward to sharing images and videos of their performances. Students across the KLA are learning new techniques, making amazing projects and using an array of materials and technology. Enjoy the images from the CA TAS faculty.

Mrs Maryrose Maatouk
Head Of TAS Department



From The Library

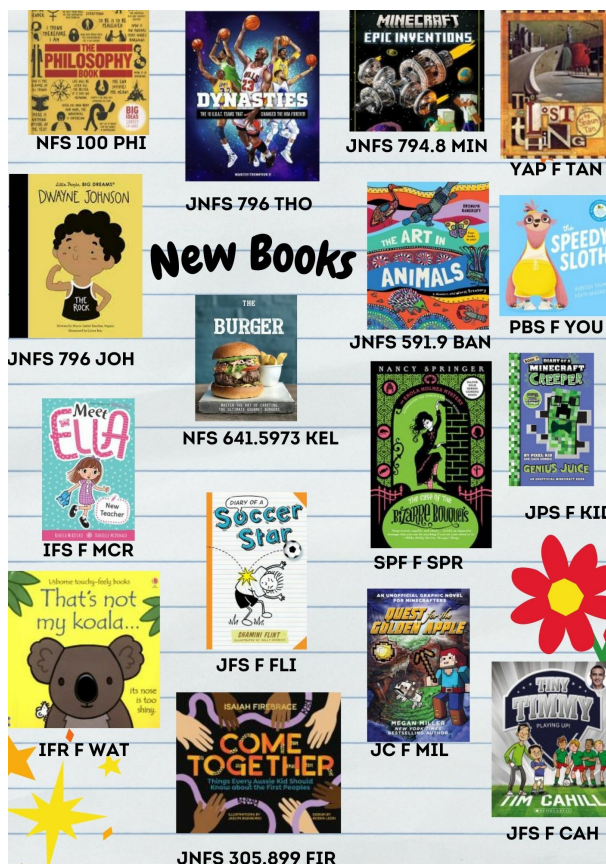


The College library is a place of learning and discovery. The library collection supports the curriculum and student interests. Students can participate in activities during lunch, developing social and emotional learning and critical and creative thinking.

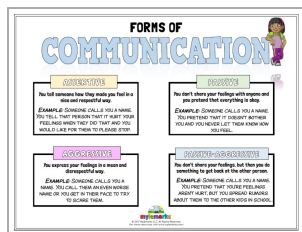


Lunch activities

Monday: Years 1-2 Colouring/Drawing
Tuesday: Years 1-6 Quiet reading & research
Wednesday: Years 3-6 Games, puzzles & Drawing
Thursday: Years 1-6 Lego building
Friday: Library closed for Extra-curricular Chess lessons



From The Wellbeing Team



From Learning Support



ST CHARBEL'S COLLEGE LIMITED
A Co-Educational Independent Catholic School K-12
ABN 44 642 594 045



Dear parents, guardians and carers

Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy \(https://www.education.gov.au/privacy-policy\)](https://www.education.gov.au/privacy-policy).

Further information about the NCCD can be found on the [NCCD Portal \(https://www.nccd.edu.au\)](https://www.nccd.edu.au).

If you have any questions about the NCCD, please contact the school.

Kind regards,

Fr. Michael Sandrussi
Principal Secondary

Fr. Anthony El-Kazzi
Principal Primary

142 Highclere Ave, Punchbowl PO Box 213, Punchbowl NSW 2196 Australia
Tel: (02) 9740 0999 Fax: (02) 9740 0900 Email: info@stcharbel.nsw.edu.au www.stcharbel.nsw.edu.au

From The Career's Department

Please navigate through the College's Careers/VET weblink 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

How to become a Doctor

Doctors are highly qualified and skilled people who diagnose, manage, treat, cure and prevent illness and promote wellness in their patients.

There are lots of different types of Doctors, and depending on your area of interest and strengths you might like to consider these options – but you won't have to decide until much later on your journey to becoming qualified.

If you're good with people, compassionate but analytical, can retain and use information in lots of different ways, and enjoy variety, then you could consider becoming a Doctor.

About you:

- Good communication skills, compassion and a good bedside manner
- Confident and analytical
- Able to exercise high ethical standards
- Enjoy working with people
- Able to cope with the physical demands of the job
- A high degree of motivation and self-discipline
- Ability to work long hours, often under pressure
- Good practical skills
- Ability to solve problems
- Effective decision-maker
- Drive to continue learning throughout career
- Good time management skills

The job:

Duties vary depending on the type of Doctor and practise, but examples include:

- examine patients to determine the nature of the disorder or illness and record the patient's medical information
- order, perform and analyse laboratory tests, X-rays and other diagnostic images and procedures

- provide overall care for patients, and prescribe and administer treatments, medications and other remedial measures
- aid in the prevention of diseases and disorders by advising patients on diet, exercise, hygiene and general health
- prescribe and administer medication and inoculate patients to prevent infectious or contagious diseases
- provide pre-natal and post-natal care
- report births, deaths and notifiable diseases to government authorities
- arrange for patients to be admitted to hospital
- refer patients to other medical specialists and exchange relevant medical details.

How to become a Doctor in Australia

You will need to complete both university-level study and further practical training in order to work as a Doctor in Australia.

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

Step 2 – Complete the UCAT test.

Step 3 – Complete an accredited medical program in Australia – this can be either undergraduate or postgraduate. You can see all of the Ahpra-approved programs of study [here](#).

Step 4 – Complete an internship before applying for general registration with [Ahpra's Medical Board](#).

Step 5 – Start working as a Doctor.

Step 6 – Consider undertaking a fellowship and further specialist training, before applying for specialist registration.

Find out more here –

<https://www.ahpra.gov.au/>

<https://www.amc.org.au/>

<https://ama.com.au/>

Frequently Asked Questions (FAQs)

What options are there for career progression?

There are lots of specialisations you might like to consider after your initial journey to becoming a Doctor is complete – you can see the full list on Ahpra's website [here](#).

Do I need to go to university to become a Doctor?

You will need to complete a university degree, as well as several years of additional training, before you can work as a Doctor.

Where do Doctors work?

Doctors might work in hospitals, private practices or community medical centres, and may also focus on research or medical administration.

What are 3 things I can do right now to help me become a Doctor?

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

1. Start researching your study options. Applications can be extremely competitive and you'll need to work hard to secure a place.
2. See if you can find work experience in health or medicine. This will help you see if you might enjoy the work, and can help you start building important contacts for the future.
3. Talk to a Doctor to see what a day in their life is like. If you don't know anyone, see if you can watch videos or documentaries about a career in health.

Happy Careers Searching

Mrs Dianna Chedid
Careers Coordinator

UpComing Events

Friday 24 March

- Year 7 Spirituality day
- Year 9 Geography Excursion
- Year 9 Naplan catch up- Reading and Numeracy

Monday 27 March

- Year 12 Camp
- Year 7 Naplan catch up- Numeracy and Reading
- Year 7 and 9 Naplan catch up- Numeracy

Tuesday 28 March

- Year 12 Camp

Wednesday 19 March

- Year 12 Camp
- Primary Jump Rope for Heart- Jump off Day

Thursday 30 March

- Year 10 Textiles Excursion

Monday 3 April

- Year 10 Wheelchair Basketball
- White Card Course

Tuesday 4 April

- Year 11 Catholic Studies Seminar

Wednesday 5 April

- Last Day Term 1
- Primary School Easter Hat Parade and Liturgies
- 2024 Enrolments Close
- Year 9 Visual Arts Excursion