



OLSH

OUR LADY OF THE
SACRED HEART
COLLEGE

Term One - 10 April 2024 (No.6)

From the Principal



Dear Parents / Guardians, Friends, Staff and Students of OLSH College,

The Bonsai Child

A few weeks ago, members of the OLSH College Leadership Team were able to hear from Clinical psychologist and researcher Dr Judith Locke. Dr Locke is author of the book 'The Bonsai Child' as well as her recently released book 'The Bonsai Student' and soon to be released book 'The Bonsai Teacher.'

In both Dr Locke's book and presentation, she observes the phenomenon of 'overparenting', or over-nurtured children and not equipping our children or teaching them how to cope better with life. This over-emphasis on the child's happiness, and an expectation they will excel at life, can breed anxiety and perfectionism in the child. Parenting is a fine balance between anticipating your child's concerns, challenges and letting them experience it in a way that builds resilience. In her book, Dr Locke provides clear, practical strategies which enable parents to encourage their child's resilience, confidence, and self-regulation, as well as slowly stepping back to enable their children to mature and become independent.

Staffing Updates

At the end of this term, we will farewell Mr Adam Jacobs, Ms Meg Copini, and Mrs Manuela Burtini as their employment contracts with the College come to an end. Adam, Meg and Manuela's contributions to their respective Learning Areas and school life as a whole have been very much appreciated. We wish them every blessing and take this opportunity to thank them for their positive contributions.

We also extend best wishes to Mrs Sue Thompson (PA) who will take some well-deserved and earned long service leave for weeks 1 and 2 of Term 2. We wish Sue a restful and productive time away.

At the end of this term will also say farewell to Ms Cassandra Ladas, Marketing & Engagement Coordinator. Cassandra joined OLSH College in a newly created position in 2021. In this role

she actively contributed to the common vision for marketing the College while positively representing and engaging all within our OLSH College community. Cassandra supported and collaborated to coordinate the College's marketing strategic plan, advertising and promotional activities. Her warmth of character, creativity and unique flair were observed with her interaction with students, staff, prospective families and the wider OLSH College community. With every best wish, thank you Cassandra.

Enrolments

A reminder to our current OLSH College families who have a daughter in Year 6, 5, or 4: please ensure you have an application in our system if you wish for your daughter to start in Year 7 in 2025, 2026 or 2027 respectively. If you need assistance in this area, kindly email our Registrars, Mrs Sue Thompson or Mrs Monique Tabuena, at registrar@olsh.catholic.edu.au or [apply online](#).

Term 1 and 2 Arrangements

Term 1 ends on Friday 12 April and students will be dismissed at the normal time of 3:25pm. Term 2 commences on Monday 29 April at 8:45am with all students to be dressed in full, correct winter uniform. Please ensure your winter uniform and black leather, polished school shoes are ready for day 1 of Term 2.

Thank you

Finally, a thank you to all OLSH College staff for all their hard work in the eventful and busyness of Term 1.

I also congratulate all OLSH girls for their commitment to their full-time studies, SACE and Term 1 co-curricular activities and sporting endeavours. A special thank you to our Saturday morning sport conveners, coaches and parents/families who have supported our students in their involvement and representation of OLSH College at Saturday morning sport.

I wish every member of the OLSH College community a safe, hopeful and a refreshing holiday break.

*May the Sacred Heart of Jesus be Everywhere Loved,
Maria Urbano, Principal*



Wishing you all a safe, hopeful and a refreshing holiday break

—❤—

2024 DIARY DATES

TERM 1

10 April	Year 11 Reflection Day
12 April	End of Term 1

TERM 2

29 April	Term 2 begins
30 April	College Tours 9:30am & 5:30pm
1 May	Effort Assembly
8 May	Year 7 & 8 Butterfly Foundation Session
9 May	Year 8 Reflection Day
9 - 10 May	Year 10 PE Camp
14 - 15 May	Year 9 Camp
19 May	Pentecost Marian Procession
21 May	Student Parent Learning Conversations
22 May	Student Free Day
28 May	College Tours 9:30am & 5:30pm
29 May	Cultural Diversity Assembly
3 - 5 June	Year 11 Outdoor Ed Bushwalking Camp
7 June	Sacred Heart of Jesus Mass
10 June	King's Birthday Public Holiday
17 June	Year 10 & 11 Study Day
18 - 20 June	Year 10 & 11 Exams
21 June	End of Semester 1 Student Free Day
24 June	Semester 2 begins Year 10 Reflection Day
25 June	College Tours 9:30am & 5:30pm
28 June	Year 10 Immunisations
3 July	Academic Assembly
5 July	Last day of Term 2

TERM 3

22 July	Term 3 begins
22 - 24 July	Year 12 Trial Exams
30 July	Subject Expo College Tours 9:30am & 5:30pm



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SECURE A PLACE FOR YOUR DAUGHTER AT OLSH COLLEGE

Do you have a daughter wanting to come to OLSH College who has not yet enrolled? All future students, including siblings are required to submit an Application for Admission Form to commence the enrolment process. Interviews for students commencing in 2025 and 2026 are now underway. We encourage you to visit or contact the Front Office to collect an Application for Admission Form, or phone 8269 8800 to secure a place for your daughter.

WANT AN ADDITIONAL DISCOUNT ON YOUR SCHOOL FEES?

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Band 1, 2 and 3 families who pay their fees in full by 12 April, will receive an additional 5% off their school fees. Please note this excludes the diary for those year levels who have one.

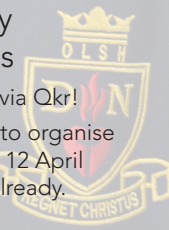
If you need assistance in calculating the amount to pay, please contact the Finance Team by email accounts@olsh.catholic.edu.au or call 8269 8800.



ORGANISING YOUR WINTER UNIFORM FOR TERM 2

For families who need to organise a Winter Uniform for Term 2, the Uniform Shop is only open 8:30am - 12:30pm Monday to Friday during term times

Visit the Front Office or order via Qkr! Families are reminded they need to organise their Winter Uniform by Friday 12 April at the latest, if they haven't already.



Follow us on Facebook & Instagram

@OLSHCollegeEnfield
 @olshcollegeadelaide

REFLECTING ON OUR COMMON HUMANITY



Have you ever stopped to wonder that countries do not exist? In nature, there are no countries, merely a land mass. Likewise, borders of countries do not exist. These are merely human constructs. This realisation makes our common humanity easier to grasp. In this way, we are more likely to see others as our brothers and sisters.

Despite this, these ideas are powerful. Very powerful. Many people have been willing to die for their 'country' in the past. Migration is always a 'hot' political topic.

The 'overview effect' is a shift in awareness reported by some astronauts during spaceflight, often while viewing the Earth from outer space. It is the experience of seeing firsthand the reality of the Earth in space, which is immediately understood to be a tiny, fragile ball of life, "hanging in the void", shielded and nourished by a paper-thin atmosphere.

From space, national boundaries vanish, the conflicts that divide people become less important, and the need to create a planetary society with the united will to protect this "pale blue dot" becomes both obvious and imperative.

Michael Collins, an astronaut on the Apollo 11 flight to the moon said the following:

'The thing that really surprised me was that it [Earth] projected an air of fragility. And why, I don't know. I don't know to this day. I had a feeling; it's tiny, it's shiny, it's beautiful, it's home, and it's fragile'.

This sort of experience can open the heart to the need for social justice.

In this spirit, I share with you a snippet of a letter written by Pope Francis to a group of migrants gathered in Lajas Blancas, Panama, where thousands of migrants are congregating, hopeful of reaching the USA.

Damian Creazzo | Assistant Principal - Religious Identity & Mission



File photo of Pope Francis with a young migrant (Vatican Media)

LETTER OF THE HOLY FATHER FRANCIS TO A GROUP OF MIGRANTS GATHERED IN LAJAS BLANCAS, PANAMA

Dear migrants,

I would like to be there with you at this time. I too, am the son of migrants who set out in search of a better future. There were moments in which they found themselves with nothing, to the point of suffering from hunger, empty-handed, but with their hearts full of hope.

Migrant brothers and sisters, never forget your human dignity. Do not be afraid to look others in the eye, because you are not a throwaway; you too are part of the human family and of the family of God's children. And thank you for being gathered there.

May Jesus bless you and the Holy Virgin keep you. And please, do not forget to pray for me.

Fraternally yours,

Rome, Saint John Lateran, 21 March 2024

FRANCIS

OLSH ALUMNAE SHARE WORDS OF WISDOM



Riza Bhayla, Class of '23

After completing what could be described as the most challenging year of their high school journey our graduating class of 2023 ventured into the 'real' world, ready for every new experience that came their way. Many of our 2023 graduates have completed their first 6 weeks of university, and it is so lovely to hear their updates, experiences and the things that they miss about being at OLSHCollege.

Riza Bhayla, is one of these students. She has completed her first 6 weeks of a Bachelor Commence (Accounting) / Masters in Finance at UniSA. It has been so lovely to hear her share her experiences and the things she wishes all Year 12s and OLSHies knew. We share with you some of her key thoughts and messages.

Looking back at my Year 12 experiences, here is some key advice that wish I could have told myself.

1. When it comes to assignments and studying for exams, do not procrastinate or cram. It's really easy to say I'll do this later, I have so much time until the due date but it is unbelievable how quickly the time goes by. Also, it is good to start ahead of time to avoid stress but also be able to enjoy yourself, because you don't want to be finishing off an assignment when your friends are out having fun.
2. Something I wholeheartedly believe is that when you are doing something you love, it doesn't matter how challenging it is, you will always be motivated. When I started university I was unsure about how I would find it but it's safe to say I absolutely love what I'm learning and because of this, I find myself wanting to go in every day. Therefore I encourage Year 12s to think carefully about what you choose to do after school. I also encourage every OLSHie to really think about what subjects you enjoy, because when you love what you're learning, success is guaranteed.
3. Another important piece of advice is to make sure you have created a balance between school and outside life. Year 12 is a time that won't come again so make sure you enjoy it as much as you can, focus on your work as well, but a balance is necessary.
4. Lastly and possibly most importantly, I think something I really wish I kept in mind throughout Year 12 is not to compare your grades to others, it does more harm than good. Going into university, I quickly realised that a grade doesn't hold the significance that we give it, it's merely a sign to see how you are progressing. Always remember that just because you didn't score the best, it doesn't mean it's all over, you can always try harder next time.

I wish everyone of you all the best for the rest of the year. *Riza Bhayla, Class of '23*

YEAR 12 - PIT STOP



As a bit of fatigue sets in and the Year 12 students yearn for a break, we took the opportunity to take some time to reflect on Term 1 of Year 12 and the fact that Stage 2 subjects only have 6 months remaining!

After discussing the important business of meeting deadlines, being in class as often as possible and using one's own intellect to complete tasks, rather than turning to artificial intelligence, we turned our attention to maintaining a steady, consistent, and dedicated pace for the remainder of the year and looking after wellbeing just as much as academic endeavours.

Ms Rose Cecere, our Flexible Pathways Coordinator spoke about the steps that lie ahead in terms of applications for post school pathways and considering the broad range of pathways available that best align with their dreams and goals. Ms Carol Adams, Student Counsellor, provided useful tips for maintaining wellbeing, in particular good sleep, healthy eating and a balanced approach to study, work, family, and the things students enjoy.

We were privileged to welcome OLSH Alumnae, Ellise Adams (Class of 2021), Laura Wildman (Class of 2022), Riza Bhayla and Maxine Taylor (Class of 2023) who shared their learnings and experiences from Year 12, providing first-hand insight into some of the challenges of the final year of high school and how to cope with the workload, high expectations and decisions about future pathways. The questions from Year 12s were fabulous as were the insights from the OLSH Alumnae. Some key tips included:

- Start study for exams as early in the year as possible, continually revise and avoid cramming just before exams.
- Keep trying, even when you have days you feel less motivated, anything is better than nothing.
- Utilise study spaces, like University Libraries for focussed study.
- Maintain a regular and consistent study time (study from 5 - 8pm rather than late at night).
- Use the online support networks for Year 12 students and You Tube resources that support your study.
- No Netflix, it is a time waster.
- Use weekends wisely.
- Use disappointments as a chance to learn and improve.
- Communicate with your teachers and reach out when challenges come your way.

And most importantly

- It is your Year 12 do not constantly compare your results to others or be influenced by your friends when they are not in the mood to study, focus on your journey and growth.

We know the Year 12 students found great value in the session and are motivated to continue to pursue excellence for the remainder of the year. It is also a timely reminder to Year 12 families to take time to provide emotional support and encouragement to their daughters throughout the year, especially as the assessment tasks continue to build. Where possible provide time for your daughter to be freed from household duties and chores so that she can focus on her work and avoid any holidays or appointments that prevent her from attending school, where she will miss vital information and content. Most of all, support her to pace herself and celebrate the small achievements, the completion of a task, the achievement of a test, learning a new concept rather than focussing on final scores or grades that can often place additional pressure and take focus from the tasks at hand.

Having a student in Year 12 can often make the whole family feel they are living the challenges of the final year together but you are your daughter's first cheerleader and first source of comfort and support so be there for all the highs and lows with a shoulder to cry on and a smile to reassure her it will be ok and before you know it you will be celebrating her final moments as a high school student.

We remind all Stage 2 students about the holiday workshops on Monday 15 and Tuesday 16 April which are designed to give them an opportunity to review content and assessments with teachers. We also encourage them to take time for a rest over the break.

Sonia Venour, Assistant Principal - Leading Learning & Innovation

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"It was great learning about the girl's realistic experiences from their time in Year 12. I found the information interesting and valuable." Giorgia

"The session gave me valuable insight into where I may be in one to three years time and acted as a source of comfort that life continues after Year 12, no matter what pathway I might take. So much emphasis is put onto Year 12 that I feared what comes after, but seeing the OLSH Alumni, return to the school years after they graduated, felt like the world won't end at the end of this year and there is a life for me after graduation." Safia

"It was great to have OLSH Alumni come back to give us advice on Year 12 as they thoroughly understand our position. Term 1 was fast-paced so it was nice to stop and reflect on our progress." Deana



SATURDAY MORNING SPORT



Our Term 1 Co-Curricular sport concluded on Saturday. All our volleyball teams performed admirably over the course of the term, competing against other schools from the South Australian Catholic Secondary School Girls Sports Association.

The teams demonstrated great enthusiasm in their matches, developing agility, coordination and skill under the watchful eyes of their coaches. It was not surprising that for some teams this hard work translated into impressive results.

There were many highlights throughout the season. Our Middle OLSH 1 and OLSH 2 teams developed a healthy rivalry competing in the same competition with the OLSH 2 team just coming out on top. The girls will no doubt remember the 'showdown' in the inaugural match in our new gymnasium. The OLSH 1 team who were unlucky to not win any matches finally broke their drought in the last game of the season to notch up their first win and end the season on a high. The words growth and development typified our Middle OLSH 3 team who grew in stature week after week with some commendable performances and notable victories.

The Senior OLSH 1 team who competed in a B1 grade competition was without doubt the standout performers of the term. With no less than 5 student leaders in the team, the girls notched up victory after victory, sweeping away their opposition week after week, remaining undefeated and being crowned premiers in their competition. The team will be acknowledged next term in our effort assembly.

Senior OLSH 2 started off well with consecutive victories but were unable to consolidate in the latter part of the season but still managed to finish in 3rd position in their competition. Although playing in a senior competition the team was formed by girls in Year 8, 9 and 10 and should be commended for playing at that level.

I would like to personally extend my congratulations to all the girls who competed throughout the term as well our coaches and supporters and hope to see you all again in Term 4.

Quin Scacchitti, Co-curricular Sport Coordinator

YEAR 7, 8 & 9 FOLIO DAYS



The Year 7, 8 & 9 Folio Days are an essential part of the teaching and learning cycle. Last Thursday and Friday, the Year 7s, 8s & 9s commenced their folio appointments, the first of two Folio Days this year. In the early years of secondary school, it is essential that students become self-aware and have the opportunity to positively influence their own lives and learning by developing their capacity to set a goal and act responsibly to effect change. The ability to identify competencies and areas for future growth provides an excellent foundation not only for senior school but lifelong learning. The student led conversations played a pivotal role in shaping a learning culture in knowing who they are as a learner and how to learn. The Folio Day Conversations provided a supportive environment for students to reflect openly and honestly on a wide range of skills, reflecting on their achievements, strengths and areas of improvement. An essential part of the process is the partnership between teachers and parents/guardians who work together to listen to each student articulate learning that she is proud of, personal growth and areas that she may require support with. It was great to see many parents/guardians come in to hear their daughter's share their learning journey. All girls showed immense pride in being able to share their learning story.

Seng Chau, Year 7 & 8 Student Wellbeing Coordinator and Rosa Santopietro, Year 9 & 10 Student Wellbeing Coordinator

TAKE THE STAGE SACE DRAMA DAY 2024



Earlier this term the Senior Drama class were lucky to participate in a full day of workshops, presentations, and forums with other SACE Drama students from across the State. The highlight of the day was the chance to learn from a range of professional artists in a range of theatre and rehearsal spaces across the Adelaide Festival Centre. In the first workshop students learnt a range of techniques in directing from leading director Chris Drummond sharing his wealth of experience. Workshop two challenged students to engage in a range of activities to build skills in devising theatre, led by actor and theatre-maker Ashton Malcolm. The last workshop was Physical Comedy led by artist Britt Plummer, where students explored play, clowning and strategies to play to the truth of comedy. In addition to building skills in theatre making and creativity, the day was also a wonderful opportunity for our 2024 Senior Drama class to strengthen their sense of ensemble and company as we begin rehearsals for our group production next term.

Rebecca Wigg, Drama Specialist Teacher



"'Take The Stage Drama Day' was an inspiring experience which helped me open my horizons to how different roles play out in theatre. The workshops were incredibly helpful and gave me much needed experience for my documentation and studies." Alexis



"I found participating in the Take the Stage Drama Day very insightful, fun and useful. I enjoyed learning new skills and meeting professional theatre makers." Sarah



ENROLMENT EXIT

When students leave school of their own volition, the family must provide a minimum of one Term's notice in writing, addressed to the Principal of their decision to withdraw their daughter/s from the College.

Verbal notification or notification to a staff member other than the Principal, is not considered due notice.

In the event a Term's notice has not been provided, a fee is payable which is the equivalent of one Term's Fee. This condition will also apply to students leaving at the end of the school year who have not provided advice prior to the end of Term 3. Thank you.

HOLI CELEBRATIONS AT OLSH



Last week OLSHies celebrated the vibrant Hindu festival, Holi, with a gathering on the Playing Field after school.

With an array of Indian treats to taste and lots of colour to throw, OLSHies from all year levels came together to celebrate the diversity of our OLSH community!

We thank Social Justice Captain, Anh, and College Vice Captain, Sahib, for organising the bright and colourful celebration.

Happy Holi! *Rebecca Donnon, Deputy Principal*



HELPFUL INSIGHTS INTO TAXATION AND SUPERANNUATION

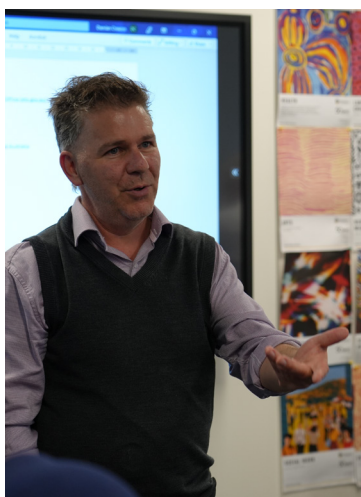
A key focus in the Stage 1 Workplace Practices is to prepare all girls for the world of work and develop a broad understanding of their rights and responsibilities as employees. In Week 9 we were privileged to be joined by Economics and Financial Management experts, Mr Creazzo and Mr Scacchitti to provide a deeper understanding of taxation and superannuation.

While taxation and superannuation can be extremely daunting and confusing, Mr Creazzo and Mr Scacchitti presented the essentials for students in a way that was understood and gave a great insight into the importance of taxes for the economy and also our responsibilities to ensure we are paying taxes correctly. Students also learnt about a range of tools to determine if they are paying appropriate taxes and how to lodge tax returns at the end of the financial year.

They also provided insight into superannuation, the importance of building a good nest egg for retirement and the benefits of contributing to superannuation from very early in one's working life. This was noted as being particularly important for women who may receive less superannuation in their working life due to working part-time or taking maternity leave. All students were interested to hear that by adding an additional self-contribution of 8% of superannuation when entering the workforce, which can have great benefits when reaching retirement.

We thank Mr Damain Creazzo and Mr Quin Scacchitti for providing their time and expertise and know all students were given a lot of useful information to consider as they prepare for employment in the future, with some even checking their current pay slips!

Sonia Venour, Assistant Principal - Leading Learning & Innovation

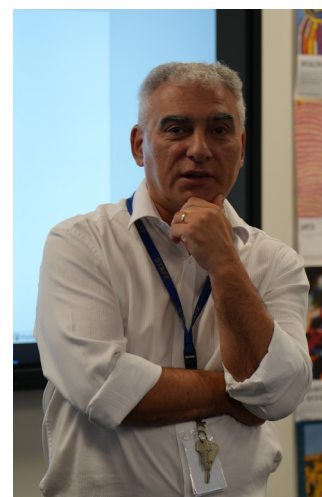


"I found it really useful to hear about the extra superannuation that we can contribute from early in our employment as it might allow me to retire earlier." Nazia

"I learnt that it is really important to name beneficiaries when setting up superannuation. I would like to be a beneficiary." Monique

"It was interesting to hear about the common needs and necessities that taxation money is used for such as welfare, roads, defence, hospitals and education." Ellie

"It helped me to think about taxation and superannuation and what I need to do, as I get my first job." Tabasum



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FOR
All
GIRLS



SCHOLARSHIPS

APPLY NOW FOR 2025 Applications Close Monday, 3 June 2024
(For new students starting in Year 7 & 8, 2025)



LEARN MORE



Save the Date

STUDENT PARENT LEARNING CONVERSATIONS

Tuesday 21 May, Term 2 - Week 4

Information and details of how to book
will be shared with parents next term.



In our thoughts and prayers



Our prayers and deepest sympathies are with
OLSH staff member, Mr Vlad Grigoriev and his family
on the recent passing of his father

Vladimir Vasily Grigoriev

born in 1932 and passing away on
Friday 22 March, at the age of 91 years young.

Our prayers and deepest sympathies are with
OLSH staff member, Mrs Sue Thompson and her family
on the recent passing of her father-in-law

Mr Viv Thompson

born on 02 April 1939 and passing away on
Saturday 30 March, at the age of 84 years young.

Our prayers and deepest sympathies are with
OLSH College Year 7 student, Sahara and her family,
on the passing of her grandmother,

Teresa Marianela Cabrera

at the age of 74 years young.

*May Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May the souls of all the faithful departed
through the mercy of God, rest in peace.
~ Amen ~*

May they rest in peace and memories be cherished.