

The Our Lady of Sion College

# Newsletter

College Theme 2018 – Rejoice in God’s Love



## *From the Principal*

A very warm welcome back to all staff, students and their families after what I hope was a happy Christmas and restful holiday break. Schools are always very busy places but it is extraordinary to reflect on all that has occurred in just the first two weeks. The highlight has undoubtedly been the 90th anniversary Mass, which we celebrated at St Patrick’s Cathedral last Friday. Staff, students, the Sisters of Our Lady of Sion and Board members gathered to pray and commemorate this significant milestone. Students entered into this celebration in a very prayerful manner and with great pride and dignity. Following Mass, we enjoyed lunch in the Treasury Gardens before returning home. I hope students have shared the day with their families and will remember it for years to come. The commemorative badges blessed, by Archbishop Hart, and the Mass booklet will form mementos that they can treasure.



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PRINCIPAL: Mrs Tina Apostolopoulos

## IMPORTANT DATES

### Week B

- Thu 22 Feb Swimming Carnival  
@ Booroondara Sports Complex
- Fri 23 Feb Class of 2017 Reunion

### Week A

- Mon 26 Feb Ayin City Experience  
Yr10 Duke of Edinburgh  
Preparation Day
- Tue 27 Feb Ayin City Experience  
Yr10 Duke of Edinburgh
- Wed 28 Feb Ayin City Experience  
Yr10 Duke of Edinburgh
- Thu 1 Mar Ayin City Experience  
Yr10 Duke of Edinburgh
- Fri 2 Mar Ayin City Experience  
Yr10 Duke of Edinburgh



## From the Principal...

I am pleased to announce that the 2018 College theme is: *Rejoice in God's Love*. It has been specially selected for our anniversary year to remind us that no matter what life may hold and no matter what challenges we may face, God's love is always present and we have much for which to be grateful. Our Catholic tradition and scripture in particular call us to recognise God's love for the Jewish people and through Jesus, God's love for all people. Fr Theodore Ratisbonne, the founder of the Sisters of Our Lady of Sion, upon reading the scriptures was profoundly moved by his recognition that God is Love. The relationships and support we have from family, friends and teachers are also signs of God's love for us. I hope this year's theme provides a sense of returning to our roots, grateful for all that we have been provided. I hope it assists us to look forward to a hopeful future where our community experiences and rejoices in God's love on a daily basis. The College theme symbol has three elements: a new illustrated Bible from which we will read about God's love throughout the year; and a beautiful bowl into which we will pour water from a matching jug to remind us that we are blessed and nourished by God's love.



This week, we acknowledged the 2017 Top Achievers at a special assembly for them and their families. Our special guest was Judge Andrea Tsalamandris who attended Sion and was the College Captain in 1987. Judge Tsalamandris offered the Top Achievers valuable insights into her life after Sion and encouraged the students to work hard in the pursuit of their goals. She also spoke about the importance of surrounding ourselves with positive people and mentors who can become a champion for us, especially when we face any self-doubt. These were important messages for our students to hear as they resume their studies this year.



Congratulations to the following 2017 Top Achievers:

Caitlin Tomaro (Dux)  
Merryn Hughes  
Georgia Jean (*perfect score in Food Technology*)  
Carla Silipo  
Tyra O'Neill  
Alison Dunn  
Ruby O'Sullivan-Belfrage  
Grace Thomson  
Renie Huang  
Julia Di Blasio

Zoë Fransos  
Jessica Florio  
Charmaine Wong  
Emma Squires  
Lauren Tjoeka  
Patricia Clarke  
Emily Brown  
Emily Bennett  
Abbey Regan  
Emily Coghlan



## *From the Principal...*

The Class of 2017 achieved the following fine results:

- |        |                 |               |  |
|--------|-----------------|---------------|--|
| ATARS: | • above 90: 15% | Study scores: | • above 40: 11.3%                                  |
|        | • above 80: 46% |               | • median study score: 33                           |
|        | • above 70: 65% |               | • 97% received a first round tertiary offer        |
|        |                 |               | • 93% of offers were 1st, 2nd or 3rd round offers. |

Our Lady of Sion College was also ranked in the Top 10 Catholic Schools for their VCE results. Congratulations to the Class of 2017 on their fine achievements. Their results are a rich reward for their consistent and committed approach to study. I also thank all staff for their dedication and parents/guardians for their support over the last six years.

### **Lent 2018**

This week we mark the beginning of Lent, a time that calls us to be open to God's presence in our life. It is also a time of renewal and transformation as we prepare to rejoice in the good news that awaits us at Easter.

Traditionally we undertake the Lenten journey through prayer, fasting and almsgiving. What might this look like in the busyness of our daily lives? Perhaps we can set aside ten minutes each day to still our minds and allow God's presence to be felt, or to be aware of the things that distract or worry us and consciously set them aside. We could also take time to notice the needs of others and through small acts of kindness, offer our support in a way that lets them know we care.

Jesus came to Galilee, proclaiming the good news of God, saying, *The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.* (Mark 1:14,15)



*Gracious God, in this season of Lent we wait  
Patiently like Jesus in the wilderness.  
We ask you to bless us with your gifts of  
openness, flexibility and trust.  
Liberate us from all our fears and worries.  
May we always be the Body of Christ blessed,  
Broken and given to a world hungry for your  
Truth, compassion, mercy and justice.  
Amen*

Thank you to all students who so beautifully led the Ash Wednesday Liturgies for our community. We have been blessed with this service you have provided us.

### **Welcome**

This year we welcome the following new members of staff to our school: Mrs Maureen Fraser (Senior Learning Leader); Mrs Marianne Rigby-Black (Director of Voice); Mrs Nga Hutchinson (Mathematics); Dr Zara Dennis (Science); Mr Michael Hein (Legal Studies & Humanities); Ms Laura Teicher (French & Italian); and Ms Joanne Heaton (Classroom Music & Clarinet). We also welcome back the following staff who are returning from a period of leave: Mr Nick Nesbitt, Mrs Maryanne Flanagan and Ms Jessica Gatehouse.

We also warmly welcome our Year 7 students and families, especially those who are new to our school and the following students who have joined Our Lady of Sion this year at various levels: Year 8: Winnie Wen; Year 9: Isabella Pignataro and Laura Cormick; Year 10: Aimee Henderson, Molly Brown, Sophie Ciardulli, Isabella Mirabile and Mary Fulton; Year 11: Ella Wilkinson, Emily Berrell, Grace Holmes and Kali Dolphin; Year 12: Sabrina Mallia.

God bless for the fortnight ahead.

**Tina Apostolopoulos**  
**Principal**

# Deputy Principal Faith and Mission



On Thursday 1 February I met someone for the first time in my life. Her name is Olivia and she had just begun her secondary schooling at Our Lady of Sion College.

I met Olivia at lunchtime on her first day with us. I had been walking around the yard, saying 'hi' and 'welcome back' to the girls. Funnily enough, I happened to run into Olivia again at the end of the day. She was about to walk out of the cherry gates and head home.

I asked Olivia if she had enjoyed the day (being named and known is very important to us here at Our Lady of Sion College). She said she had and then said to me,

'You're the teacher that sang at the assembly aren't you?'

Olivia was right. Together with the Year 12 student leaders, we had practised some of the hymns for our 90th anniversary Mass at the Cathedral during the assembly to welcome our new Year 7 students and other new members to our College.

One of the hymns we sang was City of God – picking up on our theme for this year *Rejoice in God's love*. 'Let us build a city of God,' the hymn sings, 'may our tears be turned into dancing'. We may not be a city but we are a school community, which hopes that all the Olivias of our school, together with all of our girls, will experience an environment filled with joy – the joy that we receive through the love of God.

Our Mass at the Cathedral was such a wonderful celebration to recognise 90 years of education at Our Lady of Sion College in Box Hill. My thanks to those who made this such a special day for us all.

**John McInerney**  
Deputy Principal – Faith and Mission



## In Remembrance

Our thoughts and prayers go to Vanessa De Rango (10 Gold), Bianca (9 Gold) and Haylee Stagg (7 Red), Kate (11 Purple) and Bridget Morris (9 Purple) whose grandfathers passed away recently. Also to our staff who have lost dear ones over the last months: Mrs Michelle Rangelov whose mother passed away in December 2017, Mrs Karen Morris whose father-in-law passed away in January, and Mrs Clare Tipping who lost her father last week. We remember these families in a particular way at this sad time.

*Eternal rest grant unto them, O Lord, and may your perpetual light shine upon them.  
May their souls and the souls of the faithful departed rest in peace, Amen.*

## Deputy Principal Learning and Teaching



I would like to take this opportunity to welcome all families to another academic year. In particular I welcome new families and new teachers to the College.

It has been an eventful start of the year with the buzz of students and teachers settling into new learning routines. This week we celebrated the achievements of the Class of 2017 at the Top Achievers' Assembly. As a community, we are proud of our students as they work to achieve their goals. This year our guest speaker was alumna Judge Tsalamandris of the County Court Victoria, who shared with us her journey after leaving the College in 1987. Her story is one of persistence, hard work, and sheer resolve to achieve her goals. These are important messages for all learners and one piece of advice she gave was to 'shut out self-doubt'. Our College Dux Caitlin Tomaro expressed similar sentiments. Sometimes as learners we are hesitant to answer a question, attempt an extension activity or even contribute an opinion to class discussion as we might be 'wrong'. Often it is our own self-doubt that holds us back. Be bold in your learning sometimes means being brave.

I would like to reiterate the importance of school and home partnership. There is a lot of information for parents on the need to foster resilience in our young people and part of that is enhancing their resilience *as learners*. The following tips from the Australian Research Alliance for Children and Youth for the Family–School and Community Partnerships Bureau, 2012, can be very powerful:

- Communicate your **expectations** for her education and about the **value** and **enjoyment** of learning.
- Discuss **learning strategies**.
- Focus on building your daughter's **problem-solving skills** and encourage her **independence** to seek assistance and speak to her teacher/s if she's experiencing learning challenges.
- Remind her that challenges mean **she is learning** – constructing new knowledge and developing effective learning skills is not always easy.

At the recent Parent Information Evening, a Staff Contacts list was distributed. The communication channels were also provided on this handout. Please refer to this if you need to communicate with staff at the College to ensure that your concern or query is directed to the person most appropriate to address it. If you have questions or concerns about your daughter's learning, your first points of contact are the Homeroom teacher and subject teacher.

All the best for the fortnight ahead.

**Michelle Rangelov**  
Deputy Principal – Learning and Teaching

# Deputy Principal Student Wellbeing



Once again, the College is brimming with excited students, extremely keen to meet the challenges of a new school year. At the first assembly it was lovely to welcome our new Year 7s into our College community. Students in Years 8 to 12 sang the College song as an act of welcome as the Year 7s processed into the Louise Humann Centre. I trust that whether your daughter is new to Our Lady of Sion College or continuing on with us that she enjoyed a warm welcome back from holidays.

The Pastoral Care Team is your daughter's best resource and support during the year ahead and I am pleased to let parents know that it remains relatively unchanged for 2018.

**Year 7 Coordinator: Brianah Walsh**

**Year 8 Coordinator: Michelle Rudd**

**Year 9 Coordinator: Jac Canning**

**Year 10 Coordinator: Paul Kerr**

**Year 11 Coordinator: Lauren Amalfi**

**Year 12 Coordinator: Adam Rieusset**

**School Psychologists: Sofia Stagnitta and Sarah Russo (new)**

**Counsellor: Janine Crociani**

To support our work in caring for your daughter, please ensure that we have the most up-to-date contact details for your family. If your daughter has had a change in her health, please contact Student Reception or myself as soon as possible. We want to be proactive in caring for your daughter and can only do so if we have the correct information.

Another important aspect of caring for your daughter is the College's practices in regards to the seven Child Safe Standards. This involves refining risk-management strategies, improving opportunities for student voice and developing staff awareness of best practice so that our students remain safe and empowered to seek help if the need arises. Over the next few newsletters I will cover the Standards so that parents more fully understand what the College is undertaking in regards to child-safe practices and policies.

**Standard 1 covers strategies to embed an organisational culture of child safety, including effective leadership arrangements.**

The College meets this standard by ensuring that:

- we have up-to-date Code of Conduct and child-safe policies
- child-safe issues are discussed at every board, staff and pastoral care meeting
- staff must complete a mandatory reporting online learning module each year
- well-defined mandatory reporting processes are in place and staff know who to report concerns to, both internally at the College and externally
- the College only engages with companies and contractors that also have well defined child-safe procedures of their own
- only people with Working with Children Checks can work with students, including board members, coaches, guest speakers and volunteers.

I trust that parents and guardians appreciate that the College takes the role of protecting students from harm seriously and that we are continually seeking to improve child-safe practices within the College. This year your daughter, during a pastoral lesson, will watch an information video entitled *Your Safety Matters* and engage in discussion about what healthy and safe relations look like and how to seek help. I am sure the girls will find the material covered is important to enhancing their safety.

**Christine Kralj**  
**Deputy Principal – Student Wellbeing**

# Year Level News



## Year 7

Our newest Sionians, our Year 7 students, have already made a very positive start to the new school year, and it has been so pleasing to hear the exciting conversations and witness the smiles of the girls as they become familiar with new routines and their new environment. Year 7 Friendship Day took place on Tuesday 13 February. During this day, the students did not take part in their regular classes, but instead took time out to participate in three sessions focusing on different aspects of healthy relationships.

The purpose of this day was to help students learn some of the skills needed to make new friends and sustain friendships. We know that making new friends is one of the most daunting aspects of starting at a new school, and that for many students, they have not been in a position where they have actually had to put themselves out there to meet new people in a long time! We also know that conflict between friends can also be a major cause of distress for some of our younger students, and the hope is that by equipping them with the necessary skills they will be able to manage that conflict.

Each student received a booklet from the day, which we have encouraged them to share at home. This booklet outlines a number of the messages that were reinforced during the day:

- To know the differences between when someone is being rude (unintentionally hurtful), being mean (intentionally hurtful), and bullying (repeatedly being intentionally hurtful after being asked to stop).
- The first step is to try and solve the problem on their own. If this is not possible, or some help is needed, first speak to parents, and then to teachers, so that we can work together to resolve the problem.

Forming close friendships does take time, and many students find it difficult to make new friends at the start of Year 7. We will continue to support the students throughout the rest of this year as their relationships continue to grow and change. If you feel your daughter does need a little bit of extra support, please do not hesitate to contact your daughter's Homeroom teacher or myself.

**Brianah Walsh**  
Year 7 Coordinator



# Year Level News



## Year 8

Welcome to Year 8, 2018. I hope that you had a restful holiday and you are ready to be part of your daughter's Year 8 journey. We have had a busy start to the year already with pastoral lessons, Information Evening and our opening school Mass at St Patrick's Cathedral. The Homeroom teachers and I have been very impressed by the way the Year 8s have started the year with enthusiasm, joy and support for one another.

2018 will allow for the Year 8s to have many opportunities to express their leadership and social skills. I would like to encourage all the Year 8s to take up the opportunity to put their best foot forward and try something new, such as taking on a leadership role or being a part of a project.

The first of these opportunities is the 2018 portfolio positions and I would like to congratulate all students who applied for a 2018 portfolio position and reassure the girls who were not successful, that there are many other opportunities throughout the year to show and develop your leadership skills.

Congratulations and good luck to the 2018 Year 8 Portfolio Reps.

<b>SRC</b>	Tahlia Florio Maya Mannix	<b>Sports</b>	Alannah Marino Mia Maguire
<b>Liturgy</b>	Chelsea Lim Agnes Kock	<b>Visual Arts</b>	Isobel Leonard Holly Toop
<b>Social Justice</b>	Caitlin Gorry Charlotte Stout	<b>House Rep Carmel</b>	Ella Buntin Abbey O'Connor
<b>Drama</b>	Cara Pitruzzello Francesca Zeccola	<b>House Rep Fatima</b>	Tori Stone Dana Van Der Horst
<b>Debating</b>	Jaimee McArdle Hayley Sprague	<b>House Rep Loreto</b>	Yasmin Buultjens Lara Siranni
<b>Environment</b>	Rebecca Ting Amrit Dhillon	<b>House Rep Lourdes</b>	Jessica Downes Sophie Ciavarella
<b>Music</b>	Charlotte Dyer Jasmine Theuma		



## Year 9

The Year 9s are off to a great start to the year and have had a very smooth and focused beginning to 2018. We welcome some new students to the College, Laura Cormick (9 Blue) and Isabella Pignataro (9 White). We are pleased to have them join our Year 9 community.

We are also very lucky to have an enthusiastic and experienced team of Homeroom teachers allocated to this Year Level. Mrs Leanne Anderson (9 Blue), Mrs Stephanie Mainwaring (9 Gold), Mrs Renate el Shataly (9 Purple), Mrs Laura Geilings (9 Red), Miss Siobhan Taylor (9 Silver) and Miss Rebecca Bennett (9 White)

This year there is so much in store for the Year 9s. The Duke of Edinburgh Award provides students with opportunities to develop new skills, volunteer in the wider community and take part in physical recreation. The dynamic Ayin program has been developed and expanded over many years and provides opportunities such as the City Experience, mock job interviews and job application skills and Mind Body Soul Day, just to name a few. They will be focusing on the themes of optimism, purpose, gratitude and resilience during pastoral sessions and the Snapshot Program, all of which are important qualities for students to value and hold.

I would like to thank the many parents of our Year 9s who attended the Information Evening last Wednesday and look forward working in partnership with you all to ensure that our students have a wonderful year.

**Jac Canning**  
Year 9 Coordinator

# Year Level News



## Year 10

I would like to warmly welcome all Year 10 students and their families to the 2018 school year. I trust you and your family have had a relaxing and enjoyable break, and that you feel rested and ready for a busy and exciting year.

We have a strong group of Homeroom teachers who will be supporting our Year 10 students this year, and I thank them in advance for their guidance, care and assistance. The Year 10 Homeroom team consists of: 10 Blue – Mr Chris Wilkes, 10 Gold – Mrs Lucy Miotello, 10 Purple – Ms Monique Davey, 10 Red – Mr Luke Brewis, 10 Silver – Ms Sherine Baydoun, 10 White – Ms Jaclyn Taylor.

Year 10 is a year filled with opportunities and challenges, beginning with the Duke of Edinburgh Adventurous Journey Program at the end of February. At our last assembly, we congratulated and presented badges to our SRC leaders for 2018, Madelyn Trinh and Lilli Eastwood. We also presented badges to all Portfolio Representatives for the coming year. In 2018 in recognition of the commitment of Year 10 students who act as Talk and Tour guides, the College has presented these students with a badge for their blazer. These students play a vital role in explaining to prospective parents the day-to-day workings of our school, our history and their own experience. We have distributed Class Leader applications, which I raised at our year level assembly. There are many applicants and I will inform the school community once these positions are finalised.

I am looking forward to working with our Year 10s in partnership with their teachers and families this year. Please don't hesitate to contact your daughter's Homeroom teacher or myself if you have any questions or concerns throughout the year.

**Paul Kerr**  
Year 10 Coordinator



## Year 11

Welcome back to all the students and their families to Our Lady of Sion for 2018. It has been a pleasure to see how well students have settled in to what can be an overwhelming start to their VCE journey. I look forward to working with you and your daughters over the year.

The Year 11 team have begun with a focus on normalising some of the transition emotion through providing opportunities for the students to be heard, so we can gain feedback on the support they may be needing. We have placed a large emphasis on the balance and not solely focusing on their studies. While this is a priority, we encourage students to work towards developing skills to still manage their schooling with other commitments such as part-time work and other areas of interest. Relaxation, enjoying the company of friends and family, eating healthily and, of course, staying hydrated, are important in helping your daughters to stay balanced.

The 2017 Year 11 class has passed on a gift to your daughters, which has highlighted some important factors they believe will help in having a successful year. Each student was asked to pick one as a main focus. I invite you to ask your daughter what their choice was and to help support her in developing this area.

- \* Self care
- \* Relax
- \* Motivation
- \* Independence
- \* Persistence
- \* Balance
- \* Fun

Please remember that this is potentially an overwhelming time for your daughters with large adjustments to workload and perceived expectations. I ask that you help to encourage your daughter to seek additional support through both subject and Homeroom teachers and myself. Please don't hesitate to contact us if you have any questions or concerns.

**Lauren Amalfi**  
Year 11 Coordinator

# Domain News



## Mathematics

### Calculators

At Our Lady of Sion College all Mathematics students are expected to own their own calculator and are encouraged to have their calculator with them for each Mathematics class. It is the student's responsibility to keep their calculators charged and in good working order. It is essential that all students have their calculators securely labelled (engraved) and kept in a safe place when not being used.

Calculators are an essential tool for developing skills, consolidating concepts, exploring patterns and investigating problems.

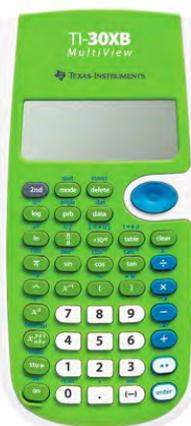
Calculators may also be used in assessment:

- Students in Years 7 and 9 have a calculator-allowed and non-calculator NAPLAN test on Thursday 17 May.
- Students in Years 7, 8 and 9 use calculators in 'Measurement and Geometry' and 'Statistics and Probability' topics, but not in 'Number and Algebra' topics, unless a student is undergoing a modified program.
- Students in Years 10, 11 and 12 Mathematical Methods streams have access to their calculators for some assessment tasks. Students in Years 10, 11 and 12 General/Further Mathematics streams have access to their calculators for all assessment tasks.

### For 2018

- Students in Years 7, 8 and 9 use the *Texas Instruments TI-30XB Multiview* scientific calculator.
- Students in Years 10, 11 and 12 use the *Texas Instruments TI-nspire CX CAS* graphics calculator.

Both calculators are available through the booklist or office/stationary suppliers.

Years 7 – 9	Years 10 – 11
<i>Texas Instruments TI-30XB Multiview</i> scientific calculator	<i>Texas Instruments TI-nspire CX CAS</i> graphics calculator
	

### \*Charging TI-nspire CX CAS Calculators:

Charging banks are located in the Year 10 and VCE areas for student use. When charging calculators at home, only use slow USB chargers (4–5 hours the fully charge); fast USB chargers may cause the battery to overheat. If using a computer to charge a calculator, the computer should be plugged into power. Please note the rechargeable calculator battery has a life expectancy of two years.

**Helen Mulvogue**  
**Mathematics Learning Leader**

# Domain News



## Technologies

### Opportunities in Digital Technologies

From time-to-time we advertise holiday courses for students interested in different areas of digital technologies. During the recent Christmas break Alannah Wirth (8 Red) embraced this opportunity, enrolling in the 'Girls Make Games' coding course.

*Over the school holidays, I participated in a six day coding course at Monash University run by Girls Make Games. The organisation's goal is to get more girls into the game-making industry, which at this time is predominantly a male industry.*

*Over the week, we learnt about the concept of game design, programming, game art, and even designed our own working game! This was done in groups of 4 to 5 people, and I couldn't have asked for a better team; collaborating with the other members of my group was the best fun!*

*We did our work on two programs: Stencyl, which was more for beginner to intermediate coders; and Unity, which was for the more advanced and is used by many professional game designers today. We were even able to go on a field trip to EA Firemonkeys, a local game development studio in Melbourne which is responsible for the creation of many popular games such as the Sims and Need for Speed.*

*Overall, we had a fun-packed week, and to top it all off, we presented our games to the other girls, friends and family, and even some professional game developers too! I can't wait to see what next year's course will bring!*

**Alannah Wirth**

**Dale Hunter**  
Technologies Learning Leader



## Health and Physical Education

Welcome to the 2018 school year in Health and Physical Education

In Term 1 all students need to ensure they are being sunsmart and take responsibility in looking after their skin. It is compulsory for the black PE hat to be worn to all PE lessons in Term 1. Sunscreen is always available and encouraged to be applied at the start of the lesson.

With the warmer weather it is very important to ensure we keep our bodies hydrated. Drinking water is the best way to do this. Try to keep a water bottle with you throughout the day, aiming to drink around 2L each day!

Students are encouraged to be active at lunchtimes and make use of the oval and outside courts. Sports equipment is available for the students to use during these times.

As we get our H&PE units underway we will see students practising their athletics, testing and improving their fitness, designing fun minor games, studying nutrition and the body systems, just to name a few!

**Natalie Hall**  
Health & Physical Education Learning Leader



## Languages

### International Partnerships Programs

Living in another country for almost a month and experiencing another educational system is something most students never have the opportunity to do. At Our Lady of Sion College, we are fortunate enough to have had 13 students involved in International Partnership Programs during the summer holidays. This experience has enriched the girls' lives as they have returned with new knowledge, cultural understanding, maturity, lots of memories and lifelong friends. In addition, students learning French who travelled to Evry, France, have been

able to further develop their skills and confidence in the language, which will provide them with an advantage during their VCE studies.

The following students attended one of two International Partnership programs over the summer period:

*Emma Bury, Sarah Hayes, Sasha McArdle, Eve O'Connor, Maddy Phillips, Beth Reid, Anna Tainton accompanied by Miss Jennifer Merle – Notre Dame de Sion in Evry, Paris.*

*Maddison Byrne, Rebecca Hosie, Daniela Lombardo, Alana Mawby, Maddison Zugna, Erin Yates accompanied by Mr Paul Kerr – Notre Dame de Sion in Kansas City, USA.*

All of the students had a wonderful, rewarding and unforgettable time. Some have shared their experiences and reflections with us.

### French Partnership Program

On Wednesday 29 November, seven very excited Year 11 students, along with Miss Merle, departed Melbourne for Paris. After 24 hours we arrived in Paris and were united with our host sisters. We were all thrilled to see them and couldn't wait for our French adventure to begin.

We went to Notre Dame de Sion school in Evry, where we met the Sisters of Sion and learnt about the history of the school. There are vast differences between our schools, including longer days, a two-hour lunch break and the absence of a uniform. We assisted in various English classes, practised reading and understanding French literature in the library, and joined in a variety of classes including Philosophy and Spanish.

On Wednesdays, the students of Notre Dame de Sion had a long day of tests and exams, so we were able to visit more of Paris. These day trips included going to the Louvre and doing a boat trip along the Seine, visiting Sacre Cœur and Montmartre, as well as going to 'the happiest place on earth', Disneyland.

On the weekends, we spent time with our host families exploring the wonders of Paris, including going up the iconic Tour de Eiffel, L'Arc de Triomphe, many museums and lots more beautiful offerings of the city. We also visited various sites and buildings such as the Palace of Versailles and 'L'Opera', where we learnt about the history of not only Paris, but the country of France as well.

This exchange has increased our confidence in speaking and listening to the language, and to experience all that the French culture has to offer. It was truly a rewarding and enriching trip filled with many experiences and people we will never forget.

**Anna Tainton**



## Domain News

### USA Partnership Program

On 28 December, six fortunate Sion students, together with Mr Kerr, left for America to complete the American Partnership Program. Living in Kansas City for four weeks was an eye-opening experience that taught us about the American culture and the differences between our lifestyles including the types of food eaten, sports, the school system and differences in housing.

Not only has this developed our understanding of how other people live but as individuals we have increased confidence and independence due to being open to new experiences and adapting to another family's lifestyle. We are very grateful to the host families for allowing us into their lives and looking after us like their daughters and taking us to a variety of places outside of Kansas City including Colorado, Disney World, Chicago, Mt Rushmore and Las Vegas.

Being part of this program is most definitely a once-in-a-lifetime experience that I will always remember and cherish. We have developed strong relationships with our host sisters and families and gained lifelong friendships.

**Alana Mawby**

**Gail Amato**  
Languages Learning Leader



## Social Justice

This year, to commemorate 90 years of the Sisters of Our Lady of Sion and the College in Box Hill, we will be running a whole-school social justice initiative called *90 Deeds for 90 Years*. The purpose of the project is to encourage a celebration of the charism of the Sisters and their long history of reaching out to those in need, as well as the values in our Mission Statement which call us, as a College community, to be concerned always for justice, truth, reconciliation and peace. Our aim is to honour this tradition by performing 90 good deeds as a College throughout the year. This will include the regular social justice activities that the College participates in, and we are excited to

be introducing some new initiatives at different year levels to allow everyone to get involved and help us achieve our goal of 90 deeds.

We are straight into this initiative and have four deeds already ticked off. On Tuesday and Wednesday nights this week, members of staff from the College volunteered their time at the Ozanam House Meals Program and today the Year 12s are putting together donations of toiletry packs to donate to Ozanam House. Also on Tuesday night, staff visited asylum seekers at the Broadmeadows Detention Centre to engage in conversation and friendship. Additionally, Project Compassion is underway this week, with collection boxes being distributed around the school for donations to this worthy cause throughout Lent.

We look forward to keeping you up-to-date with our tally as we try to work towards 90 deeds.

**Rebecca Bennett**  
Social Justice Coordinator

deed number  
**4**  
... and counting



**PROJECT COMPASSION**  
**FOR A JUST FUTURE**

# The Arts

## Drama

Our 2018 school musical is *The Addams Family*. We are thrilled to be able to present this performance with characters we all know and love. It will be a show for the whole family. Performances will be held in mid-August and updates and information will be included in the newsletter. Rehearsals have only just started and already it is clear that the show is set to be a hilarious and entertaining evening for audiences!

The year has so much in store for keen Drama students. VCE performances will be held in both in Semester 1 and 2, *An Evening of Shakespeare* with the Year 9 and 10s will be on in Term 2, House Theatre Sports starts this term, lunchtime workshops will be up and running very soon and many dynamic performance incursions and excursions are already booked in.

Our 2018 Drama Captain Monisha Inserra is dedicated to providing lots of opportunities to get involved in Drama and is brimming with new ideas to add to the program of events this year.

2018 is another year to make the most of the plethora of opportunities that the Performing Arts has to offer at Sion!

### The Drama Team



### Top Achievers in the Arts Music

At our recent Top Achievers' Assembly, we recognised the outstanding achievements of our Class of 2017. Half of our VCE Music Class was recognised as Dux of at least one study and receiving an ATAR of over 90 – a wonderful example of following your passion, being involved in life at the College beyond the classroom, and making the most of resources to achieve your best. With this in mind, it seems fitting to be sharing wonderful

musical news with our community.

Having recently been awarded the esteemed *Grainger Wind Symphony Scholarship*, Emma Squires has been invited to perform at the Melbourne Recital Centre as part of the VCE Top Arts celebrations. Emma, who was awarded Dux of the 2017 VCE Music Class, is one of just 16 soloists and the only flautist from across the entire state to be invited to perform in this concert. This is a wonderful recognition for over a decade of dedication to honing her craft. Our current VCE Music Class is looking forward to hearing Emma and the legendary Mrs Brown on stage on 6 March.

## Visual Arts

Congratulations also goes to Sarah Roberts and Eden Cecala for being short listed for the VCE Art and VCE Visual Communication 'Top Arts' and 'Top Design' exhibitions. These exhibitions are extremely prestigious and only the best of the best is even considered for entry – well done Sarah and Eden.

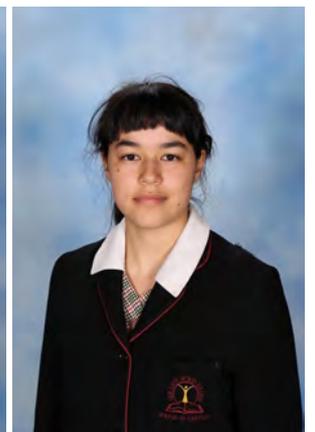
**James Le Fevre**  
Director of Bands and Arts Learning Leader



Emma Squires  
Year 12, 2017



Eden Cecala  
Year 12, 2017



Sarah Roberts  
Year 12, 2017

# Artist Spotlight



**Nicola Gaudion**

(Year 10 Gold)



Since taking to the trombone in Year 7 as part of our Year 7 Music Program, Nicola has more than flourished. From her early days of tagging along with big sister Bianca to Jazz Ensemble rehearsals, Nicola has quickly developed her prowess as an A grade musician. Late last year Nicola completed her Grade 5 AMEB Trombone Exam, receiving encouragement from the examiner to pursue a career in the music industry, not something you often hear coming from an examiner.

Outside of her brilliant solo performances Nicola plays a leading role in the trombone section of the Jazz Ensemble, Senior Concert Band, Big Sound Sister Program and also our pit band for *The Addams Family*. Keep an ear out for Nicola's soloist feature on Trombone *and* Vocals with the College Jazz Ensemble as they prepare for a return to Generations in Jazz.

## From the Careers Room

*Our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort that we are likely to step out of our ruts and start searching for different ways or truer answers.*

M Scott Peck

Students and families can find the fortnightly Careers newsletter at [www.olscareers.com/?page=newsletter](http://www.olscareers.com/?page=newsletter).

In this fortnight's newsletter there is information relating to:

- \* **Upcoming events**      Melbourne ADF Careers expo
- \* **Job in the spotlight**      Air Traffic Controller
- \* **Things to consider**      Year 10 Work Experience, Our Lady of Sion Careers website, UMAT 2018, Tax File Numbers, Australian National University (ANU) Tuckwell Scholarship
- \* **Research ideas**      Monash University – Medicine and Health Course Wizard



**Brooke O'Hara**  
Careers and Pathways Counsellor

# Sports News



**Katrina Gurciullo**  
Sports Coordinator

We welcome everyone back to what I am sure will be another fantastic year in Sport at Sion in 2018.

Trials for Term 1 weekly sport have already taken place, with Softball, Tennis and Indoor Cricket matches underway for all teams this week. Our Swimmers and Divers have also started their training and look forward to an excellent season.

There will be lots of opportunities for students to get involved in sport this year – we encourage students to visit us in the Sports Office in the LHC with any questions and ensure they keep on top of the weekly sport timetable in the student bulletin.

A reminder also that the House Swimming Carnival will be held on Thursday 22 February at Boroondara Sports Complex. Please feel free to come along and support this community event.



## Sports Stars of the Week

Gabriella Eggleton in Year 10, Chloe Philactides in Year 10 and Jasmine Kelzi in Year 8 share our Sports Star award for this week.

In addition to representing the College in the GSV Soccer representative team in 2017, over the summer holidays, Gabby represented Victoria in the National Futsal Championships in Canberra at the Australian Institute of Sport. She played as one of two goalkeepers for Victoria and received some excellent feedback on her performance in these championships. In addition to this wonderful achievement, Gabby has also been offered a contracted position with the Under 16 Women's Alamein Football Club in the Women's National Premier League, again in the position of Goalkeeper. As a part of this, Gabby must train three times per week, with games on the weekend from February right through to September. Gabby is making great strides in Soccer; congratulations Gabby and we look forward to seeing what you achieve this year!

Chloe Philactides and Jasmine Kelzi are traveling to the United States to compete in the NCA Cheerleading Competition. This is one of the biggest cheerleading competitions in the world and the girls have been training incredibly hard in order to perform at their best in the competition. They will travel to Dallas and also may have the opportunity to compete in the Worlds event in May. We wish the girls all the very best as they depart for the USA this week!



# Parent Notices



## From the College Psychologist

Hello and welcome back to 2018! I hope you all had a lovely time over Christmas and the holidays and everyone is feeling refreshed.

I would like to inform families about several **FREE** therapeutic, evidence-based group programs for the young that the Psychological Strategies Team at EACH (Eastern Access Community Health) are running. All programs are facilitated by experienced mental health accredited practitioners, and aim to help people of all ages to develop skills to better cope with life's challenges.

The groups running throughout the February–March period are as follows:

- Acceptance & Commitment Therapy (ACT) Skills Group for Anxiety and Depression: Starting on 28 February and running for four weeks in Box Hill.
- Cognitive Behaviour Therapy (CBT) Skills Group for Anxiety and Depression: Starting on 28 February and running for four weeks in Wantirna South.
- Building UR Resilience – Young People's Group: Starting on 1 March and running for four weeks in Wantirna South.
- Living with Persistent Pain – Learn strategies to help manage persistent pain: Starting on 27 February and running for four weeks in Box Hill.
- Teen Talk – Grief and Loss Support Group for Teenagers: Starting on 21 February and running for 4 weeks in Glen Waverley.

Please see the attached flyers at the end of the newsletter for more information and details on how to attend.

A reminder that the College Counselling Service is available Monday to Friday and appointments are available before and after school, as well as during recess, lunch-time and periods throughout the day. There are three counsellors in the team: Sofia Stagnitta (College Psychologist), Janine Crociani (College Counsellor) and Sarah Russo (College Psychologist). Sofia is full-time, Sarah is at school Monday and Tuesday, and Janine is at school Wednesday, Thursday and Friday.

To make an appointment or a referral, please email [counselling@sion.catholic.edu.au](mailto:counselling@sion.catholic.edu.au) or contact one of us on 9890 9097.

Wishing everyone a wonderful start to the year and a healthy, happy and productive 2018!

**Sofia Stagnitta**  
College Psychologist





## Our Lady of Sion Parents' Association

Welcome Parent(s) and Guardian(s)

I hope you all had an enjoyable break during the January school holidays.

For new parents and guardians – welcome to Our Lady of Sion and I hope your association with our wonderful community is an enjoyable experience where you form wonderful friendships. Welcome back to existing parents.

This year, Our Lady of Sion is celebrating 90 years – a wonderful milestone!

Please support the following Term 1 events that are sponsored by the Parents' Association:

**Year 7 Family Eucharist – Wednesday 14 March at 7:00pm**

**Year 7 'Meet & Greet' – Friday 16 March at 7:00pm** *(please see attached flyer)*

**Sion Open Day – Thursday 22 March**

The first Parents' Association Meeting for the year will be held on **Monday 26 February commencing at 7:00pm** in the Ratisbonne Boardroom (please enter through main Reception). Anyone wanting to attend would be most welcome!

If you have any queries about the Parents' Association, please do not hesitate to contact our Secretary, Jo Reid at [jo.reid@optusnet.com.au](mailto:jo.reid@optusnet.com.au)

On behalf of the Parents' Association, I look forward to your support and to seeing you at our Meeting on 26 February.

**Adele Pasquini**  
**President**

## Buy and Sell

### Second-hand Uniforms



#### Simply

- Register on the Sustainable School Shop website  
- [www.sustainableschoolshop.com.au](http://www.sustainableschoolshop.com.au)

### Second-hand uniform trading system

- List Wanted & For Sale Ads (Browsers tell each other what they require and what they have to sell).
- The school's uniform lists are loaded into the system to make the Ad listing process easy, fast and accurate.
- Our Ad Matching service shows you
  - Exactly the right items to buy
  - Who has the most items you need
  - The cheapest items
- Assistance is provided to accurately price items.
- Buyers contact Sellers, and arrange where and when to transact.
- Excellent email and telephone helplines are provided:  
1300 683 337

#### Cost

- Browse and search the for sale ads for free
- Single items can be advertised for \$1.00
- Annual subscriptions \$19.95 (includes Ad Matching)

#### Also Buy & Sell

- Calculators
- Sporting items
- Musical items
- Electronics & DVD's
- Stationery

#### Pricing Guide

- Like New 70%
- Excellent 60%
- Very Good 50%
- Good 40%

<http://www.sustainableschoolshop.com.au>

ABN 55 114 136 211

## Year 7 'Meet & Greet'

Our Lady of Sion College Parents' Association warmly invites members of our Year 7 community to the Year 7 'Meet & Greet'.

Enjoy a relaxing evening meeting other Parent(s)/Guardians(s) from your daughter's year. Our College Principal, Tina Apostolopoulos will be joining us.

**Friday 16 March 2018 @ 7:00pm**  
**Bucatini Restaurant**  
**454 Whitehorse Road, Mitcham**

\$15.00 per head. Includes finger food, drinks available at bar prices

**RSVP** Monday 12 March 2018

**Booking** [www.trybooking.com](http://www.trybooking.com)  
<https://www.trybooking.com/UGBB>

**Enquiries** Jo Reid – Parents' Association Secretary  
[jo.reid@optusnet.com.au](mailto:jo.reid@optusnet.com.au)



This event is proudly subsidised by the Our Lady of Sion College Parents' Association



**College Open Day**  
**Thursday 22 March 2018**  
**2.30 – 6.30 pm**

*Celebrating 90 years of excellence in girls' education.*

Our Lady of Sion College warmly invites you to come and see how your daughter will **embrace life** at Sion.

We look forward to welcoming you to our College.



1065 Whitehorse Road, Box Hill  
9890 9097 | [www.sion.catholic.edu.au](http://www.sion.catholic.edu.au)



## ACT for Anxiety and Depression

### Acceptance & Commitment Therapy Skills Group

This is a 4 week group program (6-10 participants) for the treatment of Anxiety and Depression. We will explore the foundations of Acceptance and Commitment Therapy (ACT) for people experiencing low to moderate anxiety and depression.

This program aims to empower people to learn resilience skills to better cope with life's challenges.

- Build your 'toolbox' with powerful and practical strategies
- Learning fun, evidence based tools to manage your thoughts, feelings and behaviours
- Exploring what is important (values) to you
- Move towards a rich, healthy and meaningful life
- Learn mindfulness to improve your quality of life

This group can be accessed on its own, or with the possibility of individual counselling under the Psychological Strategies program through EACH.

**What to bring:** yourselves and an open mind!

**Where:** **EACH**  
26-28 Prospect Street Box Hill 3128

**Starting Dates:** **Tuesday 23 January 2018**  
**Tuesday 27 February 2018**

**Commitment:** 4 weeks

**Cost:** **FREE\***

**How to Refer:** contact Psychological Strategies team on (03) 8892 4200 or Email [psintake@each.com.au](mailto:psintake@each.com.au)

## Anxiety and Depression

### Treatment with Cognitive Behaviour Therapy Skills Group

This is a 4 week group program (6-10 participants) for the treatment of Anxiety and Depression. We will explore the foundations of Cognitive Behaviour Therapy (CBT) for people experiencing low to moderate anxiety and depression.

This program aims to empower people to learn valuable skills to better cope with life's challenges.

- Learn about the connection between our thoughts, feelings, and behaviours
- Start to identify and challenge unhelpful patterns
- Come up with different ways to view problems when they pop up
- Develop your own coping skills 'toolbox' of practical self-help strategies
- Work to bring about positive changes to improve your quality of life

This group can be accessed on its own, or with the possibility of individual counselling under the Psychological Strategies program through EACH.

**What to bring:** Yourself and an open mind!

**Where:** **EACH**  
2 Capital City Boulevard, Westfield Knox Ozone, Wantirna South 3152

**Starting Dates:** **Wednesday 24 January 2018**  
**Wednesday 28 February 2018**

**Commitment:** 4 weeks

**Cost:** **FREE\***

**How to refer:** Contact Psychological Strategies team on (03) 8892 4200 or email [psintake@each.com.au](mailto:psintake@each.com.au)

\*Please note – in order to attend this group, all participants will need to have a Mental Health Care Plan from their GP

This service is supported by funding from the Australian Government under the PHN Program.



## Building UR Resilience

### Young People's Group

This 4 week group program (6-10 participants) aims to equip young people with skills to better understand emotions and develop resilience skills.

This group may be for you:

- ❖ If you feel overwhelmed by your feelings and emotions.
- ❖ If you often feel stressed, anxious or depressed.
- ❖ If you want to learn some skills to adapt with life's challenges.
- ❖ If you'd like to be clearer on your goals and things that are important to you

This program is designed for young people between the ages of 13 to 25 year olds.

**What to bring:** Yourself and an open mind!

**Where:** **EACH**  
2 Capital City Blvd, Westfield Knox Ozone, Wantirna South 3152

**Starting Dates:** **Thursday 25 January 2018**  
**Thursday 1 March 2018**

**Commitment:** 4 weeks

**Cost:** **FREE\***

**How to refer:** Contact Psychological Strategies team on (03) 8805 2200 or Email [psintake@each.com.au](mailto:psintake@each.com.au)

## Teen Talk

### Grief and Loss Support Group for Teenagers

This is a 4 week group program (6-10 participants) for the treatment of grief and loss. You will learn to talk about your grief and loss and share with others in a caring and supportive environment.

This program aims to support teenagers to discuss and process the experience of grief and loss.

- Actively engage in activities to express your loss
- Supporting one another and gaining insight into other's experience
- Exploring what is important (values) to you
- Managing all those feelings, thoughts and how to care for yourself
- Learn mindfulness to improve your quality of life

This group can be accessed on its own, or with the possibility of individual counselling under the Psychological Strategies program through EACH.

**What to bring:** yourselves and an open mind!

**Where:** **EACH**  
Monash Youth Services 14 Bogong Ave Glen Waverley 3150

**Starting Dates:** **Wednesday 21 February 2018**

**Commitment:** 4 weeks

**Cost:** **FREE\***

**How to Refer:** contact Psychological Strategies team on (03) 8892 4200 or Email [psintake@each.com.au](mailto:psintake@each.com.au)

## Living with Persistent Pain

### Learn strategies to help manage persistent pain - Group

Pain that continues for 3 months or more can be disabling and frustrating to manage and can also affect relationships with family, friends, and work colleagues.

This is a 4 week group program (6-10 participants) that provides education and support for people experiencing persistent pain. The program will explore persistent pain from a psychological perspective. With evidence-based strategies;

- Learn about the mechanisms of persistent pain
- Explore how to refocus on what is important to you (values)
- Build your coping strategies 'toolbox' for living with persistent pain

This group can be accessed on its own, or with the possibility of individual counselling under the Psychological Strategies program through EACH.

**Please note:** This program is not intended to replace medical treatment but may be useful for developing coping strategies as part of a broader pain management plan

**Where:** **EACH Box Hill,**  
26-28 Prospect St, Box Hill 3128

**Starting Dates:** **Tuesday 23 January 2018**  
**Tuesday 27 February 2018**

**Commitment:** 4 weeks

**Cost:** **FREE\***

**How to Refer:** contact Psychological Strategies team on (03) 8892 4200 or email [psintake@each.com.au](mailto:psintake@each.com.au)