From the Principal

“Be who God meant you to be and you will set the world on fire.”
St Catherine of Siena

SRC Meeting

The Student Representative Council had their first meeting on Tuesday during first break. I was impressed by the discussions that were taking place and we look forward to a great year.

Swimming Carnival

Congratulations to McAuley House for their victory at the swimming carnival on Friday. All Houses are to be congratulated for their fine demonstrations of House Spirit on the day. Congratulations to MacKillop on being awarded the House Spirit Trophy.

Year 7 and 8 2015 Enrolments

In order to assist our planning for the introduction of Year 7 in 2015, we have moved our enrolment processes for both Year 7 and 8 2015 enrolments to Semester 1. We wanted to ensure that all parents and students from both year levels are given appropriate opportunities to ask their questions and so we are conducting two separate processes.

The Year 8 2015 Enrolments are now open. Enrolment application packages were given to the Year 7s at the Catholic Primary Schools during the past week. Families with siblings at other local schools are encouraged to collect an enrolment package from the College Office as soon as possible, as first round applications close on Friday 21 February.

I would warmly like to invite prospective students and their parents/guardians to attend a “welcome” function at the College on Monday 17 February in Lavalla Court commencing at 6.30 pm. This is a wonderful opportunity to connect with other parents and to meet your student’s teachers. We hope to see you there!

Student Free Day

Tuesday 18 February will be a Student Free Day due to the Bishop’s In-service Day. This important annual event provides the opportunity for the staff from Chanel to join with the staff from Star of the Sea, St John’s, St Francis and the Parish. Please note that the College Office will be closed on this day.

P and F Meeting

I would like to invite all members of the Chanel Community to attend our first P and F Meeting for the year on Wednesday 25 February from 5.30 pm – 6.30 pm. Our P and F is not a fund raising committee; however it does make important decisions about how to spend the P and F levies that families pay each year. Please come along and give your input!

Phone: 07 4973 4700
Fax: 07 4973 4799
E-mail: the.secretary@chanelcollege.qld.edu.au
website: www.chanelcollege.qld.edu.au
Student Absentee Hotline: 4973 4791
Year 8 Retreat Days
Over the next two weeks each Year 8 Core Group will experience a Retreat Day at St Patrick’s Church in Calliope. This Retreat gives students the opportunity to share and reflect on constants and changes in their lives as well as exploring their own uniqueness and that of other’s. We hope each student will find this time fulfilling and enjoyable. The Retreats will be directed by Mrs Kim Green/Mrs Michele Chapman and each group will also be accompanied by their Religion Teacher.

Bishop’s In-Service Day
On Tuesday 18 February, Chanel Staff will join staff from other Catholic Schools in our area and people involved in Parish Ministries to reflect with our Bishop and invited speakers. The theme for this year is “Jesus Today”.

Year 9 Retreat Week 5 & 6
Year 9 Students will be attending a Retreat at Riverside Retreat, Bundaberg from 26 February to 7 March. This is a Retreat to challenge them to achieve personal and team goals. Retreat Information and Permission Forms were distributed this week and your assistance in returning these forms promptly would be greatly appreciated.

Prayer Support
Thank you to the many people who have offered prayer support for our Year 12 Students. Senior students appreciate prayers offered for them during their final year of school which can be a stressful time for them. Thank you once again and you should soon receive your letter of introduction from your nominated student.

Stamps for the Sisters of Mary MacKillop in Peru
Please remember to save your used stamps and send them in to the College. The Sisters in Peru need our support to enable them to continue their work with disadvantaged and marginalised children. Thank you to all who have donated in the past.

Second Hand Uniforms
The second hand uniform 'shop' is open each Wednesday in the RE Resource Room during the first break.

Thursday Mass
Mrs Miles’ Year 12 CMT Class – Thursday 20 February
Mass is celebrated in the College Chapel at 10.40 am each Thursday.

Please Pray for …
- Civilians in Middle Eastern countries as the political unrest continues to cause pain and suffering.
- A year during which we will make a difference to someone each day.
- Mrs Butterworth and others in our community who are unwell or recovering from illness.
- The many communities cleaning and repairing after bushfires in our southern states.

Praise and Thanks for…
- Civilians and defence personnel working to rebuild lives and to bring peace, unity and justice in many parts of the world.
- People who volunteered to be a prayer support person/family for our Year 12 students.
- The opportunity to have fun and be relaxed together at the well organised swimming carnival.

If you have any requests for either of the above prayers, please leave your request at the Office.

An invitation to all Vincentians, Vinnies Youth Volunteers, and interested New Volunteers please join us
For an information session, Q&A, meet and greet and planning afternoon with Samara Thompson —Diocesan Youth Facilitator and Cassandra Bull—State Youth Manager.

Thursday 20 February 2014
3.30-4.30pm
Chanel College Library
Come along and learn more about wonders of Vinnies Youth and help us to plan for a successful future of Vinnies Youth Programs in Gladstone!!!
RSVP: Samara 0409495020 samara.thompson@svdpqld.org.au
Last night the parents of our Year 10 and 11 students attended an Information Evening with their child. Information to help students make it through the final years was presented. In this newsletter I have included some information to help, both parents and students, manage the final years of high school.

Dr Michael Carr-Gregg is one of Australia’s leading Psychologists. He advises the following for both students and parents to help prepare for the final years of schooling.

**For Students: 10 Keys To Success In The Final Years**

1. Establish a routine - set aside a particular time each day for study and revision and stick to it.
2. Create a study environment
3. Set a timetable - with a timetable you can plan to cover all your subjects in an organised way allotting the appropriate time for each without becoming overwhelmed.
4. Look after yourself - Drink and eat right. Get enough sleep each night - 9.25 hours. Regular physical exercise makes you feel great, boosts your energy and helps you relax. So try to keep up regular sporting activities or at least fit in some regular exercise.
5. Reward yourself for studying. Watch your favourite television program, spend time with your friends, walk to the park, play sport.
6. Have variety in your study program - study different subjects each day. Do different types of work and revision in each study session.
7. Avoid interrupting your concentration. Have all the appropriate materials with you before you start a session of study to minimise distractions.
8. Test yourself on what you have studied - ask your parents or family members to quiz you on what you have learnt, use draft questions from books.
9. Don't panic during exam time.
10. Ask your teachers for guidance.

**For Parents: 10 Keys to Success in the Final Years**

1. Whether a student chooses to work this year is entirely up to them. No one can make a young person study. You can't study for them.
2. Parental nagging and carping has been identified as a major student stressor. Offering support is most important.
3. Do not remind your child that their entire lives depend on this year.
4. Do not continually detail the nature and extent of the financial sacrifice that you have made for them to be at the School. Do not tell them what great marks you or their siblings got!
5. Negotiate your needs and expectations, and be flexible!
6. The trick of good parenting in the final years is to be available, even on the phone.
7. Ask if there is anything you can do to help (but not too often).
8. Celebrate getting through Year 12, before the results come in.
9. True success is not a high OP, or a place at Uni/TAFE - it's their attitude to life.
10. Help them maintain balance and stay organised.
Interhouse Swimming Carnival

House spirit, sportspersonship and a healthy rivalry were all on display at the Interhouse Swimming Carnival last Friday, 7 February. The town pool was a sea of Purple, Red, Yellow, Green and Blue with each student wearing their House shirt with pride to show their support for their team. Throughout the day each house was fiercely trying to out-do the other both in and out of the pool. Students demonstrated great athletic ability in the pool in the championship events with some very close finishes were had in many races. The Participation races for the freestyle, breaststroke and backstroke saw some unusual ways to get down the pool; but each student was eager to earn valuable points for their house. A change to the novelty events this year saw around 60 students from each house in the pool competing in the 'Great Beach Ball Race' and the '5 Minute Pool Noodle Swim', which, in the end, turned into 10 minutes because all were having so much fun. Though the highlight of the day had to be the final race; Teachers V Students. Massive support was heard from both sides in the stands and the race was on. Like the rest of the day’s races, this race had it all. Lead changes were seen with each new swimmer entering the pool, friendly rivalry and a close finish. Overall this race ended a terrific day of fun, competition and College spirit. Congratulations to all Age Champions and to MacKillop House for taking out the House Spirit Award and to McAuley House as the overall 2014 Swimming Carnival House Champion.

Age champion Swimmers:

13 Years:

Girls
Age Champion – Grace Graham (MacKillop)
Runner-up – Eden Johnson (Marcellin)

Boys
Age Champion – Kai Nugent (McAuley)
Runner-up – Liam Gifford (Stella Maris)

14 Years:

Girls
Age Champion – Georgia Kerr (McAuley)
Runner-up – Sidney Blake (Futuna)

Boys
Age Champion – Bailey Hoare (McAuley)
Runner-up – Troy Wright (Stella Maris)

15 Years:

Girls
Age Champion – Becky Lyden (Marcellin)
Runner-up – Alex Lennon (Stella Maris)

Boys
Age Champion – Trey Keyworth (Futuna)
Runner-up – Max Dooley (MacKillop)

16 Years:

Girls
Age Champion – Kate Boyd (MacKillop)
Runner-up – Monique Poli (Stella Maris)

Boys
Age Champion – Michael Pacheco (Stella Maris)
Runner-up – Connor Rose (McAuley)

Open:

Girls
Age Champion – Maddy Randazzo (Futuna)
Runner-up – Maddy Haigh (Futuna)

Boys
Age Champion – Scott Randle (Stella Maris)
Runner-up – Harrison Madge (McAuley)

House Spirit: MacKillop

Champion House:

1st - McAuley

2nd - Futuna

3rd - Stella Maris

4th - MacKillop

5th - Marcellin

Thank you to all students who attended on your excellent behaviour, competitive spirit and positive attitude you displayed at the pool.

Thank you to the College Staff for your assistance on and prior to the carnival. Without your help timekeeping, recording, supervising, photocopying and so on, the day would not have been the success it was.
**Port Curtis Trials**

**Tennis:** Congratulations to the 4 Chanel College Tennis students who all made the Port Curtis Tennis team. The Capricornia trials where held on Monday 10 February in Rockhampton. The team are: Kelsey Smith, Emma Westman, Kyle Stevens and Aaron Fahey. Good Luck to you all.

**Softball:** Jurak Massey and Lochlainn Martin will represent Port Curtis in Mackay hoping to win selection in the Capricornia team for the State Titles.

**Volleyball and Touch:** Chanel was well represented in both these sports with Port Curtis Trials held on Tuesday 11 February.

**Trials coming up:**
- 15 and 18 Years Rugby League
- 18 Years Girls and Boys Basketball
- 19 Years Boys and Girls Hockey
- 19 Years Boys and Girls Football
**POSITIONS VACANT**

**Best and Less**  
Best and Less have School Based Traineeships being offered to Year 11 students interested in retail sales. If you would like more information of these please come up to my room or email me.

**Eagle Boys Pizza**  
Eagle Boys Pizza Sun Valley are looking for in store staff and delivery drivers. Hiring from 13yrs and up.  
Need to be available for approximately 12hrs of shifts per week  
Contact via email: lucas-doc@Hotmail.com or in store  
Training provided

**School Based Traineeships and Apprenticeships**  
If you child is interested in one of these can you please let me know. Students are able to undertake these from Year 10 onwards. Some students have turned their after school job into a school based traineeship. Working in the food industry there are traineeships attached to them. Retail Traineeships are a good option.

**Photography Group**  
Do you love to take photos? Are you interested in photography? Would you like to meet others who share the same interest as you?

Great news!  
The Chanel College Photography Group will have their first meeting for 2014 on Monday 17 February during first break in CP203 with Mrs Cameron. No photography equipment is required for this meeting, just bring your lunch.

PS - Worried that you won’t have the correct photography gear, well don’t as you can use any device that can capture a digital image.
As we begin Week 3 of this term most students will have established a study routine and have signed up for various extra-curricular activities. I hope that the few tips below will help parents help their children achieve to their potential.

1. Being in the Mood

Many children believe that they need to be in the mood before they begin homework and study. Research says that if you wait for the mood you are unlikely to begin studying! Instead there is ample evidence to indicate that students need to begin their homework in spite of their mood and once they become engaged the mood will follow.

2. Setting a time for Homework

Part of being a student is, unfortunately the fact that you have to study after school. While students do not have a choice about completing homework it is a good idea to give them a choice about when they complete it. Some children will need a break and a snack when they get home; others prefer to get work over with immediately. Negotiate with your child about times and then let him/her try this for a couple of weeks. Sit down and review this and be prepared to let your child try a different time if necessary. Remember establishing a routine is crucial.

3. How much time is enough?

Schools often suggest approximate times for students to spend on homework depending on their year level. These can be used as a general guideline but children are individuals and learn at different rates so let common sense prevail. If your child is not in the habit of studying agree to start with short periods of 10-15 minutes and gradually increase this as needed. Periods of 20-30 minutes when a child is trying to learn something new is sufficient and better for retention. Encourage your child to take a short 5 minute break every 30 minutes and they will learn more effectively.

4. Healthy snacks

Many children like to snack when they are studying but it is essential that the food they are snacking on is brain-friendly food. Having small containers of fruit, veggies, nuts or yoghurt available in the fridge at eye level will make it more likely that children will munch on these. Keep the biscuits and chippies out of sight!

5. Keeping in contact with teachers

If your son or daughter is establishing a routine, doing their best but still not able to complete the work contact the Pastoral Coordinator so that both school and home can work together to support your child to achieve. Most of the above is applicable to our Junior students as our Senior students are likely to be independent learners.
NOTICE: CHANGES TO UNIFORM SHOP HOURS

Please Note:
The College Uniform Shop hours have changed. These hours are current until further notice.
Mondays 8.15 am - 11.15 am
Thursdays 1.00 pm - 4.00 pm
This unforeseen change is due to illness, we appreciate your understanding.

TUCKSHOP VOLUNTEERS NEEDED

Our College tuckshop is in need of Volunteers. If you are interested in helping, no matter how little time you can spare, please see our tuckshop convenors to express your interest. Any helpers would be greatly appreciated and valued.

Thank you
Marina & Aileen
Ph: 4973 4707

STUDENT ACCESS CENTRE

Do you need help with Assignments? Homework? Careers?

Available for you are:

HOMEWORK ASSIGNMENT HELP
Monday, Tuesday, Thursday & Friday at 8.00 am. Also First Break everyday except Thursdays.

Contact Chanel College’s
Inclusive Curriculum Coordinator:
Mrs Robyn Jurd on 4973 4739 or
Career Officer: Mrs Mellor on 4973 4738

Upcoming Events

Week 4
Mon 17 February
• House Assemblies
• Year 8 2015 Information Evening 5.00 pm
• Inter-School Cricket

Tue 18 February
• Bishop Inservice Day

STUDENT FREE DAY
Wed 19 February
• Year 8 Retreat Group A
• Musical Production Call Back
• Port Curtis Trials - Hockey, Rugby League, 18y Basketball, 19y Soccer
• P & F Meeting 5.30 pm

Thur 20 February
• MASS TODAY
• Year 8 Retreat Group B
• Musical Production Call Back

Fri 21 February
• Year 8 Social 6.30 pm
• Year 8 Parents Wine & Cheese 6.30 pm

Week 5
Mon 24 February
• Whole School Assembly
• Year 8 Retreat Group D

Tue 25 February
• Year 8 Retreat Group C
• Port Curtis Trials - Netball
• Music Cast Announcement 3.30 pm - 5.30 pm
• 16y Girls AFL Nominations Due

Wed 26 February
• Year 9 Retreat-Surname A to G
• Interschool Volleyball

Thur 27 February
• MASS TODAY
• Year 9 Retreat-Surname A to G
• Capricorn Trials - Volleyball & Touch

Fri 28 February
• Year 9 Retreat-Surname A to G
• Year 8 for 2015 Enrolment Applications Close
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<th>SPORT</th>
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<th>PC CONVENOR</th>
<th>COACH/MANAGER</th>
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<td>15 Years Girls</td>
<td>Football</td>
<td>Monday 15th May</td>
<td>Mackay</td>
<td>14-17th August</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13-19 Years</td>
<td>Cross Country</td>
<td>Tuesday 6th May</td>
<td>Mackay</td>
<td>20-21st July</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13-19 Years</td>
<td>Track and Field</td>
<td>31st Thursday July &amp; 1st Friday August</td>
<td>Mackay</td>
<td>QSAC Brisbane 23-26th October</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 Years Boys</td>
<td>Cricket</td>
<td>Tuesday 12th August</td>
<td>Rockhampton</td>
<td>Maroochydore/Nambour 30 Nov-4th December</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 Years Girls</td>
<td>Cricket</td>
<td>Tuesday 12th August</td>
<td>Rockhampton</td>
<td>Gympie 19-21 October</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>