



Our Lady of the Sacred Heart College

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Newsletter

Dear Family and Friends of Our Lady of the Sacred Heart College Community,

As you read this newsletter you will notice that there is always so much happening here at OLSH! This is of course the reality of life at school in our current age. To all, students, staff and parents who have contributed to the life and energy of Term 3 here at the College we extend our sincere appreciation.

Our recent Open Day enabled us to share with prospective and current parents and students how the education of young women happens here at OLSH. Students and staff were outstanding ambassadors for the College and it was clear that many of those who came to see OLSH College in action were most impressed. Thank you to the many students who assisted on the day and to Mr Shane Taylor, Miss Bernadette Anderson and Mrs Antonella La Greca for the leadership and organization of this most successful day.

The 'OLSH Singers' had their first experience of performing in the Australian National Choral Association Schools Choral Festival at the Hawthorn Town Hall. Their presentation of three songs was a wonderful effort and each student is to be commended on their commitment to this group. Thank you to Ms Kellie Watson for her leadership of the OLSH Singers – they are a talented group!

Special Congratulations to Chriselle De Souza receiving the award for Rotary Youth Citizen of the Year for Glen Eira. We also rejoice with Mrs Josie Diletto on being awarded a 3 week Residential Study Grant for Educators at the Yad Vashem's International School for Holocaust Studies in Jerusalem.

The College is blessed to have the presence of students and staff from Istituto Mazzotti in Treviso with us as a reciprocal visit to our Italian trip earlier this year. Sincere thanks to families and staff who are extending to these students their hospitality and care.

Year 11 students will have their Leadership Retreat next week and we wish them well as they begin the process of preparing for leading the College in 2010. Best wishes also to the Raw Rock Eisteddfod students in their upcoming Grand Final.

Ongoing refurbishment and upgrading of the College facilities continues to be a focus of the use of the National School Pride funding. The 100,000 litre water tank has recently been installed as the first stage of the sporting fields project. It certainly is a big tank!

OLSH School Improvement Framework Update

This week has been an important time in the **OLSH School Improvement Journey**. Students staff and parents have all been engaged in the completion of surveys that will provide significant data and feedback for the development of our strategic plan.

It was a requirement of the process that the students and parents who completed surveys were randomly selected. At a later date there will be another opportunity for parents who would like to give feedback to the College to access focus groups as part of this process.

Tomorrow we celebrate the Feast of Our Lady of the Sacred Heart. This year it is 150 years since Jules Chevalier msc gave Mary this special and most beautiful title. Mary lived as a woman of Heart. May we be challenged to live inspired by her spirit.

Our Lady of the Sacred Heart, pray for us!

Anne O'Loughlin
Principal

Heart Matters



Mary did not receive the Son of God only into her body, but into her entire being as woman. By the Incarnation of Christ, God assures us that the unique condition of woman is an essential element in his extraordinary and wonderful plan of coming to live among us. When we reflect on the way Mary herself sees her life journey, we see that she creates space in her being in order to accept the Word of God and all the Good News of Salvation. She enters into a personal relationship with Christ, developing her gifts of tenderness, perceptivity, and listening. Mary makes her special gifts of intuition and sensitivity effective in the service of Christ's mission.

Sr. Klara Sietmann msc



Absentee Line



The College absentee line is **85209250**. This line rings about 5 times, before switching to a recorded message. The line enables you to ring in before or after the normal school hours, as well as the usual school times.

ENROLMENTS

Year 7: 2011

Enrolments for 2011 are now open.

Enrolment packages are available from the College office: phone 8520 9200 or call in to collect one.

VCE 2010

We have limited vacancies in VCE. Please contact the Registrar on 8520 9200.

Canteen

TERM 3

SEPTEMBER

Mon 14/9	Need help please
Tues 15/8	Debbie Murphy
Wed 16/9	Anne Marie Gale
Thurs 17/9	Nancy Colaianni
Fri 18/9	Recess only

TERM 4

OCTOBER

Mon 5/10	Majella Kovac
Tues 6/10	Need help please
Wed 7/10	Kerry Amin
Thurs 8/10	Leanne Kerr
Fri 9/10	Margaret Degering Jan Drew

From the Deputy Principal



The Adolescent Brain:

Over the last ten years, with the help of functional magnetic resonance imaging, there has been extensive research in brain development.

Did you know-

- Scientists now believe that the brain continues to remodel itself until around 25.
- Motor and sensory areas mature early
- The last section to mature (the front part of the cortex) is responsible for reasoning, planning and judgement
- From the age of twelve to young adulthood, the grey matter of the brain is pruned at the rate of 30,000 connections per minute. Only the most efficient connections are retained. (This also means the adolescent brain has to work harder and less efficiently than adults in problem solving)
- Teen brains are more susceptible to alcohol induced toxicity
- Aerobic exercise and sleep are very important in enhancing brain development

What does this mean in terms of adolescent development?

- Behaviour and emotion are less adequately controlled due to a lack of synchrony between a mature body and an immature nervous system. As a result, young people are more likely to engage in risk taking behaviours.
- Adolescence is a time of creativity and experimental learning
- Thinking is enhanced in a calm and safe environment. (That is why it is best for adults at times to wait until they are calm to speak with adolescents about some issues)

If you are interested in finding out more, google adolescent brain development and discover a multitude of articles about this topic.

Ms Elizabeth Maguire

Victorian Championships – Cheerleading

Congratulations to: Sam Cramer, Emily Carroll, Ashleigh Kerr, Gemma Ryan and Tara Drysdale-Stevens who, as part of the Hihett Youth Club team, 'Hihett Hurricanes' participated in the Victorian Championships for Cheerleading at Springers Sports Complex on Sunday, 30th August, 2009.

The girls spent a very long day in high level competition and achieved a 1st placing for their stunts routine and a 3rd placing for their Poms routine in their age group and division.

The next challenge for these talented girls is the National Championships which will be held at MSAC on the 3rd and 4th of October. Well done and best wishes for the Nationals!

Tackling Road Safety

On Monday the 23rd of August, Annie Mirabile and Nina Leontaridis went to Parkdale Secondary College for a youth forum on traffic safety. The forum was attended by many schools from the Bayside area, and our questions were answered by the Hon. Tim Holding, Minister for Finance, Minister for Work Cover and the Transport Accident Commission, Minister for Water, Minister for Tourism and Major Events.

The Minister wanted to hear the voice of youth as young people between the ages of 18 and 25 comprise the group most at risk of road fatality and trauma. The Government approaches road safety in three ways: improving the safety features of vehicles on the road; improving road infrastructure and improving driver competencies.

The Minister was keen to hear student views on the graduated licensing system, road safety, road rules, P-plate restrictions, driver education courses and the controversial 120 hours of supervised driving.

It was a great insight into what measures the Victorian government is putting into place to make our roads safer. The forum also provided us the opportunity to hear the views of students from other schools and to contribute our own thoughts on an important issue that is relevant to us.

Annie Mirabile (10 Gold)

COLLEGE NEWS

TRIP TO LOMBADINA

On 31 July 4 OLSH girls took a plane to WA. We were lucky enough to be part of the first OLSH trip to the Aboriginal communities of Lombadina and Djarindin, approximately 200km north of Broome.

We stayed the first night in Broome, mainly recovering from our 6am flight. We walked to Cable Beach and swam as the sun set over the Indian Ocean. The next day we began our journey to Lombadina - a 3 hour drive over a red dust road. We slept on the beautiful untouched local beach, under the stars and in the morning went to mass in the local paperbark church – the only remaining paperbark church in the Kimberley. That afternoon we were then introduced to 3 local students named Austin, Mazza and Benny Boo. It was great to finally meet some locals and to get a feel for life in a community. We all piled into the 'troopies' and drove with to One Armed Point and Cape Leveque, where we went on a glass bottom boat and saw some whales. The next two days we went to school and realised how different Aboriginal culture is to ours. On Wednesday, we were invited to join them on their school camp to Fitzroy Crossing. We set up tents and slept in the camp site - shared with cattle. On the 4hour drive back we stopped at Tunnel Creek and Windjana Gorge and had a marvellous time exploring the caves and enjoying the serenity. After a quick bite to eat we began the long car drive home to Lombadina. The next day was our last in Lombadina so we took the opportunity to spend the day in the school with the adorable primary school kids.

It was sad to say goodbye to all the wonderful people we have met along the way in Lombadina and we are all very grateful to be able to participate in such an eye opening experiencing. A big thankyou goes out to Mr and Mrs Munday for making this trip happen and to Ms De Rosa for accompany us and giving up her mobile phone coverage to experience this with us!!!!!!!

Caitlin Mitten, Hannah Williamson, Polly Mitchell and Mollie Rumble.

SPORT - SOCCER

On Wednesday 19 August the three OLSH soccer teams embarked to Monash University. The Juniors won most games and drew twice, putting them in the grand final. The superstars that are the intermediate team, playing for two championships in a row, won all their games, except for one draw due to major distractions on the pitch and a ref that needed glasses. But they too got into the grand final. The seniors had a tough day, winning one, losing one, and drawing two.

In the grand final, tears were shed as the juniors lost to an unlucky goal in extra time. Still it was the best performance from the Juniors since De Rosa's awesome junior team back in 2006. The Intermediates had a heart stopping grand final. But two minutes from full time, an amazing pass from Bridie Malone left Stefania Achtypis just inside the box. She lobbed the keeper and got mobbed by her teammates as it resulted in the winning goal. The atmosphere was euphoric! Thank you to all the teachers who were involved and well done to all the OLSH girls!

Stefania Achtypis, Sophie Lichoudaris—10 Green

SPORT - BADMINTON



Well done to all the girls in the intermediate Badminton team for playing so well this season. Although we did not make it to the grand final, the girls played very well and we had a lot of fun. It has been a pleasure working with you girls. Keep up the good work!

Jennifer Diep, Badminton Captain.

CONGRATULATIONS!!

Congratulations to Chriselle D'Souza (Yr 11) who on Tuesday 1st September was awarded the **Youth Citizen of the Year** for Glen Eira for 2009. Chriselle has shown herself to be a great advocate for social justice. She represented the College with distinction, warmth and care on the recent trip to Kiribati, is an active and committed member of both the young Vinnies and MAD (Making a Difference) groups at the College. Chriselle has decided to donate her bursary to Matthew Talbot Soup Van, Footscray. We are extremely proud of her efforts. Well Done, Chriselle!

College News & Coming Events

OLSH STUDENTS: ARTS FESTIVAL

Friday October 16: 6.30pm to 8.30pm
 Saturday October 17: 1pm to 5pm

Featuring:

OLSH Student Art and Design Exhibition!
 OLSH Student Textiles Catwalk Show!
 OLSH Performers! OLSH Bar 'n Cafe!

Parents and Students Help Required...

Get involved in a great event for all!!!

Can you assist us to set up the exhibition?
 Can you assist the Catwalk show or Performers?
 Can you assist the OLSH Bar 'n Cafe?

Contact Ms Vicki McConville:
vmcconville@olsh.vic.edu
 phone: 8520 9226



MUSICIANS ON TOUR

We are very excited to be participating in the 4th Aurora International Youth Music Festival to be held in Christchurch New Zealand 2010. We plan to take a choir and a jazz band to the festival. Our students will have the opportunity to perform as well as participate in workshops and clinics with renowned Professors and musicians from the USA, Australia and China. If you would like to find out more about this wonderful opportunity please come to an information session on Tuesday 15 September at 6.00 pm in the Theatre.

At A Glance



SEPTEMBER

- 11 Feast of Our Lady of the Sacred Heart and Walkathon
- 15 SCSA Netball Carnival
- 16 Rock Eisteddfod Finals
- 16/17 Year 11 Retreat
- 18 Term 3 concludes, students dismissed at 1.15 pm

Singing Gala

Congratulations to the Voice students who performed at the College's Singing Gala on 19 August. This event allowed the girls to perform to a supportive and appreciative audience. Sincere thanks to Voice Teachers - Diana Clark and Tanya Bail.

Performers: Jessica Christiansen, Amber White, Serenah Alam (Year 7); Jessica Murphy (Year 8); Angella Alexandrou, Chelsea Beale, Elizabeth Bannon-Murray, Amelia Trevorah, Rebeka Toronyi (Year 9); Aleksandra Masurek-Rybak, Jade Taylor (Year 10); Rachael Lampe, Anupriya Surendran (Year 12).

Rock Eisteddfod

Good luck to the Rock Eisteddfod cast and crew for your performance in the Grand Final at **Hisense Arena** next Wednesday 16 September at 7.00 pm. Please consider purchasing tickets so that you can support our wonderful girls. Tickets available through Ticketek. **Go OLSH!**

COLLEGE COLOURS

CONGRATULATIONS to the following girls who have achieved their College Colours

White

Michaela Knowles, Stephanie Oswald
 Lauren Thomas, Jasmine Tsimiklis

Green

Zhoe Botsis, Hannah Cater

Red

Chloe Thomas, Jayde Daly

Blue

Anastasia Halidas,
 Amanda O'Hara,
 Jayde Daly



Message Stick

A reunion of Kilbreda College students who attended Form 1 in 1974 to HSC in 1979 will be held at The Mentone Hotel on Saturday October 17 from 2pm

It will be a relaxed informal afternoon drink and catch up.

RSVP: Email: kilbreda74_79@hotmail.com

Sports Night

Next term on Monday 12 October, there will be an OLSH Sports Night held in the Theatre at 7.30 pm.

You are encouraged to put this date in your diary.

Details of the guest speaker will follow.

Robyn Rayment - Sports Coordinator

Twilight Market: Friday September 11 - 7.30pm to 9.30 pm
 Tucker Road Primary School Hall.
 16 Tucker Road, Bentleigh.

Entry: Gold Coin donation. Includes door prizes and nibbles.

Free Parent Workshop: Helping your Child with Careers Ideas

When: Tuesday 15th September 2009
 Where: Highett Neighbourhood Community House
 3 Livingston St, Highett
 Time: 7.15-9.00pm

To book please call Mary on ph 9557 6233 or email m.licciardo@youthconnect.com.au