



OLSH

OUR LADY OF THE
SACRED HEART
COLLEGE

Term One - 14 February 2024 (No.2)

From the Principal



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

In these first two and a half weeks of the school year a lot has happened and there is plenty more ahead of us.

Opening School Mass

Our annual opening school Mass was celebrated on Tuesday 04 February, led by Fr Philip Marshall, along with the support of Deacon Andrew. Our special guests included our OLSH Sisters, Sr Pat Irvin, Sr Jenny Seal (Class of 1958) and Sr Helen Armstrong (member of the OLSH College Stewardship).

At the Mass, as is customary, the theme for the year, taken from one of the four OLSH Pillars of Education, **We are Heart People who are Faith-Filled**, was officially launched. The theme is a call and a challenge for each of us. As Heart people who are Faith-Filled we believe in God's personal love for us. This gives us meaning and purpose in our lives and enables us to help others find meaning in their lives too.

In a symbolic gesture, each home class received a candle. These candles are symbolic of the light that God brings into the world. In this year of being heart people who are 'Faith-Filled', may they serve as a reminder that our faith is a gift which lights our path forward in this life.

The 2025 Opening School Mass is always one of great celebration as we come together to welcome everyone to the new school year. The new students and staff, as well as the special applause and attention bestowed upon our incoming Year 7 students. We enjoyed the wonderful accompaniment of our musicians and singers performing the hymns.

Under the leadership of APRIM, Mr Damian Creazzo, the 2025 Opening School Mass came together beautifully. Our 2025 Student Leaders took on important roles in the procession of symbols, the readings and prayers of the faithful. Our Music staff and students had their first performance opportunity led by music teacher, Mrs Sam Kellie and they were delightful in leading the singing.

Once again, a special thanks to ALL who contributed to the 2025 Opening School Mass.

Parents in Partnership Evening

The Parents in Partnership Evening, held on Wednesday 04 February provided information on how to support your daughter in the year level she is undertaking. This sharing of information allows the partnership between school and home to be strengthened as parents/guardians met with Year Level Student WellBeing Coordinators and members of the OLSH College Leadership Team. One aspect that parents/guardians can help their daughter/s with is the setting up of a quiet space and routines for homework and/or study. Another aspect to support her learning is her attendance at school. We often remind students that they are full-time students, and our expectations are they are at school and while at school they grow that muscle of developing a work ethic that builds their perseverance, resilience, and grit.

Enrol Now for 2026 & 2027

The College is currently accepting applications for Year 7 students enrolling for 2026, 2027 and beyond. If you are aware of a family, including siblings, friends, or neighbours wanting to attend OLSH College I ask you encourage them to submit their **Application for Admission** as soon as possible to avoid disappointment. Enrolments for Year 7 2026 and 2027 are open and interviews have commenced.

Save the Date

OLSH College is holding our annual OLSH Open Day on Sunday 16 March from 1:00 – 3:00pm. I encourage you to bring this event to the attention of your friends with daughters currently in Years 3, 4, 5, and 6. Prospective families can register to attend via our website: olsh.catholic.edu.au/book-tour

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

♥ We know how *girls* learn best ♥

OLSH OPEN

Sunday, 16 March

496 Regency Road, Enfield
A CATHOLIC SECONDARY SCHOOL FOR GIRLS IN YEARS 7 - 12



Q OLSH College, Enfield

2025 DIARY DATES

TERM 1	
13 - 14 Feb	Year 7 Camp
18 - 19 Feb	Year 12 Reflection Days
20 February	ID Photos & School Photos Catch Up
21 February	Aquatics Carnival
27 February	Ramadan Begins
4 March	Shrove Tuesday
5 March	Ash Wednesday
6 March	Athletics Carnival
7 March	International Women's Day
10 March	Adelaide Cup Public Holiday
16 March	OLSH Open 1:00 - 3:00pm
17 March	Feast of St Patrick
	Student Free Day
	Uniform Sale
27 March	Year 9 Folio Day
31 Mar -1 Apr	Year 9 Camp
3 April	Year 7, 8 Folio Day
6 April	Daylight Savings Ends
11 April	End of Term 1
TERM 2	
28 April	Term 2 begins
29 April	College Tours 9:30am & 5:30pm
2 May	Year 11 Reflection Day
9 May	Year 8 Reflection Day
20 May	Student Parent Learning Conversations
21 May	Student Free Day
27 May	College Tours 9:30am & 5:30pm
28 May	Career Mentors' Breakfast

Condolences

Our prayers and deepest sympathies are extended to Co Pham, OLSH College Teacher and her family in the recent passing of her mother, Thi Tam Nguyen, aged 99 years young on Friday 20 December 2024

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

- Amen -



Important PARKING INFORMATION

We ask that you are mindful of the following when dropping off or picking up your daughters;

- **Please use Corralyn Terrace, Ragless Avenue and surrounding streets at the rear of the school to drop off or pick up your daughter.** Traffic needs to be able to flow both ways along all roads and cars should not obstruct the flow of traffic. When parking, please be mindful of the local community who may be trying to exit their driveways or use the street to go to and from their residence. **Drivers should not obstruct the driveways of local residents and adhere to any parking management signs for the safety of all members of our community.**
- **The carpark for Workskil and Konekt (490 Regency Rd) is not to be used** by OLSH students or families for parking, dropping off or picking up students. Please note this is not an OLSH College Carpark.
- **Parking is also not available in the front and rear carparks of OLSH College** as these are designated staff carparks. The front carpark off Regency Road has 4 designated carparks for visitors who are coming in for enrolment enquiries, appointments and guest speakers.
- **Please follow parking signs and avoid picking up students in no-standing zones.**

Thank you for your co-operation and helping to keep our staff, students, families and local community safe.



STUDENT ABSENCES

If your daughter is absent, please contact the Front Office on 8269 8800 or olsh@olsh.catholic.edu.au before 9:15am on the day of the absence to advise office staff. Where no notification has been received from a parent, an sms from the College will be sent at approximately 9:30am. Please respond by calling the Office. If you have not already done so, please save our Front Office number 8269 8800 in your phone.

Connect with us

@OLSHCollegeEnfield @olshcollegeadelaide

2025 Student Leadership Team

We are delighted to share with you, the OLSH College Student Leaders for 2025. Please keep them in your prayers as they undertake their important work on behalf of the OLSH College Community throughout the year.



College Captain
Jayla



Co-Vice Captain
Anh



Co-Vice Captain
Maria



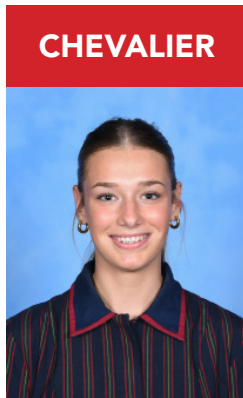
Arts Captain
Darlene



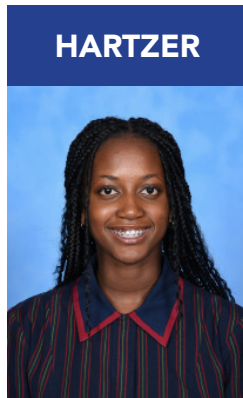
Social Justice Captain
Zahra



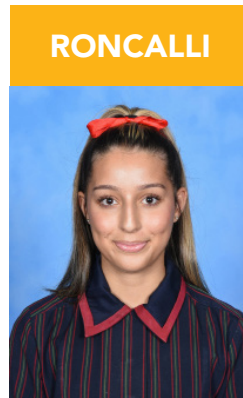
Sports Captain
Michaela



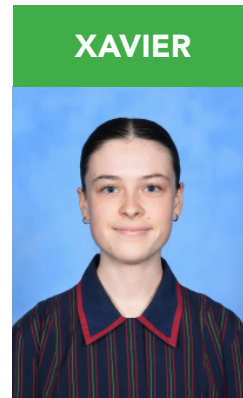
House Captain
Abbie



House Captain
Falisha



House Captain
Megan



House Captain
Annie



Vice Captain
Zaynab



Vice Captain
Raajvi



Vice Captain
Cleo



Vice Captain
Norah

2025 JUBILEE YEAR: A TIME OF RENEWAL AND GRACE

In 2025, Catholics around the world will celebrate the Jubilee Year, a special time of renewal, forgiveness, and spiritual growth. This tradition dates back to biblical times, inspired by the Old Testament concept of a “Year of Jubilee” (Leviticus 25), where debts were forgiven, captives freed, and communities restored. In the Catholic Church, the first Holy Year was declared in 1300 by Pope Boniface VIII, and since then, it has been observed approximately every 25 years, with the last one held in 2000.

The theme for the 2025 Jubilee Year, chosen by Pope Francis, is “Pilgrims of Hope”. This reminds us that, despite the challenges we face, our faith calls us to walk forward with trust in God’s love and mercy. The year will be marked by special pilgrimages, acts of charity, and opportunities for spiritual renewal, including the chance to receive a Jubilee Indulgence, which symbolises God’s abundant mercy.

For our OLSH community, the Jubilee Year invites us to reflect on our own faith and how we live it daily. Our ‘heart spirituality’ consistently reminds our girls that we are hope-filled people, and that our faith should be manifest in our daily interactions. This Jubilee year is an opportunity to grow in faith, serve those in need, and strengthen our connection with God.

As we prepare for this special year, let us embrace the call to be “Pilgrims of Hope,” supporting one another in faith and striving to make the world a more loving and compassionate place. For that to be realised, it must start at the individual level, in our interactions with Mum, Dad, siblings, teachers, friends and others, who may not be friends, but are made in the image of God and therefore, worthy of respect.

May this Jubilee Year be a time of joy, reflection, and renewal for all.

Damian Creazzo | Assistant Principal - Religious Identity & Mission



Language Conventions



Writing



Reading



Numeracy

NATIONAL ASSESSMENT PROGRAM LITERACY & NUMERACY (NAPLAN) TESTING

Year 7 & 9 families should have received a letter last week outlining information about NAPLAN testing and the national practice test to be conducted on Tuesday 25 February. This letter contains important information about exemption and how we will conduct the online testing in March. This year, we anticipate the testing will be held for all Year 7 & 9 students from **Wednesday 12 March through to Monday March 24 2025**.

The dates, time allocation and essential information for the Year 7 & 9 Literacy & Numeracy Tests will be issued once the timetable has been finalised. We do, however ask that any appointments or other events ARE NOT scheduled on these days to minimise disruption to the process.

Any families who are choosing to withdraw their daughter from participation in the test, please write to the Principal requesting that your daughter does not complete the NAPLAN Tests. Alternatively, you can call the school 8269 8800 and speak to Ms Berridge personally.

If you have not received the letter, please look at your direct messages in SEQTA or contact the Front Office.

A reminder as we prepare for NAPLAN 2025 that this testing is an opportunity for your daughters to demonstrate their understanding in a range of areas in numeracy and literacy and in no way reflect her skills and qualities as a learner. We encourage all our students to see this as one small part of their learning journey and not as a determining factor in their future success at school. We want all of the girls to simply try their best.

Ebony Berridge | iLA, VET & Careers Support / Home Economics Support



ARE YOU ELIGIBLE FOR SCHOOL CARD IN 2025?

School Card assists families who are low income, experiencing hardship, self-employed or had a change of circumstances. It is dependent upon your combined household income for 2023/2024 within income limits.

Families who are eligible for School Card or believe they may be eligible are asked to apply online by using the following link: sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/school-card-scheme

Please note, an application must be completed each year.

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.

If you have any questions, please contact the Front Office on 8269 8800.

WORKING IN PARTNERSHIP TO SUPPORT YOUR DAUGHTER



“Courage, sacrifice, determination, commitment, toughness, heart, talent, guts. That’s what little girls are made of: The heck with sugar and spice” Bethany Hamilton

At the Parent in Partnership evening, I shared the above quote from Bethany Hamilton and why it can present a powerful message about supporting your daughters to achieve their personal best. Bethany describes all of the skills and qualities we know that our daughters need to have to be successful, yet in a world dominated by the presence of social media where girls in particular feel the constant pressure of comparison, the emphasis on beauty and appearance to gain popularity and the overriding sense they are never enough, we need to be their beacons of light to show them they are strong, courageous, determined and tough but can still embrace others with compassion, empathy and heart.

So how can we do this? We know the struggles of this era for our children, we are all trying our best to support our daughters but what else can we do to try to help them rise to become the best versions of themselves? When I reflect on what most helps your daughter to discover who she is, the gifts she brings to the world and the person she can become, it comes back to clear boundaries. By creating boundaries or limits with a clearly defined purpose we are helping our daughters establish a sense of self, navigate complex relationships, and protect their emotional well-being by defining what behaviors are acceptable and what are not, ultimately allowing them to develop healthy relationships, make informed decisions, and feel safe and supported as they gain independence.

This year I ask that we work in partnership to keep these boundaries clear and consistent and teach all girls that every one of these qualities is developed by every choice they make. Hard work is A CHOICE that requires sacrifice and commitment, sometimes having to choose between the things we want to do and the things we need to do. Being tough and persevering, even when things feel challenging, is a choice. Being at school consistently and focusing in class is a choice to engage and be a proactive learner.

Some of the boundaries we set at the College support the development of these qualities in a safe and proactive way, where students are clear of boundaries and consequences of choices they make. The assessment guidelines give students a clear understanding of the consequences for not submitting work or meeting checkpoints, supporting all students to be accountable for their own personal success.

In order to support your daughters, I remind you of the following key points from the assessment guidelines:

- ♥ If a student has had an ongoing assessment task for several lessons or weeks, being absent on the due date will not exempt a student from submission.
- ♥ Medical certificates are required if missing a test or exam.
- ♥ Holidays do not provide exemptions from tasks or exams, unless extenuating circumstances have been granted. Timing of exams or tasks can not be adjusted to suit personal schedules.
- ♥ An ‘I’ grade will be given for work not received.
- ♥ If a key checkpoint is missed your daughter will be required to do an academic detention as a preventative approach.
- ♥ Extended time away from the classroom for holidays etc may significantly affect academic progress and future subject choices or successful completion of studies.

We require that you all support us in supporting your daughter to be clear of the choices she has and providing her with strategies to make positive, informed decisions that will support her personal success in the classroom.

I encourage Year 7 & 8 parents to model skills of independence, communication with teachers and coping with challenging days, check SEQTA, remind your daughters to help them plan. Year 9 & 10 parents face the new challenge of stepping back more, being there to listen and talk through situations but working hard to ensure that your daughters have more accountability for themselves and can make the choices that will support them to thrive and sometimes when they don’t, being there to listen and talk about how to work through the situation. Year 11 & 12 parents you become mentors and will find you have less and less presence or do not know as much about what your daughter is studying on a day to day basis but you will create a safe space to be there for her as she struggles with the intense workload and juggling act of her senior years. Each stage is critical in helping your daughter go into the world successful, courageous and resilient. I know every girl can achieve and grow but it is up to all of us to work together and model the skills to show her how.

REMINDER OF COLLEGE EXPECTATIONS

Dear Parents/Guardians and students, it is wonderful having students back at the College and settling into routine. As a reminder, I'd like to highlight the College's expectations regarding uniform, attendance, punctuality, and mobile phones. I'll also outline the process for parents/guardians contacting the school, along with the student flowchart.



Uniform Expectations

Students are expected to wear their uniforms with pride, as the uniform represents the college community. The summer and winter uniforms are clearly defined, with specifications for dresses, skirts, blazers, jumpers, and footwear. Headscarves, and sleeves must be navy blue.

Students are permitted to wear OLSH College PE uniform items to and from school on the days they have PE and Dance lessons only. Formal school uniform will be expected at particular school events.

Hair, Nails & Cosmetics

Shoulder length hair (or longer) is to be kept away from the face and always tied back with a red ribbon. No unnatural hair colour or streaks are permitted eg. purple, blue or green etc.

Fake nails, eyelash extensions, mascara, nail polish and other make-up is not to be worn at school.

If students are found to be wearing; makeup, fake nails, nail polish, eyelash extensions or facial piercings, they will be asked to remove it immediately.

Jewellery

Students may wear the following jewellery:

- 2 small plain earrings in each ear (one may be a stud in the upper ear).
- 1 simple ring on each hand.
- A watch.
- A chain may be worn under the uniform out of sight.
- Medic alert bracelet or any other medical item.

Backpack and Bags

Students are to use the OLSH College navy backpack to carry books to and from school. It is essential this bag is stored in their lockers during the day. By carrying bags to lessons, students create a Work, Health and Safety (WHS) hazard and students will be asked to return their bags to their locker. Tote bags are not to be used in place of the backpack.



Attendance

It is no surprise that students do well and are more successful at school (with their academics and developing connections/relationships with peers and teachers) when they are present at school with high attendance rates. Therefore, we remind students that they are full-time students and must make attendance their priority.

Research conducted by the NSW Department of Education suggests that even a single day missed every fortnight could accumulate to four weeks of missed school within a year, translating to a full year lost over a student's educational journey. Similarly, absenteeism of just one day per week could lead to an absence of eight weeks annually and an astonishing loss of two and a half years throughout their schooling experience.

If students are absent or will be late, parents/guardians are requested to notify the school. If students arrive late or need to leave early during the day, parental permission must be given prior to this occurring, not on the day. The College may request a medical certificate for extended absences (more than 2 days) for medical conditions or illness. SACE students must submit a medical certificate to their teacher if they are absent on the day of an assessment item. In specific circumstances of extended absences due to medical conditions/illness or travel, parents/guardians must complete a 'Principal Approved Application for Exemption from School' form as required by the Government of South Australia. Application forms are available from the front office. Chronic absences may be reported to CESA and external agencies as mandated.



Punctuality

Punctuality is important as it sets the tone for the day and ensures that students do not miss out on valuable learning time.

We understand that family lives are busy and that some students rely on public transport. However, we urge families to encourage students to get up early and prepare for the day to ensure they arrive at school on time.

It becomes increasingly challenging to support students to achieve success in the classroom when they are absent regularly or have extended absences from key teaching moments.



Communication with the School

Parents can communicate with staff and contact the College in several ways. These include:

Email: olsh@olsh.catholic.edu.au **Phone:** 8269 8800

Reason to contact school	Who to contact
- Sharing of information - Updating details - Gaining information about school events or other general matters	Front Office/ Reception
General wellbeing/learning concerns	Homeclass Teacher
Specific subject or learning concerns (teacher emails can be found on SEQTA)	Subject Teacher

We recognise that in some instances an event may happen, during the school day, involving your daughter resulting in you wishing to see a teacher/Coordinator/Assistant Principal immediately. When an incident occurs, the following protocol applies under which our College operates:

- Call the school to arrange a mutually convenient time to talk to the teacher or relevant staff member. Staff members are not always immediately available.
 - Front Office staff have been directed to take messages in these situations and ask the staff member to call you back as soon as they are able to do so.
 - Staff will endeavour to respond as soon as practicable, in accordance with the *Right to Disconnect* legislation, when receiving communication from parents/guardians.
-



Mobile Phones

Mobile phone use is regulated at OLSH College. Students in Years 7-10 are allowed to keep their phones in their pockets but can only use them with teacher permission and must keep them in their pockets during break times, except when paying at the canteen.

Using mobile phones without teacher permission will result in the mobile phone being surrendered for the day, with ongoing issues leading to further consequences.

Students in Years 11-12 have similar restrictions but are allowed to use phones during breaks in the Senior Campus.

Filming students and staff without their consent is strictly prohibited. Students are also not allowed to take photos of themselves and or friends at school or in school uniform and post these on social media.



Taking Care of Student Laptops

As per the College's ICT agreement, students are to keep their laptops in an OLSH College-issued laptop bag when not using it, and families will be charged for any damage to the laptop should students be using a non-OLSH College-issued laptop bag or carrying their laptop without the OLSH College-issued laptop bag.



Student Flowchart

To further support students, a flowchart has been provided to guide them in seeking assistance for academic, behavioural, and well-being concerns. This flowchart offers a clear, step-by-step guide, outlining the key staff members to contact and the potential outcomes for the issues they are addressing. The home class teacher should be the first point of contact for general day-to-day matters, while the subject teacher should be contacted for subject-specific concerns. The flowchart is available in each home class and can also be found on page 10 of the student diary.

Thank you to all parents, guardians, carers, and students for your continued support in maintaining our College's standards.

Mohammad Jafari | Assistant Principal - Student Wellbeing

SUPPORTING YOUR WELL-BEING - FOR A SUCCESSFUL YEAR

Supporting yourself by looking after your well-being is essential for success during the school year. To do this, you must balance your schoolwork, co-curricular commitments, and social life. At times, this can be challenging, but prioritising, developing a schedule, and asking for help will support you in balancing all your responsibilities and staying on top of them. Below are 10 tips you can practise to ensure you are looking after yourself while managing your commitments both at school and outside of school.

- **Be Present:** It is vital that you attend school every day and are present in every lesson. Attending all lessons and actively engaging in class discussions ensures you don't miss out on any learning content. It becomes increasingly difficult to achieve success in the classroom when you are absent regularly or miss key teaching moments.
- **Establish a Routine:** Developing a consistent routine is essential. Plan and structure your day, especially outside of school hours, to ensure you maximise your time for schoolwork, co-curricular commitments, and relaxation.
- **Prioritise Sleep:** Make sleep a priority and aim for 8 hours of quality sleep each night. Being well-rested will improve your cognitive function, memory, and emotional well-being, making you more energised for the day ahead.
- **Exercise Regularly:** Regular exercise boosts your mood and energy levels. Even something as simple as a brisk walk can make a big difference in your well-being.
- **Maintain a Healthy Diet:** Eat a balanced diet that includes vegetables, fruit, and protein, and avoid fatty or sugary foods. A healthy diet supports both physical and mental well-being.
- **Limit Screen Time and Digital Distractions:** Reducing excessive screen time and social media usage can improve your sleep, focus, and overall well-being.
- **Adopt a Growth Mindset:** Embrace mistakes and setbacks as opportunities to learn, grow, and improve. A growth mindset will help you stay resilient and motivated.
- **Set Realistic Goals:** Set realistic goals for yourself to stay motivated and focused. It's not enough to just write your goals down; you need to take action and work towards them consistently.
- **Take Breaks and Rest:** Listen to your body and take breaks when needed to recharge. For example, taking short breaks during study sessions can help improve focus and reduce stress and burnout.
- **Ask for Help:** If you're feeling overwhelmed or stressed, reach out to your homeclass teacher, subject teachers, or student wellbeing coordinators for support. You can also seek help from the College counsellors, who are available every school day.



Mohammad Jafari | Assistant Principal - Student Wellbeing

HAPPY LUNAR NEW YEAR (新年快乐)



LION DANCE WORKSHOP TO CELEBRATE LUNAR NEW YEAR

Happy Lunar New Year! Students kicked off the semester with an exciting Lion Dance workshop, where Year 7 and 8 students, along with participants from Chinese, Vietnamese, and Italian language classes, immersed themselves in this vibrant tradition. Students learned about this iconic Lunar New Year tradition, which symbolises strength, courage, and prosperity. The workshop offered a hands-on cultural experience, allowing students to feel the energy and excitement of this celebration. As they learned the intricate movements of the lion dance, students gained a deeper appreciation for the significance of the performance in marking the Lunar New Year. The event was a fantastic way to celebrate cultural diversity while fostering teamwork and creativity. Everyone left with a sense of accomplishment and a newfound connection to this lively tradition.



新年快乐: CULTURAL AND FESTIVAL CELEBRATIONS IN CHINESE CLASSES

Following the Lion Dance workshop, students in Years 7, 8, and 9 Chinese classes also had the opportunity to explore the rich traditions and vibrant celebrations of Chinese culture. As part of their language classes, students have delved into the significance of the Lunar New Year and its accompanying festival celebrations, providing a memorable and engaging experience - particularly for Year 7 students, who are embarking on their first year at OLSH College.

In addition to the Lion Dance, a range of cultural activities has been incorporated into the curriculum. Students have learned about the legend of Nian, discovering the fascinating story behind Chinese New Year and its significance. They also created 红包 (Hongbao – red envelopes) and wrote heartfelt wishes to their loved ones, reflecting the traditions of this special time of year. Students have also experienced Chinese calligraphy, practising the brushwork needed to write the character 福, which symbolises good luck. This character is commonly displayed during the New Year as a symbol of prosperity and happiness. It has been inspiring to see students express their creativity through this traditional art form. Exploring the Chinese Zodiac was another exciting activity. Students researched the stories behind the 12 zodiac animals, uncovering their meanings and unique characteristics. This exploration sparked curiosity and reflection on how different cultures use stories to communicate values.

Looking ahead, students will soon learn about the traditional foods of Chinese New Year, such as 饺子 (dumplings) and 汤圆 (sweet rice balls). They will explore the cultural significance of these dishes and even have the chance to make 汤圆 themselves, bringing an interactive experience into the classroom.

These learning activities provide our students with an immersive experience, helping them develop a deeper understanding of Chinese culture while also reflecting on their own traditions. This journey through Chinese customs and celebrations will inspire greater curiosity and appreciation for diverse cultures.



CELEBRATING Tết AT OLSH COLLEGE: VIETNAMESE LUNAR NEW YEAR

Tết, or Tết Nguyên Đán, is the Vietnamese Lunar New Year, celebrated on the first day of the lunar calendar. This year, we welcomed the Year of the Snake, a symbol of wisdom, flexibility, and transformation. The Snake encourages us to embrace change, seek knowledge, and approach challenges gracefully and resiliently.

At OLSH College, students in Years 7 to 12 celebrated Tết through engaging and meaningful learning activities during Weeks 1 and 2 of Term 1. These activities brought the spirit of Tết to life and deepened students' understanding of Vietnamese culture and traditions. Examples include making lucky red envelopes (*bao lì xì*), Lion Dance workshops, and learning about Tết traditions. Students explored the rich customs and meanings behind Tết, including the custom of worshipping the Kitchen God (*Ông Táo*) and the tradition of worshipping ancestors to honour family heritage; the custom of making *bánh chưng* and *bánh tét*, the iconic sticky rice cakes of Tết; offering gifts and giving lucky money to loved ones; and how Vietnamese Catholics celebrate the Lunar New Year in harmony with their faith.

Tết is more than just a celebration; it is a time to reflect on family, tradition, and new beginnings. By participating in these activities, our students gained a deeper appreciation of Vietnamese culture and cultural exchange, fostering a sense of connection and understanding among our diverse community.

Chúc Mừng Xuân Ất Ty!

Happy New Year, the Year of the Snake! May this year bring you wisdom, success, and endless opportunities for growth.

Yang Li and Co Pham | Teachers of Chinese and Vietnamese



RAMADAN: A TIME FOR REFLECTION

Ramadan is a month observed by Muslims around the world, dedicated to fasting, prayer, and self-reflection. It is a time to strengthen one's faith, build empathy, and give back to those in need.

During Ramadan, Muslims fast from dawn until sunset, refraining from eating and drinking, as a way to practice discipline, patience, and gratitude. It is also a time for increased worship, where many spend extra time in prayer, and engaging in acts of kindness.

At OLSH College, we are proud to celebrate the diverse cultures and traditions within our school community. We encourage everyone to learn about Ramadan and show support to those who observe it. This is an opportunity for all of us to reflect on the values of compassion, generosity, and unity that transcend all cultures and religions.

To those who are observing Ramadan, we wish you a peaceful and blessed month.



HONORING NATIONAL APOLOGY DAY

On 13 February, we reflect on the 17th anniversary of the National Apology to Australia's Indigenous peoples, delivered by former Prime Minister Kevin Rudd in 2008. This historic moment acknowledged the pain caused by past government policies, particularly the forced removal of 100,000 Indigenous children from their families between 1910-1970. These children were often placed in institutions or adopted into non-Indigenous families, separating them from their culture and heritage.

The Apology was a significant step in Australia's journey of reconciliation, with many members of the Stolen Generations present in Parliament as the speech was broadcast live across the nation.

As we remember this important day, we continue to honor the strength of First Nations peoples and reflect on how we can contribute to healing and understanding in our own communities.

GAME ON! CO-CURRICULAR SPORT STARTS THIS WEEKEND



As we kick off Term 1, we are thrilled to announce an unprecedented level of student engagement in our Saturday Co-Curricular sport program this year! We've had an overwhelming number of students nominate for various sports, and although we were unable to run Basketball and Touch Football, the number of nominations has been the highest in over a decade. This outstanding participation is a testament to our students' growing enthusiasm, commitment to staying active, and embrace of team spirit.

Even more exciting is that this increase in nominations spans all year levels, from our youngest Year 7s to our senior students. This enthusiastic response reflects the positive, vibrant and active culture within our school community.

Volleyball continues to lead the way, with eight teams proudly representing OLSH College on Saturday mornings. We sincerely thank all students who have chosen to participate and encourage those still considering joining in Terms 2 and 3 to get involved.

This week, match locations and times will be communicated via SEQTA. We kindly remind all parents to uphold their commitment by ensuring the girls arrive at their game at least 20 minutes before the scheduled start.

Wishing everyone a fantastic season - good luck to all teams!

Quin Scacchitti | Saturday Sport Coordinator

Catholic Education AWARDS
SOUTH AUSTRALIA

Do you know someone making an outstanding contribution to Catholic Education?

The Catholic Education Awards are your opportunity to shine a light on a teacher, support person, leader, volunteer or program making a positive difference!

awards.cesa.catholic.edu.au

NOMINATIONS NOW OPEN!

Don't miss out on nominating that outstanding person (or program) in your community.

NOMINATIONS CLOSE
8PM MARCH 17

CELEBRATING OUR VIBRANT COMMUNITY



We proudly introduce Daniella, who exemplifies the OLSH pillar of being Faith-Filled through her dedication to surf lifesaving. Having completed her Surf Rescue Certificate (SRC), Daniella now plays an important role as a volunteer surf lifesaver who has been part of a regular patrol group, at one of Adelaide's beaches this summer.

Patrolling is not only important but also a rewarding experience! "It's really fun, and you get to learn a lot."

Surf Lifesaving isn't just about rescues - it's about prevention, education, and inclusion, in a community where everyone feels safe and supported. Daniella's commitment to patrols and community service reflects the values of compassion and leadership, ensuring a safe and enjoyable beach experience for all. Her story is a wonderful example of being faith-filled by serving others and giving back to our community.

♥ Thank you for making a difference! ♥

SHOWCASING STUDENT PASSIONS & SUCCESS

The College is always interested in stories of our students' achievements and their passion pursuits beyond the school gates and to include them in our newsletters. Families and students with a story to share can send it through to their Student Wellbeing Coordinator.

SUMMER UNIFORM TO BE WORN IN TERM 1

Students reflect their pride in the College by wearing the uniform well. It is a very powerful tool when students are in the public eye. It is therefore fitting that students wear the uniform correctly and with pride. During Terms 1 and 4 students wear the summer uniform while in Terms 2 and 3 the winter uniform is worn. The summer uniform items are outlined below:



SUMMER UNIFORM

Dress	Navy with red, green and gold (Knee length)
Blazer	Navy with monogram
Jumper	Monogrammed 'V' neck Year 8 - 10: Navy, Senior Campus: Navy or Red
Socks	Navy socks (Knee high)
Footwear	All-black leather lace-up school shoes only (4 eyelets with black soles and stitching). No boots, patent shoes, platforms, high heels, sneakers, canvas shoes, ballet flats, velcro or buckles
Headscarf	Navy
School Bag	OLSH backpack, navy with the school monogram

Jewellery

Students may wear the following jewellery:

- 2 plain earrings in each ear
- 1 simple ring on each hand
- 1 watch
- a chain may be worn under the uniform out of sight
- medic alert bracelet or any other medical item

Body jewellery such as nose studs, eyebrow or tongue studs are not acceptable.

Hair, Nails & Cosmetics

Shoulder length hair (or longer) is to be kept away from the face and always tied back with a red ribbon. No unnatural hair colour or streaks are permitted eg. purple, blue or green etc.

Fake nails, eyelash extensions, mascara, nail polish and other make-up is not to be worn at school.

If students are found to be wearing; makeup, fake nails, nail polish, eyelash extensions or facial piercings, they will be asked to remove it immediately.



SPORTS UNIFORM

Polo shirt	Navy (monogrammed)
Shorts	Navy (monogrammed)
Jacket	Navy (monogrammed)
Tracksuit Pants	Navy (monogrammed)
Sneakers	Own choice of running sneaker (no fashion sneakers)
Socks	White (ankle)

All students are able to wear their sports uniform on days they have PE or dance lessons or for excursions where permitted. Please note: The mixing of formal uniform (Summer or Winter) or casual/leisure attire with the PE uniform is not acceptable. Formal school uniform will be expected at particular school events should students be the recipient of an award, recognised in some way or addressing the student body.

For those students who are participating in Saturday morning sports, a separate uniform is available to purchase.

We do realise that people's perception of the College is often based on how we present ourselves in the Community, therefore we ask each student to play her part by wearing correct uniform at all times.

The uniform, both new and second hand is available from the College Uniform Shop during school terms (9:00am – 12:30pm, Monday - Friday) or via prior arrangement. Uniform items can be purchased via the QKR! App and collected from the College.



We are very blessed at OLSH College to have exceptional young women in the roles of Student Leaders. This Newsletter features our Co-Vice Captain and Social Justice Captain by way of introduction to the wider OLSH community.

Anh (Year 12) College Co-Vice Captain

Most Influential and/or Inspiring Person in Your Life and Why:

The most influential role model in my life is undoubtedly my older sister. She is an ambitious, courageous, and vibrant person who studied relentlessly to become a clinical optometrist before eventually becoming a senior consultant. Her dedication to her work and selflessness in taking on a position that impacts a wider community have made me admire her as both a leader and a compassionate individual.



The Leader I Want to Be for the OLSH College Community:

My main aspiration as a leader in our community is to be someone who remains true to the people. I want to maintain and strengthen my interpersonal connections with those around me - peers, friends, fellow leaders, and those I have yet to meet in our student body. I hope to be seen as an approachable leader whom people can rely on out of genuine trust and connection, rather than feeling they can only speak to me because of my 'duty'.

Future Career Aspirations: Since childhood, my dream has been to become a secondary teacher specialising in English and HASS subjects. I am pleased to say that these aspirations have only grown stronger during my time at the College, as I continue to engage in leadership and community opportunities.

My Favourite OLSH Tradition: Definitely the staff performances during OLSH Has Got Talent! I love seeing our teachers in a different context, reflecting the humour and joy of our student body. I will always be the biggest fan of BOLSH - since Year 7!

The Thing I Like Best About OLSH College: I really value how close-knit our community is and how I've truly felt as though I've grown up alongside those around me. When I visited OLSH Kensington in Year 10 as part of the Immersion Program, I remember sharing stories about OLSH Enfield and how comforting and interconnected our student body is. It made me appreciate just how at home I feel on campus, thanks to the strong bonds I've formed over the years.

What Are You Most Looking Forward to at OLSH College in 2025? I'm so excited to see how the Class of 2025 finishes our school journey. I look forward to the experiences we will share, the memories we will create, and the moments that, even after we leave, will keep us connected.

To my fellow 2025 graduates: there's no need to leave behind a grand legacy or make a lasting mark. What I look forward to most at OLSH this year is simply having a memorable year filled with laughter, love, and genuine connection, so that we never become strangers beyond our time together.

Zahra (Year 12) Social Justice Captain

Most Influential and/or Inspiring Person in Your Life and Why:

My beautiful mother, whose kindness has shaped me into the person I am today. She has sacrificed so much to provide for my siblings and me, and I will never truly be able to repay her for all that she has done. Her selflessness can be frustrating at times, but it is also heartwarming to see her consistently put others before herself. I cherish the memories we have made, and I cannot thank her enough for supporting me through everything.



The Leader I Want to Be for the OLSH College Community:

I hope to be a positive, supportive, and motivating leader for the OLSH College community. As Social Justice Captain, I want to help our community become more aware of injustices in the world and within our own environment. I also hope to be a positive role model who inspires others to take action.

Future Career Aspirations: This may sound unusual, but as a child, I always enjoyed visiting the dentist and having my teeth checked. I found the environment relaxing, clean, and comforting - especially with the kind dentists who took care of me. This is why I aspire to become a dentist in the future: to provide the same level of care and kindness to my patients while working in a profession I genuinely love. I also adore working with children, and it would be a dream come true to inspire young kids, just as I was inspired.

My Favourite OLSH Tradition: One of my favourite OLSH traditions is the classic Nutbush dance, a favourite of our Principal, Ms Urbano. I was first introduced to this tradition at the Year 8 Aquatics Carnival and slowly found myself growing fond of it. I love how this dance brings students and teachers together in a moment of fun, laughter, and pure joy.

The Thing I Like Best About OLSH College: My favourite thing about OLSH is the kindness and compassion of the students, as well as the positive energy that fills our hallways and courtyards - especially on the senior campus, where I spend most of my time. I love how students are always so supportive of each other and never hesitate to lend a helping hand.

What Are You Most Looking Forward to at OLSH College in 2025? I am most looking forward to the many exciting events planned for the school, including the Aquatics and Athletics Carnivals and the Senior Formal.

If You Could Travel Back in Time, What Advice Would You Give Your Year 7 Self About Being a Secondary School Student? I would tell my Year 7 self to be confident and trust the process. Challenges and doubts may arise throughout high school, but have faith that everything will be okay - you will only grow stronger.