Our Lady of the Sacred Heart College

Dear Family and Friends,

In this issue of our newsletter we celebrate so many outstanding achievements of our students here at OLSH College. As we celebrate this growth, we remember too that we are called as Heart people to pursue excellence – in all that we do. Excellence is a way of living, it is a giving of self in order to bring out the best in our own lives and that of the lives of all with whom we connect. At our deepest level it is a recognition that all that we have, do and importantly are, is a gift from the God who loves us without limits. This is the beauty and wonder of life in our OLSH tradition and, of course, it is the presence of Jesus in our midst.

Congratulations to all those involved in superb production of Alice in Wonderland; to the students who received such outstanding results in the Maths Olympiad and the Australian Mathematics Competition (extra special mention to Year 7 student, Halle Schroor, who received a Prize which is normally only awarded to no more than one student in 300 within the region); and the students who participated in the inaugural Catholic Education secondary school STEM MAD Competition where OLSH College Bentleigh placed Second out of 40 schools and 60 teams.

Anne O’Loughlin
Principal
Faith and Mission News

The Year 10 Retreat

Something a little different for the Year 10 students as they visited the city for their retreat on 29 October. They enjoyed hearing from local Indigenous man, Dean Stewart, who guided them through the landmarks and shared important cultural stories. They also took in some iconic places including St Francis Church, St Patrick’s Cathedral and Mary McKillop place.

Megan Donohue
Deputy Principal Faith and Mission
Wellbeing News

The ALFRED Hospital-PARTY Program

Years 10 and 11 OLSH College students were fortunate to have the opportunity to take part in the P.A.R.T.Y – Prevent Alcohol and Risk-related Trauma in Youth Program run by the Alfred Hospital. The program demonstrates the consequences of risky behaviour including drug and alcohol use by showing secondary school students the costs of such behaviours first-hand. These are the thoughts of some of the students who participated in this program.

The P.A.R.T.Y at the Alfred Program was an interesting and eye-opening experience. The awareness and prevention program allowed us to develop a vivid understanding of the many consequences when engaging in risk-taking behaviour. By learning from real people and their real experiences, as well as engaging with emergency service and allied health professionals, we were able to experience what can happen when young individuals make a decision that changes their lives forever.

This fascinating program also gave us an insight into the behind the scenes work at a modern hospital and for many, it provided us with a deeper sense of what we hope to pursue in the future.

Brooke Pereira
Year 10

My greatest learning from participating in the PARTY Program was understanding and actually physically seeing the risk and the impact of our actions and decisions; not only on ourselves but those around us.

Kayla Neumann
Year 11
I was fortunate enough to view the ‘behind the scenes’ of an operating hospital from a different perspective; all of the hard work the nurses, doctors and volunteers put in so that patients to leave happy and healthy.

Natalie Alessi
Year 10

My greatest learning from participating in the PARTY Program was how quickly trauma can dramatically affect your life. Trauma can happen suddenly and leave lasting affects so knowing how to prevent it is important for reducing unnecessary damage.

Laura Martin
Year 11

Student Absences/Late Arrivals/Early Dismissals

Parents are reminded to ring 8520 9250 to report a student absence or late arrival with Learning Mentor Group and reason.

Early dismissals must be in writing either by email to office@olsh.vic.edu.au or in a note handed in to Student Reception prior to 8.40am.

The note must include the date, parent signature, reason and time of dismissal.

Change in Student/Family Details

Parents are reminded that changes to student and parent contact details must be done through Caremonkey as only the parents have access to edit student profiles.

These changes will then be issued to the College through a Caremonkey alert system.
Preparing for Exams/Assessments and Thriving

Leading adolescent psychologist, Dr Michael Carr-Gregg, lists the following as important factors for thriving during peak times throughout the year. His book “Surviving Year 12” has some helpful hints which can be applied to all our daily lives.

1. Eat Smarter
   The most important meal of the day is breakfast as it replenishes the body of nutrients to help maintain energy levels throughout the day. The brain needs energy and the energy it requires comes from the food that we eat
   - Lean protein, raw nuts (almonds and walnuts), hard boiled eggs
   - Low fat cheese
   - Slow releasing carbohydrates - oat flakes, seeds and fruit
   - Eat fruit, vegetables and high fibre food.

2. Exercise
   When done regularly exercise can help release muscle tension and adrenaline which accumulates due to the result of high stress levels.

3. Manage Stress
   - Take a deep breath
   - Manage time- don’t over commit as things can become overwhelming
   - Make lists of what needs to be done and tick them off once accomplished
   - Create breaks during study time- too much studying can be inefficient, schedule time for breaks
   - Connect with others
   - Talk it out- if things become too great share your feelings with a significant other
   - Free your mind – by closing your eyes and conjuring a favourite holiday place or place you feel relaxed. Play music to create a sense of peace
   - Laugh- maintain your sense of humour
   - Know your limits – when confronted by situations which are stressful, ask the question “is this my problem?” If it is not, leave it alone. If it is can you resolve it now?” Once the situation is settled let it go.
   - Look for gold nuggets around you-notice positive or pleasant moments throughout the day.

4. Sleep
   Dr Michael Carr Gregg suggests that “sleep is the best study tool going around. Sleep is food for the brain”. Lack of sleep can actually work against any extra benefit one may think they are gaining by staying up late.

*Adapted from Surviving Year 12
Dr Michael Carr-Gregg 2004*
2018 College Colour Recipients

Congratulations to the following students on their participation and support of College programs and initiatives in gaining their College Colours.

WHITE
Katie Anasta
Iris Morphett

WHITE AND GREEN
Christie Papadopoulos
Genevieve Yanko

WHITE, GREEN AND RED
Natasha Kauffman

GREEN
Chloe Gorman
Mimi Stuart

GREEN AND RED
Stephanie Burleigh
Sarah Daniel

RED
Cameron Davis
Sophie DeLuca
Charlie Hibbert
Elizabeth Ilott

RED AND BLUE
Nickila De Silva
Tiahna Esteves
Hannah Gardiner

BLUE
Ella Bourke
Valentina Castillo Arias
Emily Collins
Tamsyn Gately
Elise Hamilton
Lauren Rossi

WHITE, GREEN, RED AND BLUE
Tara Almeida
Paris Leveque

‘Ride, Socialise, Camp, Repeat’ Fun!

The Great Victorian Bike Ride team is in full training mode in preparation for the 9 day ride that starts in Bright on Saturday 24 November.

The team comprises 20 riders who have been undertaking their training rides three times a week since September. Last Sunday we rode to Westerfolds Park on roads, rail-trails and designated bike paths clocking over 60kms. This year the GVBR begins in Bright and winds its way up to the Murray River, then back down to Benalla.

Robyn Rayment
Program Leader Years 11 and 12
It has been a busy Term 4 with the onset of VCE Exams and preparations for the Years 11, 10 and Issoudun Examinations. Many of our girls are using their time and resources very well. In addition we have had our Junior School Production of ‘Alice in Wonderland’. A huge congratulations to those girls both on the stage and behind the scenes with their dedication, energy and efforts. The mayhem of Wonderland was truly portrayed with all sorts of creatures challenging Alice to think on her feet. Well done to all – and a special congratulations to the staff working diligently – Julie Freeman-Smith, Bryan Smith, Tasha Esteves, and Megan Donohue.

We opened our Annual Art Exhibition this week. Works from every year level were on display for all to enjoy. The ability to literally see the growth and development of creativity from Years 7 – 12 was impressive. The journals developed by the girls outlining their process of thinking, brainstorming, planning and putting things into action was so helpful in appreciating the learning which happens within the Arts. Ms Tickyj opened the Exhibition with a great statement about how significant learning and creating is to the development of the whole girl was inspiring.

Another great achievement of our girls in Science and more specifically STEAM were the girls representing OLSH College in the STEM MAD (Making a Difference) Showcase at the Catholic Leadership Centre. The students had been working for months to develop a campaign which targets awareness of 21 endangered species in South Eastern Victoria and ultimately to save those animals from extinction. They had a brilliant day presenting and viewing other schools campaigns and were awarded Second place overall out of 40 secondary schools and 60 teams. In addition, they were asked to visit the Melbourne Zoo in November as the Melbourne Zoo representative found their work to be exceptional.

In all areas of learning what we are seeing is the development and increasing importance of thinking skills. Knowledge for our girls is not enough, they need to be able to sift through information, critically analyse the sources, consider the implications and develop their understanding. Ultimately our girls are improving their thinking skills and becoming people with ideas, evidence and action plans.
2018 Visual Art Exhibition

Monday 29 October was the opening of the 2018 OLSH College Bentleigh Art Exhibition. The works on display were of a very high standard and include pieces from all year levels. The exhibition included drawings, paintings, photography, garments, visual communication pieces, folios and installations. Families and friends appreciated all of the time and effort that was spent to create such special artworks, well done to all of our students and their teachers.
Maths Olympiad 2018

A team of 20 students represented OLSH College in the Senior Division (Years 7-8) of the Australian Maths Olympiad 2018. The girls were required to complete five challenges during Terms 2 and 3 with each challenge comprising five questions to be completed in 30 minutes. No calculators were allowed during this time.

The following students were presented with Certificates for their accomplishments:

Top 40% of the Competition: Brooke Wilson, Sophie Rochford, Stephanie Hendricks, Jasmine Bui

Top 30% of the Competition: Amelie Afxentis

Top 20% of the Competition: Halle Schroor, Aditi Talwar, Cici Lu, Annette Jerome, Emily Collins

Top 10% of the Competition: Lauren Rossi, Isabella Di Conza

Isabella also received the trophy for Top School Score, with a score of 18.

Here is a sample question that the girls completed this year:

**5A. Time: 3 minutes**

Numbers $p$ and $q$ are primes such that $p + q = 99$ and $p < q$.

Determine the value of $p - q$.

Solution: -95

Suzy Pask
Joint Head of Mathematics
Australian Mathematics Competition (AMC)

The AMC is an international competition held for students of all abilities. Students are required to answer 30 questions in 75 minutes with the difficulty increasing throughout the paper.

We would like to congratulate all 75 OLSH College students who participated in this year’s event as it is very challenging tournament. Over half of the OLSH College girls achieved a Credit or higher. This is an impressive result.

Congratulations goes to Year 7 student, Halle Schroor, who received a Prize. Halle ranked in the 100th percentile in Australia.

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<td>Aria Pisano</td>
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Gayle Roberts
Joint Head of Mathematics
Sport News

SESG Sport

Congratulations to all SESG Tennis and Softball players. The round robin competitions were played on beautiful sunny afternoons at Killester on 18 and 25 October. OLSH College Softball team members all showed improvement throughout the day with the Intermediates finishing Second. Thanks to coach, Bethany Supple.

Congratulations also to the Tennis teams and to Mrs Linda Naylor for coaching both the Juniors and Intermediates to wins.
Annemarie Petering  
Head of Health, Physical Education/Food Tech
Performing Arts News

Alice in Wonderland

The St James and OLSH College Junior Production this year was Alice in Wonderland. Year 7 and 8 students started rehearsing at the end of Term 2 and performed on the 25 and 26 October. The show, consisting of acting, dancing and singing, was a truly vibrant and fast moving performance that was tremendous fun to watch and perform. A huge thank you to Ms Freeman-Smith for all the hard work she put into this production and making the experience one to remember.

Emilia Brown and Makenzie Hutchinson
Year 8
Community and Development News

31 October Open Morning

Thank you to all the families who attended the College’s last Open Morning of 2018. Families were toured through our new Performing Arts Centre and The Hub which showcased our inaugural Art Show.

Year 7 2020 and 2021 Updates

The College has concluded its Year 7 2020 Enrolment Process as of Friday 2 November. Families who still wish to submit applications will be placed on our waitlist and contacted if a place becomes available.

Families wishing to enroll their daughters for Year 7 2021 may do so up until August 2019. The College has already received a large number of applications and we are advising families to book in for our Open Morning in February 2019 if they wish to take a tour of the College early 2019. Registrations will be available mid December 2018.
OLSH College Bentleigh
Election Market
24 November
Saturday from 8am

BBQ, coffee van, cake stall, book stall, raffle, gift stall.

How OLSH families can help fundraise for the College

**Stalls**
If any OLSH College family or friends would like to have a stall to sell their products at the Election Market it will cost just $50, please email Tracey Swiatlo on tswiatlo@olsh.vic.edu.au.

**Donate books**
Must be in good condition, please deliver to the Library.

**Bake a cake or slice**
A plate, bag and blank ingredient list will be sent home, please deliver cakes/slices to the Old Canteen before or after school on Thursday 22 and Friday 23 November.

**Donate a gift**
Buy a gift that you would like to receive, a candle, pamper pack, books, jewellery, the list is endless, please deliver to Student Reception.

**Volunteer your time**
Volunteer for 2 hours or more to help on a stall or the BBQ or sell raffle tickets, on Saturday 24 November.
Shifts are 7am – 9am, 9am – 11am, 11am – 1pm, 1pm – 3pm.
Email your availability and preferred stall or BBQ to Tracey Swiatlo tswiatlo@olsh.vic.edu.au.