We all know that being a teenager is not always easy. Being a teenager and a student can also not be the smoothest of roads to travel. At OLSH we have a Pastoral Care program that has been designed to assist students navigate this unpredictable path and equip them with the skills to do so. It has as its focus academic care. A balance between providing education about various aspects of wellbeing and educating about the necessary skills needed for success at school. We get outside agencies in like Headspace, Bully Busters, our local Police Youth Liaison Officer and Elevate Education in to talk to the girls.

The partnership between school and home is an important conduit. We need to work together to reinforce the same messages and expectations. Being a parent is not always easy and there are times when you may want to give in or give up. Parenting is a day-to-day operation and begins with good communication. As a parent you have a major impact on your daughter, and open communication is essential. Communication with us is also important.

I thought I would share some of Michael Carr Gregg’s tips for parents on the skills, knowledge and strategies that help make resilient young people. We aim to develop resilience in each OLSH student and encourage parents to promote this at home. Michael Carr Gregg’s advice to parents:

There is no such thing as a perfect parent.

- Consequences are crucial.
- Your role is to be a mentor, not a mate.
- Think before you react.
- Set limits and boundaries and say no over things that matter.

The rules for creating healthy and well-adjusted teenagers:

- Relationships are everything.
- They need to feel liked. Humour and playfulness are very important.
- They need attention.
- Reinforce positive behaviour.
- Young people need limits and boundaries.
- Be consistent.
- Don’t put up with disrespect.
- Accept Chaos!

The College Athletics Carnival on Tuesday was a fabulous day. Hartzer was the winning House. Congratulations to Betty Koula who broke the 12 years 100m record which was set back in 1999. She also broke the 12 years 200m record. This was a record from 1988! Rebecca Touma broke the junior 400m record. Tahlia Lummow broke two records on the day. She broke the Intermediate 400m and also the 15years 100m and Melanata Kilisimasi broke the senior shot put record. There were many other fine athletic performances on the day. Well done to all participants.

Our OLSH girls are the future and when I look around and see the smiles and enthusiasm of the girls at our school, I know the future is bright.

In the words of Aristotle “Educating the mind without educating the heart is no education at all.”

Let us look forward with Hope and Gratitude
Mrs Jenny Fowler
College Principal

Mr Matt Thistlethwaite presented Leadership Certificates to our College student leaders at a recent assembly.

OLSH - A COMMUNITY OF THE HEART, LIVING AND LEARNING TOGETHER
ASSISTANT PRINCIPAL

Let me introduce myself – my name is Les Salisbury and I will be filling in for Mrs Potts for the rest of the year. I was at OLSH briefly as Acting Assistant Principal at the end of 2014. It was a wonderful experience!

Our Lady of the Sacred Heart is a special community – friendly girls, a very competent and caring staff, guided by a skilful leadership team. I have spent the last 20 years in school leadership and have worked in a number of schools in the Eastern Region. I believe in high standards in terms of student expectations – uniform, attendance, punctuality and, most importantly, respectful behaviour. I don’t believe in having unnecessary rules but, if you have rules, they should be consistently and fairly enforced. From my experience, if you look after the little things, big things will follow.

OLSH has a comprehensive strategic plan for the future. I will endeavour to continue to implement this plan. Over the coming Newsletters, I will outline in more detail how we will strive to raise the bar and provide our girls with the best education possible whilst maintaining a supportive and pastoral environment. I’m also committed to a strong parent/school partnership with constant communication and mutual support. If you have any concerns, please don’t hesitate to contact me. I look forward to meeting many of you between now and the end of the year.

ATHLETICS CARNIVAL

On Tuesday the annual school Athletic Carnival was held at ES Marks field – it was a fabulous day. One that balanced high performance with participation and fun. The spirit shown by the girls, especially the Year 12’s, was inspiring. I urge parents to encourage their daughters to attend these community-building events. Days like this forge life-long friendships and memories. They also provide the opportunity for students to interact with staff on a level different to the classroom. Mrs Helen Page, Leader of Learning - PDHPE, who organised the day should be congratulated on an excellent carnival.

TRAVEL ON BUSES

I ask parents to please remind their daughters of the following expectations. When travelling on buses, students are to:

- Scan their Opal Card;
- Give up their seat whenever another passenger is standing;
- Thank the driver when disembarking the bus.

PARENT/TEACHER/STUDENT INTERVIEWS YRS 7 - 10

Have you booked your Year 7 – 10 Parent/Teacher/Student interviews yet? Please go to the Sentral Parent Portal to do so. Bookings will CLOSE on WEDNESDAY 29 JUNE at 3PM. A reminder that students attend these interviews in their full College uniform. Parent/Teacher/Student interviews afford the opportunity for parents, carers, students and teachers to discuss each student’s progress and to set goals for their learning.

LAST DAY OF TERM

The last day of classes of Term 2 is Wednesday 29 June. This is a formal school day and it is an expectation that all students attend. A doctors certificate will be required for absences on this day.

God Bless you in the weeks ahead

Mr Les Salisbury
Acting Assistant Principal
Mass for Consecrated Life
The Mass for Consecrated Life is a special celebration for ordained religious, including priests, such as our Missionaries of the Sacred Heart, and congregational religious, such as our Daughters of Our Lady of the Sacred Heart. It is an annual event, held at St Mary’s Cathedral, and is very much looked forward to by those who attend. The OLSH community supports this event by providing ushers and waitresses. This happy duty was fulfilled this year by Alexandra Tretiak, Lina Yu, Kismet Koromhaz, Charlotte O’Donovan and Liliana Dyball. The College owes these girls a vote of thanks for their willingness to volunteer and for their friendly and attentive service.

Learning in the Religious Education Classroom
The Stage 4 and Stage 5 curriculum revision is continuing in Religious Education. This revision has seen the number of units rationalised to avoid repetition, and adjusted in scope so that students are learning age-appropriate material in a carefully considered sequence. This year, it is the Year 9 cohort who are experiencing the new programs and activities for the first time. Students have completed re-written units on Biblical Writing and Living the Commandments and Beatitudes. The activities in the new units have drawn students into a deeper level of learning and analysis. An example of this is a Year 9 task which required students to analyse a theme of Social Justice in the scriptures, and in doing so, consider how different authors used literary genres and devices to convey their message. As always, the Religious Education staff welcome any feedback from parents on the revised curriculum.

Year Group Masses and Reflection Days
In recent weeks, Years 7, 8 and 9 have completed their Reflection Days and form masses. The Reflection Days are carefully planned to consider different aspects of spirituality. Ultimately, they encourage participants to engage in questions of identity (who am I?) and belief (what is important to me; what do I believe?). It was pleasing to see the way that the students engaged in these days. Similarly pleasing is the attendance at the Thursday morning masses in the Convent Chapel. These masses, planned by Year Coordinators with the assistance of Liturgy Captain Nancy Arida, afford the OLSH community the opportunity to share Eucharist, celebrate mass, and meet afterwards for a slice of the (infamous) OLSH slab-cake. Parents are always welcome to join their daughters at these celebrations.

Mr Andrew Martin
Leader of learning - Religious Education & Mission

OLSH - A COMMUNITY OF THE HEART, LIVING AND LEARNING TOGETHER
Many of our HSIE students and staff have enjoyed some great field studies and experiences so far this year.

**Hyde Park Memorial Service**

On 5 April, Mr Beck and our Year 10 SRC representatives attended the RSL & Schools Remember ANZAC Commemoration Service at Hyde Park. As representatives of OLSH, they had the opportunity to lay a wreath on the memorial to remember the fallen soldiers.

Schools all across Sydney participated in the event. The service provided our students, with an opportunity to connect with Australian history and identity. Overall, the service helped the girls have a more compassionate understanding of the sacrifices and courage displayed by the ANZACs. It was a great experience.

**New Geography curriculum**

This year, our Geography staff will be busily preparing for the introduction of the new Australian Curriculum. The new curriculum promises to be a stimulating and investigative course that will help our girls to identify with many of the key issues in our living environment. It will commence in Years 7 and 9 next year and in Years 8 and 10 in 2018.

**Year 12 Geographers in the Hunter**

Some of our senior students recently enjoyed a day in the Hunter Valley. Lidia Ivancic and Maddy Fuller from Year 12 Geography share their thoughts . . .

"On Monday 23rd May, the Year 12 Geography class arrived at school at an unfortunate hour of 6:30am in the morning and set off for our excursion to Tyrrell’s vineyards in the Hunter Valley. After being on the road for about an hour and a half we had a quick McDonald’s comfort stop then continued to Cessnock. Once we arrived at Cessnock we were able to walk the main streets and observe the urban dynamics shaping the morphology of the town.

After we left Cessnock we soon arrived in the Hunter Valley for lunch and a tour of the vineyards. Our tour guide did an exceptional job of sharing his knowledge of the vineyards and was able to show us everything from the vines themselves, to the cellar where the wine is stored and even to the labs where all the wine testing occurs. The excursion was incredibly informative and has been able to assist our learning throughout our topic of People and Economic Activity - Viticulture.

As a class, we would like to say a huge thank you to Mrs Fowler for organising this excursion and taking the time out of her busy schedule to take us on this trip. We would also like to thank Mr Sharpley for coming along with us too and driving the school bus full of singing girls. We appreciate your dedication and commitment to our learning."

_Year 12 Geography class._
Senior History
Several of our Year 12 History students (Modern, Ancient and Extension) attended the University of Sydney recently for a series of lectures hosted by the History Teachers’ Association of NSW. It was a different way to spend a Saturday but was a worthwhile experience giving our girls some fresh insights into how to approach some of their topics and prepare well for their examinations.

Year 10 Geography field trip to Pyrmont
Our Year 10 Geography students, led by a team of enthusiastic teachers, undertook a field study at Pyrmont-Ultimo in the inner city earlier this term. Rebecca Anderson and Rachel Abela have outlined what they gained from the day . . .

This excursion was extremely informative and we were given the opportunity to explore the area. Our upcoming assignment is on the change of Pyrmont and how it has improved and declined over the years. We saw examples of urban decay, urban renewal, gentrification and adaptive reuse; these urban processes display the differences in a suburb. On the day, we went on a tour around Pyrmont and were able to take photos of the differentiated suburb. We also explored the Maritime Museum and went on the destroyer ship, HMAS Vampire.

We thoroughly enjoyed this excursion as it helped us greatly to complete our assignment and gain knowledge on the development of Pyrmont-Ultimo. We were able to compare Pyrmont and it’s environment to the living arrangements in the Eastern Suburbs.

Our Year 11 students have passed the midway point in their Preliminary studies and will be completing their final examinations at the end of next term. Sooner than that, our Year 12 students will be doing their Trial HSC examinations early in Term 3. The HSIE faculty wishes all of our students well in their studies for the remainder of the year.

Mr Gary Osborne
Leader of Learning: HSIE

UPCOMING EVENTS FOR TERM 2

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<td>27 June</td>
<td>Yr 8 Music Incursion</td>
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On Thursday 2 June 2016 OLSH students, Megghan Cassidy and Zoi Fotiou met with Mr Ron Hoenig MP, Member for Heffron, during Parliament’s Secondary Student Leadership Program.

Mr Ron Hoenig, Megghan and Zoi are standing in front of a portrait of Sir Henry Parkes, 7th Premier of NSW, who is widely regarded as the father of the Australian Federation.

Mr Hoenig made the following remarks:

“I was extremely impressed by the maturity and civility of Megghan and Zoi.”
“Megghan and Zoi were both insightful and articulate during my brief conversations with them.”
“ Our Lady of the Sacred Heart should be very proud of Megghan and Zoi. They were exemplary ambassadors for the school and our community.”

Mission Night is coming!

Mission Night is a biannual fundraising night celebrated at OLSH. It is our major fundraiser for the year supporting the OLSH Missions. This year Mission Night is on Friday 2nd September starting at 5.00pm and finishing at 9.00pm. There will be lots of entertainment on the night as well as raffles, auctions, face painting, jumping castles and lots more. Some of the auction items include a signed Sydney Swans jersey and a signed South Sydney jersey. Please buy an entry ticket, enjoy the evening and support the fundraising effort. Help the SRC help the OLSH Missions!

Information about ticket prices and when to purchase will be advertised at the start of Term 3!

Should you be able to support the students in preparation for the night by supplying auction items or vouchers please contact the Senior SRC through your daughter or phone or email the school by contacting Mr McCoy - mark.mccoy@syd.catholic.edu.au

Mr Mark McCoy
Student Leadership Facilitator

Save the Date | 2 September | 2016 Mission Night

OLSH - A COMMUNITY OF THE HEART, LIVING AND LEARNING TOGETHER
MARY HELP OF CHRISTIANS MASS

On Tuesday 24 May, OLSH girls represented the school at St. Mary's Cathedral, for the Mary Help of Christians Mass. Year 10 and 11 singers, undertook a new experience as they sang alongside professional musicians for accompaniment. They were all thrilled and excited hearing the astounding instruments such as the Organ and Trumpet, that performed with them while singing for this mass. OLSH was one of the schools to engage in singing melodious harmonies, while joining with CaSPA students and two other schools which utilised melodies through the songs for the mass. Singing alongside with powerful accompaniment was truly a great experience, while also representing OLSH College as a talented Catholic school.

Special mention and congratulations to Liliana Lindsay from Year 10 who sang a solo. Georgia Gibson Year 8 and Celeste Mirotos Year 7 were part of the CaSPA ensemble.

OLSH singers were
Year 10 - Chloe Buchan, Liliana Lindsay and Seneti Kilimamasi
Year 11 - Rylee Bampton, Kate Becerra, Sarah Blackburn, Maddie Collier, Ansherina Dela Cruz, Dakota Donoghue, Malanata Kilimamasi, Stephanie Malacco, Madeline Pavlakis, Olivia Pereira, Zoe Peters, Rhiannon Simmons, Ellana Yeoh, Lina Yu.

THEATRESPORT

A Night of Laughter and Entertainment - Theatresports Update.

Our Senior Theatresports team competed in one of the four State semi-finals last Wednesday night at St Andrew’s Cathedral School. Our team consisted of - Georgia Willson, Tayla Curry, Abby Graham, Maria Strolla and Morgan Dukes.

The girls were absolutely brilliant in the four rounds, but unfortunately, they narrowly missed out in securing a place in the Grand Final as only two teams were taken through to the next level.

A big thank you is extended to our very vocal and supportive Year 11 audience members who came along to the night as well as the numerous staff members.

Thank you to Mrs Fowler, Mrs Beven, Mrs Caletti, Mrs Jourdain, Mrs Watson, Mr Martin and Mr Beck for giving up your evening to support our effort in this highly competitive field.

Mr Beck was our wonderful bus driver for the night and Mr Martin had helped the girls rehearse with musical accompaniment for the choice of game “Broadway Musical” in the fourth round.

A good time was had by all!

Mrs Julie Taubert

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LITERACY FOCUS @ OLSH

Studying Shakespeare is often made difficult by the nature of the changes to the English language over the last 400 years. By examining the values and beliefs of the society in which Shakespeare was writing, students can come to understand and appreciate the dynamics of our English language.

This Term, Year 9 have been studying Romeo & Juliet. Here are some comments from 9B about their learning.

* Studying Shakespeare gave us an insight into the unchanging elements of human nature and their inevitable impacts on our society.

* Playing with the emotional aspects of the play allowed our class to feel the love and hate portrayed in Shakespeare’s characters.

* Acting out scenes allowed us to gather an understanding of the voices in the play.

* Learning Romeo and Juliet through acting activities allowed us to have a better understanding of the play and the context of Elizabethan England.

* By learning the play as directors of the action helped us to gain insight into the correct meaning of the Elizabethan language.

OLSH - A COMMUNITY OF THE HEART, LIVING AND LEARNING TOGETHER
On 6 June, 6 OLSH students, representing CGSSSA, travelled to Dubbo to compete in the CCC Touch Carnival.

Junior representatives - Zali Dymock Year 9 and Jami Sibal Year 9.
Senior representatives - Mia Wood Year 12, Gemma Squadrito Year 11, Carlie Sonda Year 11 and Kobe Dymock Year 11.

The Junior team were very competitive and had some very close games. Unfortunately, they didn't make the semi-finals. The Senior team played well in all games. The finished first in their pool. In the semi-final, they played the Parramatta Diocese and won convincingly. They played their best game in the Grand Final against Broken Bay Diocese and won the game.

Special mention to Mia, Gemma and Kobe who were selected in the CCC team to play in the National Youth Championships in September. Carlie Sonda was nominated as a shadow for this team.

Well done all girls.

From L-R Back: Gemma, Carlie, Kobe, Mia. Front: Zali and Jamie.

Please Note: Photos and the Athletics Carnival report will feature in the next Newsletter.

CGSSSA GYMNASTICS

On 1 June the CGSSSA Gymnastics Gala took place at Five Dock. Several students across the year groups took part, coached on the day by Kristen Venianakis of Year 12.

In Level 6, Cameron Fisher Year 10 competed in all apparatus; floor, beam, bars and vault finishing 3rd place overall. Cameron was 1st in beam and 3rd on floor. In Level 5, Jessie Cibulka Year 8 and Sophie Sorenson Year 8 worked hard on their front tuck sommersaults and beautiful routine.

In Level 4, Kate O'Connor Year 9, Emily O'Connor Year 9 and Maddie Mealing Year 8 fine tuned their floor and beam skills to perform impressively on the day. Bethany Crouchley, Jasmine Grundy, Chloé Zammit all from Year 7 took part in their first CGSSSA gymnastics gala day and displayed some fantastic gymnastic floor skills.

In Level 3, Maddie Garlick and Lexis Dimitrijevic from Year 8 continued to improve their skills from last year in both floor and beam, and for the first time were joined by Simone Atherton and Maddie Nash, also competing in the floor and beam apparatus impressively.

Thank you to Kristen for helping out on the day and Ms Quirke for supervising some training sessions prior to the competition.

Mrs Emma Petchey
**DONATIONS REQUIRED FOR NIGHT PATROL**

Each month, senior students and staff at OLSH volunteer for St Vincent de Paul Night Patrol.

By attending each month, we offer a reliable service that provides people who are experiencing homelessness with a warm drink, snack and conversation. This service helps to break through the barriers of loneliness and isolation that many living on the fringe of society suffer.

The snacks provided are supplied by the whole school community. Year groups are requested to provide snacks the following snacks.

- Year 7 - Soft Muesli Bars
- Year 8 - Cheese dip and Crackers eg Le Snak, single serve packets
- Year 9 - Fruit Bars eg. Roll ups, Fruit twists, fruit flavoured snacks
- Year 10 - Chips - single serve packets
- Year 11 - Biscuits - single serve packets, both sweet and savoury eg Tiny teddys
- Year 12 - Chocolate - single serves, cadbury multipacks

Any toiletries are most welcome.

**Donations can be left outside the FRONT OFFICE in the WHITE NIGHT PATROL TUB.**

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**IMPORTANT MESSAGE FROM STATE TRANSIT**

**Condition of use - Student Opal Card**

To Whom It May Concern,

I write to request your assistance in promoting an important message regarding the **Student Opal Card**.

It is a condition of use that students **tap on and tap off at the start and at the end of each trip** with their **Student Opal Card**. This is important to ensure correct patronage data is recorded, which is used to plan school special and regular route bus services. This data helps State Transit ensure adequate capacity is provided, so students can travel to and from school safely.

Currently, many students are failing to **tap on or off the Opal readers** when using their Student Opal Card.

To assist with future service planning, can you please advise students of this important condition of use so State Transit can continue to provide effective school bus services in the future.

Yours sincerely

Jamie Sinclair

General Manager, Eastern Region

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**OLSH - A COMMUNITY OF THE HEART, LIVING AND LEARNING TOGETHER**
NOTICE FOR ALL STUDENTS

Computers must be carried around in an appropriate hardshell case at all times. When students do not use the case, the chances of damage are very high. Existing insurance agreements with the school can be negatively affected by not abiding by the terms and conditions. Loss of a computer while it is being replaced or repaired also impacts negatively on a student’s learning.

Tackling Tricky Topics with your Teen

Learn how to openly communicate, approach and discuss difficult topics like alcohol, sex and drugs with your teenager.

Come to our FREE Parenting Information Session presented by Marisa Moliterno, Healing Hearts Counselling & Training

Date: Saturday 24 September 2016
Time: 9.45am (10am-12pm)
Where: Central Library Eastern Suburbs
Cost: FREE Group: This is a Parents Only event.
Bookings: Please contact us on 9667-4664 or admin@healinghearts.org.au

This group has been proudly supported and sponsored by Botany Bay City Council, City of Sydney Council, City of Sydney RSL Club and Tattersalls Club

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