OLSH
OUR LADY OF THE SACRED HEART COLLEGE

Term One - 2 March 2021 (No.3)

From the Principal

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

Learning to live with COVID, if that is at all possible is not easy. The current COVID environment we are facing challenges us all. Our personal and professional lives, our health and emotional wellbeing are all taking a battering. We are all experiencing an uneasiness and struggling to make sense of it. The pandemic environment is testing our mental strength, resolve, relationships, and calling for new ways for us to thrive in 2022 and beyond.

The pandemic has brought to the fore and reminded us how interdependent we are: what happens to one person can soon affect many others. This is akin to the Butterfly effect taken from the chaos theory. A term closely associated with the work of mathematician and meteorologist Edward Norton Lorenz. In simple terms *"The flapping of the wings of a butterfly can be felt on the other side of the world."* This theory says that small actions are capable of generating large changes, positive or not.

With this in mind I take great heart and inspiration from two young members of staff who recently shared a morning prayer where they gently, reminded us to *'Be Kind'*. Everyone you meet is carrying a heavy burden. Maintaining some degree of normality and ensuring the continuity of teaching and learning is not further disrupted calls each of us to be kind, patience, understanding, and compassionate so this becomes our butterfly effect.

On behalf of the College I take the opportunity to thank the families who have been vigilant with their daughters' health and promptly informing the College of a positive COVID case. As you have come to learn once the College receives notification this triggers a change reaction where systematic notifications are sent to affected classes and staff. Last week we had a number of staff and students who were either isolating or quarantining because they were a positive COVID case or a close contact.

As we try to come to terms with this 'new normal' we are very grateful for the support and guidance of experts about keeping staff and students safe and engaged during this time of uncertainty. I have been deeply impressed with our students' adaptability, the commitment and work of our staff and the support and trust of our parents. Thank you to everyone who has been in this together.

The College continues to monitor the COVID-19 situation closely. We are continuing with extra cleaning, providing sanitiser and surgical masks. We remind all staff and students to maintain physical distancing where possible, maintain good hand hygiene, wear a mask in indoor settings and of course monitor for symptoms. If symptoms develop, please get tested as soon as possible and quarantine until the result is received.

As always, our students have been involved in a range of wonderful activities and experiences around the school. We congratulate Sahib in Year 10 who was recently selected to particpate in The Advertiser's 'Teen Parliament' where students gathered at state parliament last Friday to come up with ideas for the future of South Australia. Her passionate message about Gender Equality calls to mind a quote from Barak Obama, U.S. President (2009 - 2017), who said: *"When sometimes I feel despair, I just see what's happening with young people all across the country and the talent and the voice and the sophistication that they're displaying, and it makes me feel optimistic. It makes me feel as if this country is getting better."* We often hear of OLSH Alumane who continue to make a positive difference with their actions and ideas that benefit others on a local, national and global scale.

While the format of our Ash Wednesday Liturgy was a little different today, we thank Mr Anthony Lindblom (APRIM) and our Student Leaders who carefully organised a way for us to mark the occasion together, in a COVID safe way.

In our year of pursuing excellence, we pray to Our Lady of the Sacred Heart that *'we may have life and have it to the full'* (John 10:10). Whatever new challenges lie ahead, we will face these together and continue to educate and support all within our OLSH College Community.

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

Open Day - Sunday 20 March 2022

2022 TERM DATES

TERM 1	Tuesday 2 February - Thursday 14 April
TERM 2	Tuesday 3 May - Friday 8 July
TERM 3	Monday 25 July - Friday 30 September
TERM 4	Monday 17 October - Thursday 8 December

2022 DIARY DATES

TERM ONE

THE FOLLOWING DATES ARE SUBJECT TO CHANGE

8 March	International Women's Day
10 March	Athletics Carnival
11 March	International Women's Day Breakfast
14 March	Adelaide Cup Holidays
17 March	Feast of St Patrick
19 March	Feast of St Joseph
20 March	OLSH Open Day
21 March	Student Free Day
	Winter Uniform Sale Day
25 March	Senior Formal
29 March	College Tours 9:30am & 5:30pm
10 April	Daylight Savings Ends
14 April	End of Term 1
	Easter Liturgy

Please be aware subsequent advice from SA Health may alter these requirements. The College will advise families as soon as practicable and known. The College thanks you in advance for your understanding should this be the case. In line with SA Health advice, students and guests must not attend if they are unwell (even mildly unwell) and experiencing cold and/or flu like symptoms.

In our thoughts and prayers

Our prayers and deepest sympathy are extended to:

The Feil family on the recent passing of Hilda, Mother-in-law of Mrs Colleen Feil (Canteen & Uniform Manager) on Friday 18 February. Hilda turned 90 on 10 February.

The Gaitaneris family on the recent passing of Stan, Father-in-law of Alison Gaitaneris (OLSH College Teacher). Stan was 92 years young.

May they rest in peace and may the families be comforted at this sad time.

Enrolments for 2023 and beyond

SECURE A PLACE FOR YOUR DAUGHTER AT OLSH

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 2023 and 2024 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.

GLASS DRINK BOTTLES

A friendly reminder for students, to please not bring glass drink bottles to school as they are a safety hazard if dropped and broken.

As student safety and wellbeing is our foremost concern, we encourage students to bring alternative drink bottles (eg. stainless steel or plastic) that can be refilled at school throughout the day.

PAY EARLY FOR AN ADDITIONAL 5% OFF YOUR SCHOOL FEES!

A reminder to all families who are on band 1, 2 and 3 if you pay your school fees in full by end of term 1 (14 April 2022), you will receive an extra discount of 5% off of your school fees as an early payment discount. If you require assistance to work out this amount, please contact the Finance Team on 8269 8800.

Fees can be paid via cash, cheque and EFTPOS through the Front Office or by Direct Debit, Credit Card, Centrelink, Direct Transfer and also through the QKR app – OLSH College.

If you have any queries with your school fees please contact 8269 8800.

PRAY FOR UKRAINE

In the last week we are learning of the escalating conflict between Russia and the Ukraine. While far we pray for the people of the Ukraine and Russia that our prayers soften their hearts and minds of all, those within and outside. We pray for the violence to end.

As we watch the events unfold in Ukraine, our hearts go out to those suffering through this time of tragedy and hardship. At OLSH we believe in peace and harmony between all people. Our whole school community would like to pray for and send love to those suffering as a result of the conflict in Ukraine, as well as those with family in the areas impacted by these events. Pope Francis has encouraged us in the last week to pray for those caught up in this conflict and petition God for peace, and so we pray that the Holy Spirit will comfort the afflicted and move the hearts of those who have the power to bring peace.

Our Lady of the Sacred Heart, Queen of Peace, Pray for Us.

ASH WEDNESDAY

"To Pursue Excellence is to make the universe a better place."

To those not accustomed to it Ash Wednesday must seem like a strange celebration. In non-COVID times people line up and all together, no matter who they are, have ash marked on their foreheads and are told *"remember you are dust"*. One could certainly be forgiven for thinking that this is a slightly pessimistic ritual. However, in truth Ash Wednesday is a beautiful affirmation of our humanity and reminds us of some very important truths.

Firstly, we are actually literally made of dust. The carbon that makes up about 20% of our bodies was made tens of billions of years ago in the hearts of early stars (not to mention the other elements). After those stars exploded that carbon was scattered throughout the universe, only to become, in the subsequent billions of years, planets, moons, and you and I. This should inspire some awe and wonder. It reminds us of our place in this massive universe, but also that we are very much a part of it. How often do we think of ourselves as somehow separate, when in fact we are miraculous little pockets of the universe that are aware of ourselves. We are the universe thinking of itself. How amazing, wondrous, and unlikely we are, and we are reminded of this all by a small smudge of ash on our foreheads.

Ash Wednesday is also the beginning of Lent, a season of repentance. Not only are we reminded of our miraculous place in the universe, but also of our responsibility as a result of this. As little conscious pockets of the universe we are called to shape it for the good. However, before we accept the call to change the world we are wise to recognise that we are not perfect, that just as the world needs healing and love so do we. In recognising our own need for God's mercy we are better able to show mercy to others, better able to be loving members of God's family. The humility that is expressed through the symbolism of the ashes is a humility that seeks to change the world. This is particularly relevant in a year when we are focusing on Pursuing Excellence. To pursue excellence in our own lives not only equips us to make the world a better place, it is making the world better.

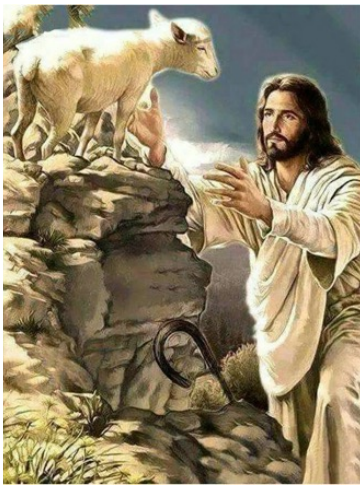
And so, as we begin the season of lent with Ash Wednesday let us all call to mind our miraculous place in the universe and the call to pursue excellence, to change the world for the better by first seeking to better ourselves.

Anthony Lindblom, Assistant Principal - Religious Identity and Mission

STUDENT INFORMATION CHECK LISTS - PLEASE RETURN ASAP

Important documentation has been sent to your home address for your attention and completion. A Student Information Check List ensures that personal information regarding your daughter is accurately recorded in our system. Documentation (if applicable) which also requires your urgent completion is medical information and medical health plans which the College should be aware of. The forms must be signed by a parent/guardian and returned to your daughter's home class teacher as soon as possible.

PARENTS IN PARTNERSHIP - PASTORAL CARE



On Monday 07 March, OLSH College will be holding our Parents in Partnership Evening. You will have received information about this evening electronically. We encourage all parents/guardians to be online, click on the link to hear from our Principal and our Deputy Principal. Then click on the appropriate link to hear from our Pastoral Care Coordinators.

We fully understand that seeing you all face to face is by far the better option for this evening. Given our health situation we have little option but to employ this model of delivery. Rest assured that if you have any questions, email them to us and our Coordinators will follow through and reply via email.

At OLSH College we cherish the relationship between school and family. You entrust your daughters to us. We acknowledge how important a task we have in caring for them each school day. This is, indeed, our reason for existing. We aim to work in partnership with you to educate your daughters. This education has many facets. It is primarily, of an academic nature. At OLSH College, as with other Catholic schools, we educate using the example laid out in Scripture by Jesus Christ. Our vision of education is rooted in the example of Jesus. We aim to instill in your daughters the importance of such values as kindness, forgiveness, charity, respect and love.

This forms the basis of our work in Pastoral Care. The following passage from Psalms in the Hebrew Scriptures [Old Testament] sums up what we see as our role in Pastoral Care.

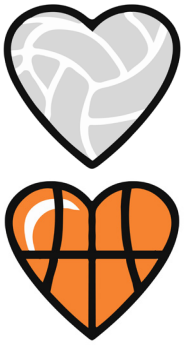
"Shepherding involves protection, tending to needs, strengthening the weak, encouragement, feeding the flock, making provision, shielding, refreshing, restoring, leading by example to move people on in their pursuit of holiness, comforting, guiding." (Psalms 78: 52; 23)

In conjunction with this, we, the whole staff are encouraged to see their role as shepherds, working with you and your daughters at school. Hopefully by now one of your daughter's home class teachers would have contacted you. This has been a focus at the start of the year, given that there are restrictions in place about parents coming to the school. We are trying to follow through on the example of Jesus who said in the Gospel of John ,"I am the good shepherd; I know my sheep and my sheep know me." [John 10:14]

From the Pastoral Care Team, I wish you all the very best for the school year. If you have concerns please do not hesitate to contact your daughter's Home Class Teacher.

Roy Boyle, Assistant to the Principal – Pastoral Care

SATURDAY MORNING SPORT RESUMES FOR 2022



Sport and physical activity have widely been recognised as contributing to and improving the general well being of adolescents providing them with benefits in physical and mental health, improved social skills, and the building of resilience and confidence, all of which they are able to take into adult life.

With that in mind, our girls have finally begun training for the commencement of Saturday morning sports. We will have 2 Senior Volleyball teams, 2 Middle Volleyball teams and 1 Basketball team competing in the South Australian Catholic Secondary Schools Girls Sport Association competition with our girls eager to put their sporting abilities to the test against other schools.

We wish all our participants the best of luck and we look forward to everyone having a lot of fun.

Quin Scacchitti - Saturday Sport Coordinator

ORGANISING A WINTER UNIFORM FOR YOUR DAUGHTER?

All girls wear winter uniform for Terms 2 and 3 and we encourage you to organise this now in readiness for next term. Our Uniform Shop is open 8:30am - 12:30pm Monday to Friday during school term times only via the Front Office.

A Winter Uniform Sale Day will be held at OLSH College on Monday 21 March 2022 from 9:00am - 2:00pm. New and Secondhand Uniforms will be available for purchase.

Funeral for Sr Gertrude Mary

You may or may not be aware of the recent passing of Sr Gertrude Mary (former OLSH College Principal). We share a link to the Funeral Mass which will be held tomorrow, Thursday 03 March 2022. The live stream will start at 10:20am for the 10:30am service. You may watch it live or return to it at your convenience. https://www.FuneralVideo.com.au/SrGertrude
Please share this information with people who wish to honour the life of Sr Gertrude Mary, thank you.

YEAR 10 SPEAKS UP FOR GENDER EQUALITY

Last week the College took great delight in learning that Sahib (10 Elion) was selected to be part of The Advertiser's Teen Parliament for 2022, where students gathered at state parliament to come up with ideas for the future of South Australia. Sahib shared her experience:

> "The Advertiser's Teen Parliament was an opportunity for the youth of South Australia to have their voice heard by the leaders of our state and the general community. The application process involved candidates explaining their big idea for SA in 250 words or less, with the top 25 students given the opportunity to speak in the House of Assembly, Parliament House. The event was organised by The Advertiser and the debate was supported by Speaker Dan Cregan. During the debate, the teen parliamentarians shared ideas to build a stronger economy, lift education, empower women, raise awareness, and overall make South Australia the number 1 most lovable and loveable city in the world.
>
> The topic I chose to speak about was gender inequality and sexual harassment. This issue has always been significant to me, but the older I get, I start to experience and see increasingly more of the injustice women must deal with each day. I am very fortunate to have a supportive family and school community, however not all women receive the same equality. After I delivered my speech, other members were encouraged to contribute their views on the topic, and I was so glad that I had inspired many of the teen parliamentarians to speak up about their experiences. Miel Ancheta said, "I completely agree with this because I am tired of being questioned as to why I want to be a chemical engineer, just because I am a woman". After spending only a few hours with Miel, I could see her passion for chemical engineering, and no one should doubt her, or any other woman's ambitions, simply because of their sex. In the future, I would like to pursue a career in politics/law or oncology, but I think that this amazing experience is a stepping stone to discovering my future career."

We congratulate Sahib who is a wonderful ambassador for the College and inspiration to us all.

BE KIND DAY - MAKE AUSTRALIA A KINDER PLACE

Everyday children, teenagers and adults are bullied, and hateful comments online continue to increase with a huge impact on mental health. On average, 2 - 3 young people every week end their lives due to bullying. Today, 02 March 2022 is National Kindness Day and an opportunity to stand up to bullies and spread kindness. Our Student Leaders chose to spread kindness to the OLSH community by putting notes about the value of kindness in student lockers for them to find when they arrived at school. A thoughtful gesture and wonderful example of how a little kindness goes a long way.

ARE YOU ELIGIBLE FOR SCHOOL CARD IN 2022?

School Card assists those families who are low income, experiencing hardship, self-employed or had a change of circumstances. It is dependent upon your combined household income for 2020/2021 within income limits.

Families who are eligible for School Card or believe they may be eligible and have not yet submitted an application form are asked to contact Front Office or Mr Dilip Baptist in our Finance Office Tel: 8269 8800 to discuss their situation or to obtain the relevant School Card application form. School Card forms are lodged by the school on your behalf and a new application must be completed each year. Alternatively, families may apply online for School Card for 2022 by using the following link:

https://www.sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/school-card-scheme

Any families who think they may be eligible and do not apply and get approval, will be charged full fees and these will be due and payable.

INTRODUCING OUR STUDENT LEADERS

We are very blessed at OLSH College to have exceptional young women in the roles of Student Leaders. Their generosity, sense of community and camaraderie amongst themselves and their fellow students continues to impress. The Newsletter will feature two of the Student Leaders by way of introduction to the wider OLSH community. This edition features Clarice, Deeya and Isabella.

Clarice (Year 12)
Arts Captain

Most influential and/or inspiring person/people in your life and why: The most inspiring person I know is my cousin. She had four kids at a young age and moved from Adelaide to the Riverland with a small amount of money and only what she could fit in her car. She built a life in Lyrup (a small town in the Riverland) with her now husband and worked three jobs to support her kids. Now, she owns a bookstore in the Riverland and lives in a beautiful house with a salt-water pool and has a huge family with her many kids and grandkids. She sacrificed so much for others and even in the hardest times, she has always been the most generous. She is an amazing example to me of what I want to be like when I grow up.

Favourite subjects: My favourite subjects include Music because I can perform, express myself and share my gifts with an audience, as well as Psychology because I love to learn about what makes people "tick". I also love the sciences because they just make sense (even though they might be confusing the first few times they're explained).

Future career aspiration: I hope that one day I'll be "Dr Davey" as a Paediatric Doctor, Obstetrician, or Gynaecologist, but I'm still not completely sure to be honest. I'm keeping my options open to Allied Health too like Speech Pathology, Occupational Therapy, Pharmacy, or Paramedics.

Favourite food: My favourite food is definitely Sushi!

What 3 things I like best about OLSH College: The three things that I like best about OLSH are;

1. The community that welcomes and supports everyone
2. The many opportunities that are available to our students and the vibrant co-curriculars
3. Finally, the diverse student body with so many people from different cultures, religions, and backgrounds

What are qualities of a good leader? A good leader communicates, listens, shows enthusiasm and empathy and they always have a vision.

What advice would you give your primary school self about being a secondary school student? I think I would say just be yourself and try new things. There's no one exactly like you and no one is going to think the same way or have the same ideas. You can do anything you want even if you've never done it or if it's something scary! Some of the best experiences I've had have been because I just put myself out there and gave it a shot.

Deeya (Year 12)
Social Justice Captain

Most influential and/or inspiring person/people in your life and why: The most influential people in my life are my parents. Every day they have guided, encouraged, and raised me so that I can become a strong independent woman. They are my pillars of strength being selfless, motivational, patient, and empathetic. They've guided me, teaching me lessons and reminding me that sometimes life isn't easy but there is always a solution to a problem. Telling me to have resilience of never giving up and striving to give my best effort in everything I do.

Favourite subjects: Chemistry: I love to learn about the chemical background of things I have or use across my day, understanding the physical universe we live in. I also enjoy Information Processing and Publishing (IPP), as the subject gives me the chance to relax from the other sciences I study and get a chance to get creative with my products.

Future career aspiration: My future career aspiration is to do something in the STEM industry, whether it being Engineering or somewhere in Healthcare. I want to achieve a future career where I have an opportunity to help improve the issues that are occurring in our world, and in some way support my community.

Favourite food: Indian street food, fried momos and my mum's Curries!

What 3 things I like best about OLSH College: Firstly, it would be the genuine inclusivity and acceptance. Knowing each OLSHie here is different and belongs to our community, making it uniquely special and diverse. Secondly, the College's multiculturism; I have been able to not only learn but be grateful for being a part of celebrating different cultural celebrations as well. Lastly, the OLSH environment brings in positivity within each of us, where we encourage others to step out of their comfort zones and grow together.

What are qualities of a good leader? I believe the qualities of a good leader include being able to acknowledge and learn from the mistakes made and taking action on them. Most importantly being kind, respectful and open to younger students, by being good listeners.

What advice would you give your primary school self about being a secondary school student? One big lesson I have learnt over my secondary years is, "All that you give in, is all that you get". So, this means to participate in the co-curriculars the College offers and giving every opportunity that awaits you a go! These five years of high school will finish before you'll even know it and it's the journey, participation, friends, and the special moments you've made, which will stay with you for a lifetime.

Isabella (Year 12)
Sports Captain

Most influential and/or inspiring person/people in your life and why: The most influential people in my life are my parents. They are role models that my brothers and I can look up to and have taught us the morals and values that we live by. They have shaped me into the person I am today, and always provide me with unconditional love and support.

Favourite subjects: Outdoor Education and Child Studies!!

Future career aspiration: For the past few years, I have wanted to become a Physiotherapist! I would love to specialise with young children or athletes; however, I am still unsure which one.

Favourite food: Pasta and any dessert imaginable.

What 3 things I like best about OLSH College:

1. I appreciate the diversity and multiculturalism we have here at OLSH. I believe that it is a great space where everyone can fit in, and it is fascinating to learn about new cultures and traditions.

2. When I first started at OLSH in Year 8, I noticed how welcoming both teachers and students were. It was not only easy to make friends with girls in my year level, but those from the higher year levels made me feel accepted and helped me settle into high school.

3. One of the most valuable assets OLSH has, is the teachers. They all genuinely care about their students and ensure they are pushing them to be the best people they can be. They make us work hard, encourage us to reach our goals and prepare us for the future.

What are qualities of a good leader? Leadership is guiding people to accomplish an objective through encouragement and motivation. It is influencing people to be the best they can be and always helping them, regardless of who they are or their needs. A leader has qualities including courageousness, integrity and honesty which is important to have, in order to help people grow and to build strong relationships with others.

What advice would you give your primary school self about being a secondary school student? Although high school may seem overwhelming at first, it is a great experience where you will meet some of the people who will positively change your life forever. Do not stress too much about the work, or what people think about you, instead focus on the good experiences and memories. Make the most of your high school experience and get involved as much as possible, as time flies by extremely fast.

- Parents & Friends -
New Members Welcome

The OLSH Parents & Friends group make a valuable contribution to the College community. They organise activities and events throughout the year, with the aim of bringing the College community together and raising funds for the school. In previous years, these events have included; Multicultural Night, Bingo Night, Bunnings Sausage Sizzle and other vital events to build our community (dependant on COVID-19 restrictions).

Without our many generous volunteers, these events would not be possible. We encourage parents to join the Parents & Friends group as a way of being involved in the life of the College and contributing to our wonderful and vibrant community.

All parents are invited and most welcome to join. Meetings are held in the OLSH College Staff Room, with dates for 2022 to be advised.

If you are interested in joing the Parents & Friends group, please contact the Front Office Tel: 8269 8800.

PICKING UP & DROPPING OFF YOUR DAUGHTER AT OLSH

A reminder to families about parking around the school when dropping off or picking up your daughter, to please use Corralyn Terrace, Ragless Avenue and surrounding streets at the rear of the school. Encourage your daughter to walk a short distance from the rear gate to a point further along Corralyn Terrace to ease the congestion of cars accessing this area. Please be mindful of other road users, not parking across the driveways of local residents, and ensuring any parking management signs are adhered to.

Parking is NOT available in the front and rear carparks of the school as these are designated staff carparks.

Thank you for your support and helping to keep our staff, students and other families safe.

Follow us on Facebook & Instagram

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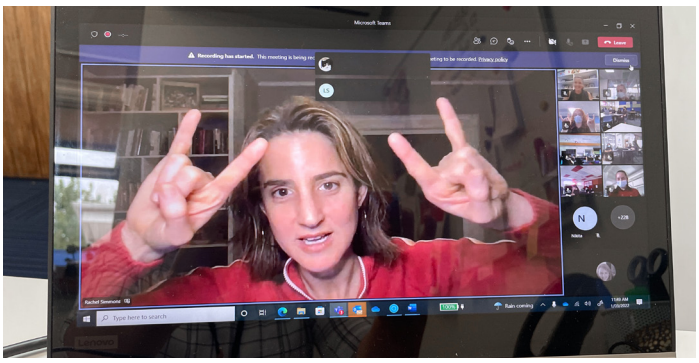
FOR All GIRLS

WEBINAR WITH DR RACHEL SIMMONS



Our student leadership team of 2021 spent some time looking at the needs of our school community and were inspired by a keynote speaker they had the good fortune to hear as part of the Alliance of Girls Schools Australasia student leadership conference. After a lot of planning, negotiating and technological challenges, their dream of sharing Dr Rachel Simmons message came to fruition on Tuesday March 1 2022.

Dr Rachel Simmons is the author of the New York Times bestsellers *Odd Girl Out, The Curse of the Good Girl,* and *Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives.* She is co-founder of the national non-profit Girls Leadership, and was rated the most valuable session of the AGSA Student Leaders Conference 2022. With an audience of over 240 OLSH girls, Rachel spoke candidly about her experience with friendships and relationships. Her engaging and down to earth approach was welcomed by our students who were able to engage with Rachel over Microsoft Teams. Rachel spoke about what healthy friendships look like, how to recognise those that might not be as good for us, what to do about them and how to take responsibility for our own actions.

To complete the student leadership circle, the student leaders of 2022 facilitated the webinar and supported home class teachers in ensuring everything ran smoothly. They are planning to continue building on the messages of Rachel's presentation throughout the year as we reverence relationships and fulfill our role as heart people.

Kathryn Knight, HASS Coordinator