



MARONITE COLLEGE OF THE HOLY FAMILY NEWSLETTER

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Term 1 – Week 8: Monday 17th March 2014

MESSAGE FROM THE PRINCIPAL – Sr Margaret Ghosn

A College is a community and family. I believe that at Maronite College of the Holy Family, the warmth and respect that Sisters, staff, students and parents have for one another is very palpable. I know the tremendous amount of work that teachers put into their classes, that administration staff put in to ensure all paperwork is completed, and the many hours parent volunteers offer to assist around the College. Many students appreciate the education they receive at the College and through their efforts we take pride. I always expect 100% of all parties at the College. Together, with combined effort we can achieve wonders. On another note, we are preparing for the arrival of special guests to the College . . .

**The Minister for Immigration, Hon. Scott Morrison
and Bishop Antoine-Charbel Tarabay will be addressing Secondary students
on 7th April at 12:30pm. Distinguished guests will also be in attendance.**

DOING THE ROUNDS

Dates to remember - <http://www.olol-college.nsw.edu.au/events/>

Scholastic Book Fair in Primary Hall on 21st and 24th March - Preview books and complete wish lists.
On 25th & 26th March – Book selling. Parents welcome.



Ash Monday Mass and the Lenten Season – During this Lenten Season, students are made ever more aware of God's saving grace. Students are encouraged to contribute to Caritas, to give up something and to attend Mass and Stations of the Cross. Primary students shouldn't be fasting. They should be eating breakfast daily to keep their energy and concentration levels up.

This week, the SRC, parents and Miss Azzi organised rice lunches for Yr 6 students - This was to show our grade the hardships that the less fortunate experience around the world and to be appreciative for what we have every day. We would like to say a special thank you to Mrs Fares and Mrs Abi-Khattar for helping in giving the Year 6 students this learning experience. - Gabrielle Baker

Aggression in the Primary School – MCHF has a strict 'Hands Off' policy and students in breach of this will receive consequences based on the severity of the incident. Students who throw punches will be sent home immediately in order to rethink their actions and ensure further aggression does not take place throughout the day.

Challenges and changes by Anthony Taouk (Yr 7)

In the last term of year six I started to feel very nervous and afraid of what year seven (7) was going to be like. I started to think about things like how hard the work will be, homework, new teachers, moving to different classes for each subject, and making new friends. These things were all so different to what I was used to in primary, this was a huge step for me. Change is sometimes scary because you don't know what to expect for example in primary I was looked up to but in high school I'm looked down to. I was worried about being late to class because of not knowing where to go, taking the wrong books to the wrong subject, all these feelings made me nervous but also a little happy because it was a new step in my life. The day came and I started year seven (7). It was exciting but I was also trembling with fear but ready to take on the challenge. I actually liked moving from building to building and class to class. The different subjects were interesting my favourite subjects are PE and science because I like to run around and play to burn some energy and science because I like to do experiments and challenges. I think my favourite aspect of secondary school is that the teachers treat us more maturely, giving us more responsibilities. I

feel like I have grown up, adapted to my new environment, made new friends, feel more at ease and trying to do the best I can. We do get a lot more homework than in primary school, I used to do my homework in an hour or so but now it takes me several hours. I also get a lot more assignments which means no more free weekends. This is all part of growing up even though it is the part that I most dislike about secondary school I still have to accept it. I will take on the challenges given to me, some might be great and some might be difficult and boring but this is what makes our life fun. If I was to do the same thing all the time I would be bored and not motivated. When I receive an assignment my favourite part is the research, finding out information about new things interests me. All these feelings I had about secondary school are gone, I find it fun, challenging, hard and competitive. I am enjoying school now and I really want to succeed. Sometimes I laugh at myself for thinking secondary school was scary. I will tell all the year six graders to look forward to a great start in year seven (7), it is fun.

Yrs 7 & 8 watched 'The hurting game' presentation on bullying on 14th March 2014



Bullying Awareness Week: MCHF "Tackles" Bullying 17th to 21st March 2014 – activities will highlight the importance of bullying awareness, cyber bullying, developing resilience and being an active bystander. Wristbands will be on sale for \$1.50 or 2 for \$2. There is also a PA fundraiser on Friday 21st March. Primary students are able to order fruit salad for \$2.50. In the Secondary there will be a wide range of activities, competitions, merchandise and guest speakers. Wednesday SRC will be hosting a Footy Jersey Mufti Day and students are welcome to participate through a gold coin donation. The PA is hosting a Falafel lunch on Friday 21st March. It is hoped that students will become more aware of bullying and take a stand together to as a family and community to send out the message "MCHF SAYS NO TO BULLYING." The program for the week is available through your child's Moodle account. - Mr Asmar

All week	<ul style="list-style-type: none"> ◆ Morning Assembly including Special Prayer and Launching the Reporting Bullying ◆ Poster Competition – Prizes on offer ◆ Public Speaking Competition – Prizes on offer ◆ SRC selling Wrist Bands
Tuesday 18/3/14	<ul style="list-style-type: none"> ◆ Years 7-9 Bullying Prevention Student Workshop led by the College Psychologist @ lunchtime in the library
Wednesday 19/3/14	<ul style="list-style-type: none"> ◆ SRC Footy Jersey Day (Gold Coin Donation) – Parramatta Eels Merchandise prizes to give away for best dressed ◆ Years 7-9 Bullying Prevention Student Workshop led by the College Psychologist @ lunchtime in the library
Friday 21/3/14	<ul style="list-style-type: none"> ◆ Year 8 Bullying Drama Play ◆ Christian Marchegiani Bullying and Violence Prevention Workshop for Years 9 and 10 ◆ Lunch hosted by the Parent Association (PA)

A reminder to all Secondary students that Moodle is now a compulsory part of your education here at MCHF and you must complete all work that is assigned to you. Please make sure you complete all your work on Moodle, just as you do with your normal work in exercise books. - Mr J Messiha

Thank you to Norma Douaihy for donating 2 brand new Cardio Boxer machines and hit pads for our College gym.

Ms Sarlog and her niece would like to thank all the MCHF staff and students who assisted them in the collection of can pull rings which were donated to assist disadvantaged children who need wheelchairs. Many thanks and God bless.

The Yr 10 Social Justice Group attended the Aged Care Facility on 12th March. It was a great experience and inspired us to be more open-minded about the less fortunate. Thanks to Miss Kazzi for accompanying us. - Rachele Youssef.



CONGRATULATIONS

Honour Board Awards - Congratulations to students who received an award. Their work is displayed in the Primary Hall. In Yr. 4: Grace Sleiman, Georgia Mawad, Hayat Al-Hakim & Ashley Habib. In Yr. 5: Chanelle Whebe, Reina Layoun, Macey Boutros, Najib Francis & Christian Nouh.

Congratulations to Jacob Sahyoun and Ibrahim Fakhri for making it into the Mackillop Rugby League team after participating in trials on 12th March. With over 150 students trying out, they made the final 17. Congratulations also to Joseph Katrib who just narrowly missed selection. The boys will be representing the Parramatta Diocese in the Mackillop team when they travel to Canberra in May this year. These students are the first from our Primary to ever qualify for these teams. Gabriella Dagher narrowly missed selection for representative netball. A fantastic achievement. – Ms Aberley

PDSSSC Rugby league - Congratulations to Anthony Moussa (Under 15's), Georges Dagher, Charbel Anjoul, Elie-El-Zakhem, James Tasipale and George Fakhr (Opens) on making the PDSSSC Rugby League teams to play in the Sydney Independent Catholic trials on the 26th of March.

Fantastic news. Our mock trial students beat Northmead High (who were placed 8th in the State last year) by 1 point. Congratulations to the senior students and their coach Stephanie Wakim. Let's hope they go all the way to State champions!

Congratulations to Dominic Nakhoul performed at the opera house over 3 booked out nights! Robertson conducts John Williams (music from the movies). With the Sydney symphony orchestra and young men's Sydney children's choir.

All Rounder Awards – Yr 7: Rita Laba, Jessica Wehbe, Rita Attie, Charbel Kazzi, Charbel Feghali, Mimo Nassar, Marius Younes, Tayla Laoulach, Dannie Makary, Jennifer Al-Hakim, Anthony Al-Douaihy.

Rep sport results

Boys touch intermediate lost to Emmaus 3-8, defeated St Marks 2-1

Girls touch intermediate defeated McCarthy 3-2, drew with Emmaus 0-0, lost to Nagle 1-3

Boys junior volleyball defeated St Agnes 59-30, defeated St Clare 52-42

Girls junior volleyball defeated St Bishoy 70-46, lost to St Clare 38-64

Girls intermediate volleyball defeated St Bishoy 52-47, defeated St Clare 67-42



PARENTS' NEWS

Heavy school bags – Too many children are carrying heavy school bags especially in Years K-2. Parents please make sure your child's school bag is not too heavy.

Medical Updates - Letters are being distributed to parents who have indicated their child has either

Anaphylaxis or Asthma. Please complete these and return to the College by end of the week. If your child has one of these conditions and you do not receive a letter within the next week please contact Admin. If your child's case is urgent please provide the College with an emergency plan immediately.

We are currently taking enrolments for Kindy 2015. Please give your name to the main office before end of term or you may miss out on a place for your child.

Head Lice – A reminder to parents that head lice is common at this time of year. Please check your children's hair and treat outbreaks of lice as soon as possible to prevent their spread to other students.

Encouraging Healthy, Eating Drinking and Physical Exercise - MCHF is committed to educating students to make the right choices. Primary students are encouraged to participate in the College Crunch and Sip program by bringing a piece of fruit and water for a healthy 10am break. Secondary students are encouraged to keep fresh water on hand and are permitted to drink this during class time in order to keep hydrated.

- Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.
- In NSW, 45% of boys and 38% of girls in Year 6 drink two to six cups of soft drink per week.

Drinking water is the best way to quench your thirst. Drinking water instead of sweetened drinks prevents dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Ideas to help you to drink more water

- Pack a water bottle whenever you go out
- In summer, pack a frozen water bottle in your child's lunch box
- Don't keep sweetened drinks at home; make cold water available instead
- Water down sweetened drinks such as cordials and then start to replace them with plain water
- When playing sport, encourage kids to drink water rather than sports drinks or energy drinks
- Serve plain water in decorative jugs. Add slices of lemon, orange or mint for flavour and, in summer, add ice cubes to keep it chilled
- Serve sweetened drinks in smaller glasses and only have them occasionally – not every day

A thank you to all the parent helpers who are giving up their time to assist Secondary students to improve their Literacy skills: Mrs Douaihy, Mrs Mereb, Mrs Fares, Mrs Wehbe, Mrs Moussa, and Mrs Yaacoub in TAS – Ms Macura



Parents Association welcomes any parent able to volunteer their time with preparation and service for Harmony Day. PA would be grateful if any parent would like to donate fruit for the Primary Fruit Salad lunch. Business donations will be advertised in the newsletter. Please contact Katerina on 0430046977 by Tuesday 18th March. We thank you in advance for your support.

On Tuesday 18th March 2014 we will be holding a Secondary Information Session and Open Day commencing at 9am in the Secondary hall for all Parents/Guardians of Yr 5 & 6 students and any other parents who are interested.

Term 1 Fees are due by 19th March 2014. Thank you to parents who are prompt in their payments

Come & Try Football Clinic – St. Margaret Mary's JRLFC Inc. invites children attending a Catholic School and all Catholic boys & girls from 5 to 11 years of age, to join our club. Registrations will be every Friday night between 5:30-7pm Nemesia Street Park, Greystanes. All New Registrations: original copy of Birth & Baptism Certificates are required. For enquiries contact us on: Phil 0417 265 241 or Tanya 0414 484 636.

EMAIL, WEBSITE AND FACEBOOK

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