



"Educating young women in the Franciscan tradition"

Parent Corner

Issue 1, 1 February 2018



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Calendar

Fri 2 Feb	Year 12 Accounting Forum (QUT)
Tue 6 Feb	3.20-6.30pm Big Sister/Little Sister Afternoon 5.30-6.30pm Nuts & Bolts—Year 7 Parents (San Damiano)

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From the Deputy Principal Staff and Student Development



Welcome to 2018!

No doubt you have been inundated with information from the College in the past couple of weeks. The main aim, of course, is to ensure that we are all on the same page as we commence a new school year. If you haven't downloaded the Mount Alvernia App, then I would recommend it. As our College Deputy, Michael McDonald, mentioned in *News And Views* last week, there are many categories accessible from the home screen, making it an easy tool to find out up-to-date information at the touch of an icon.

To open this year's first *Parent Corner* I have asked the Pastoral Guardians and Counsellors to introduce themselves and to let you know their goals and directions for their relevant year levels for 2018. Please note that the Pastoral Guardians and Guidance Counsellors are amazing people whose combined experience in upholding the ethos of Franciscan values extends beyond 50 years. With the knowledge and practice this brings, they are a formidable team always working in the best interest of the girls and families with whom they are associated.

In the past couple of weeks there has been a lot of media attention around bullying and cyber bullying. I have no doubt this will continue, given the importance of being able to reduce the impact that this can have on the lives of our young people. While I am concerned about the emphasis on the options taken by victims of bullying without much talk about the nature of bullying or the mental health of young people at risk, I am pleased to see that the talk around cyber bullying is extending beyond what schools can do. We all have an essential role to play in prevention, and it is vital that society plays its part so that we can ensure no young person feels the need to take action as a result of a lack of support or accessible strategies to offset the impact that bullying can have on their lives. The Queensland Premier has asked you to check in with your children to see if they are okay. But let's not forget about those conversations that also ask our children to consider if any of their actions may have adversely affected someone else.

At Mount Alvernia there is a very clear process for dealing with incidents of bullying. This process is outlined in the *Silver Pages* on the college website and app and, more importantly, in the Student Planner on pages 13 and 14. It is part of our strategy every year to have the girls read ALL the Student Procedures and to know that the school takes any form of bullying seriously. You will also note that there is an on-line feature that gives students an option to report *Non Franciscan Behaviours* (including bullying) anonymously.

However, prevention is a far better option. We know we, both family and school, play an important part in educating young people about how their behaviours and attitudes affect others. We are also distinctly aware of the importance of incorporating strategies that grow resilience against the difficulties that are a natural part of life. To that end, our Wellbeing and Identity Program that is incorporated into

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From the Deputy Principal Staff and Student Development

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every year level addresses a variety of age-appropriate topics. A full copy of this program is available should you wish to peruse it, but specific topics that assist in addressing the causes and responses to bullying behaviours are as follows:

Year 7: Healthy Relationships: inclusive of focus on cyber bullying and the appropriate use of social media;

Year 8: Emotional Regulation and Coping Strategies: inclusive of a performance by Verbal Combat that focuses on bullying and how young people can respond to it;

Year 9: Self in Relationship with Others: inclusive of the importance of a healthy lifestyle to aid resilience and Traffic Light Decision Making.

Year 10: Beyond Self: Journeys and Values: inclusive of addressing risk taking and responding to peer pressure;

Year 11: Stress Management: inclusive of coping strategies and identifying personality types; and

Year 12: Leading into the Future: inclusive of skills for life and Transition Programs.

At Mount Alvernia we take bullying seriously, while at the same time being aware of the natural transgressions that beset growing up as a young adolescent. There will be times when girls will not get on with each other. There will be occasions when the actions of your daughter or your daughter's peers may lead you to wonder if any of the values you strive to uphold as a family and we as a school have been taken up by your daughter. However, there will always be cause for us to act as a team to support your daughter to respond to acts of bullying against her or to ensure that her behaviours are modified should she be the instigator of hurting others.

Annette Butterworth





From the Year 7 Pastoral Guardian



Welcome to the 2018 school year! I trust that you and your daughter had a relaxing holiday and some quality family time together before embarking on her new journey, her arrival at secondary school. I am Michael Butterworth, your daughter's Year 7 Pastoral Guardian. I am extremely grateful and elated to witness the commencement of your daughter's journey at Mount Alvernia. Over the duration of this year, I will have a chance to meet many of you, and look forward to building a strong relationship with you. As we enter this new school year, I want to let you know your daughter will be engaging in conversations around having a growth mindset, and being involved in many extracurricular activities that will support opportunities of connection, sense of belonging, leadership, and leadership support. We believe that every person at this College should always be growing and learning.

There may have been feelings of apprehension, nervousness and excitement as your daughter (not to mention parent/s) entered the campus on the first day. It seems like eons since that day, now that we are in our second week. Transition is not easy and the girls will take a little time to settle in to a routine as they gradually understand the goings on of college life. Our transitional program is continually evolving, and we as a college community do our best for your daughter. Please encourage your daughter to ask questions. There is plenty of support – Big Sister, Home Room teacher, peers, teachers and me – so asking questions is paramount. This will allay any anxiety of child and parent during this transitional phase.

Wishing you and your daughter/s an exciting, rewarding, challenging and successful school year.

Michael Butterworth



Year 7 Date Claimers

Tue 6 February (3.20-6.30pm)	Big Sister/Little Sister Afternoon
Tue 6 February (5.30-6.30pm)	Nuts & Bolts Parent Meeting
Wed 14—Fri 16 February	Camp
6.30pm, Tue 20 February	Francis School Information Night
1.30pm, Thu 22 February	Immunisations



From the Year 8 Pastoral Guardian



Welcome to 2018!

How lovely it was to re-connect with your daughter last week, and to see her looking refreshed and enthusiastic about the year that lies ahead. It was especially great to see girls excited about being in Year 8, and to hear them reflecting upon how confident they felt compared to last year. As you will have witnessed yourselves, so much personal growth has happened during her first year of high school: she is taller; friendship groups have broadened; horizons have been extended through new experiences; and she has sought greater independence. So, now that Year 7 is a memory, what can we look forward to in Year 8?

This year our pastoral focus is *Understanding my Identity* – helping your daughter to understand herself, and how she relates to others and her world. This relates to all facets of her life. Therefore, a goal for every student in Year 8 should be to set the bar high and to ‘Live, Love and Learn’ to the best of her ability. So what might this look like?

Live: To be involved in **at least one** extra-curricular activity during the year. This is an opportunity to build physical and mental well-being, to broaden friendship groups, to learn more about herself, and to practise the skills of collaboration, co-operation and problem solving.

Love: To reach out and extend her friendship group. An easy way to achieve this is through her elective subjects, where she will meet girls with similar interests beyond those already established in her Learning Group. Extra-curricular activities also facilitate friendships. Another way in which to love well is to actively seek and promote peace within friendship groups by minimising the conflict and drama that some students become embroiled in or dwell upon.

Learn: Aiming for academic and personal excellence should be a priority for every student. This requires focused effort in class, regular homework and study routines, using her initiative to seek help when needed, and remaining focussed on her goals. It is important to understand that success is not always achieved initially and, therefore, failure (first attempt in learning) is a valuable step in the learning process about herself, others, and her world. When this occurs, remember there are many people at Mount Alvernia who are able to support her as she picks herself up to begin again.

It is my absolute pleasure to continue being your daughter’s Pastoral Guardian. I am looking forward to walking the Year 8 journey alongside your daughter as she strives to live, love, and learn to the best of her ability. I am also looking forward to working with you to support your daughter in achieving her goals. Most importantly, I would love to hear from you when your daughter does experience success, so that we can celebrate her efforts.

Best wishes for an enjoyable and fulfilling 2018.

Jeni Barlow



From the Year 9 Pastoral Guardian



Welcome, Parents and Carers, to Year 9 – Clare School.

I am privileged and excited to be your daughter's Year 9 Pastoral Guardian for 2018. I am looking forward to caring for the pastoral development of your daughter, and providing guidance and support for her so that she can reach her full potential.

Year 9 is a special year, as girls have now commenced their journey into Clare School. Girls have many opportunities to grow in areas of academic, outreach, community service, and leadership. The theme for this year is *Self in relation to others*. Year 9 students will discover that, in order to support others, a certain degree of personal sacrifice must be made. They can become involved in many Outreach and Service areas the College offers to Year 9 students.

During our first year level assembly, Year 9s were introduced to Ms Sacha Carney, Teaching and Learning Guardian for Years 9 and 10. Her role is to assist and support students if they are experiencing difficulties across a number of subjects, or need support with organisation of learning or homework or preparation for assessment. Ms Carney also gave students a copy of the Assessment Policy and Guidelines for Year 9 students. You are able to access all this information on the Year 9 Info Hub on Moodle. Sacha and I work closely together to support students in their transition from Year 8 into Year 9, both pastorally and academically.

Throughout the year, your daughter will be able to apply for many leadership and public speaking opportunities. I would encourage all girls to consider these positions, as these opportunities assist to further develop their confidence and communication skills. The first opportunity given to Year 9s is the opportunity to apply to be a Student Advisory Council Representative (SAC) or House Representative. Speeches will be delivered at the end of this week.

This year you will see on your daughter's timetable a time allocation for Personal Development (PD). The first topic they cover is *Resilience*. Students will learn why resilience is important for recovery and success. They will also cover the benefits of exercise, the effects of sleep, technology, and food and nutrition on their general wellbeing.

During the first Home Room session for this year, all students read the *College Student Protection Policy* and *Student Procedures* outlined in the Student Planner. This information is also provided to parents via the *Silver Pages* on the College App. Please note that we are continuing to eliminate the use of mobile phones during school hours. All students are required to place their mobile phones in their lockers from 8.30am until 3.05pm, and Home Room time is technology-free. This is to enable students to concentrate on learning and building relationships while in and out of the classroom. It is wonderful to see that Year 9 students are embracing this positively and abiding by our college procedures, in turn enhancing our Franciscan community.

The girls have returned more confident and ready to focus on the year ahead. To begin the year in a positive manner, all girls are being encouraged to set new goals, be open to new opportunities and challenges, and become involved in college life.

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From the Year 9 Pastoral Guardian

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As part of my role, I would also like to acknowledge Year 9 students for their personal achievements, both within and outside the College. If your daughter achieves or is acknowledged for any special accomplishments outside of the College, I would love to hear about it.

Please contact me at the College on 3357 6000 or via email at chrit@mta.qld.edu.au if you would like to inform me regarding your daughter's achievements or if you have any questions or concerns during the year.

On a final note, I would like to warmly welcome new Year 9 students and their families to the Mount Alvernia community – Emily Burden, Chloe Hicks, Micah Fink, Katie Forrester, and Alex Gates.

I look forward to a successful year and to meeting you at the Clare School Information Evening, on Tuesday 6 March.

Teena Christofis

Questions to Ask your Daughter after her First Week of School:

Have you enrolled in Year 9 Info Hub course on Moodle? What information can be found in the course?

Did you nominate for SAC Rep or House Rep? Why or why not? If you did, I am a perfect audience for you to practise your nomination speech.

Have you signed up for any extra-curricular in Trimester 1? What was it?



From the Year 10 Pastoral Guardian



now is the best time to start becoming the
Person we eventually want to be

—d. uchtdorf

With Year 9 now over, we venture into Year 10. Many of you are probably hoping that the dramas that may have happened last year are in the past; hopefully you were lucky enough to come through Year 9 with your daughters unscathed.

Year 10 promises to hold its own challenges but without a doubt will hold many rewards. It is always a pleasure to have had the opportunity to get to know your daughters in Year 9, but a blessing to be able to continue the journey with them into Year 10. I am very much looking forward to the year ahead and working alongside you—her parents—to assist your daughter to become the best person that she can be.

This year is an opportunity for students to put into practice habits and strategies which will hold them in good stead for the years ahead. They will begin the process of planning for their senior years, whilst also needing to remain very present in the day to day life as a Year 10.

My goals for the year are to encourage the girls to focus on becoming their ‘best selves’ while also encouraging them to ‘think beyond themselves’. We will have opportunities to do this through our year level meetings, PD and, of course, Year 10 Camp and hopefully other opportunities that arise throughout the year.

Please ensure you keep in touch with me if you or your daughters have any concerns or, to let me know of their achievements and successes.

I am looking forward to a great year.

Therese Dooley



From the Year 11 Pastoral Guardian



Welcome, Parents and Carers, to Year 11, Elizabeth Hayes School.

My name is Bridget Piper, and it is with much pleasure that I am your daughter's Year 11 Pastoral Guardian for 2018. Year 11 is an important transition year when your daughters are focussed on achieving their very best academically at the beginning of their senior journey. It has been a positive start to the year with a seeming readiness to learn and succeed.

At our Year Level meetings, students are reminded to take up challenges and to do the very best they can in their learning. We encourage Year 11 students to take more initiative in communicating with teachers, and to be responsible, more organised, and more independent in their learning. Taking ownership for choices, setting goals, and learning resilience strategies is a part of the independence to prepare them for adult life.

In addition to the academic focus in Senior Years, it is also an important year for wholehearted participation in the many opportunities that the College offers. I encourage students to take advantage of the outreach, liturgical, cultural, and sporting opportunities available. If your daughter finds herself committed to these opportunities at the College, motivation will follow, leading to a fulfilling and meaningful life.

To achieve and succeed, goals need to be set and a healthy lifestyle and work balance maintained. We will be focusing on learning how to achieve this balance through the Year 11 Personal Development Program, *Preparing for Success*, and this will no doubt inspire your daughters to maintain a healthy lifestyle and work balance. Introduced by Lorraine Slaven, our College Counsellor, the program has been carefully designed for this purpose. A range of speakers are scheduled throughout the term covering topics such as *Branding for Professional Success*, *Skincare*, *Understanding Credit and Debt*, and the *Importance of Physical and Mental Health to Success*.

Already, I am impressed by the initiative of the Year 11 cohort in nominating for SAC and House Representative positions. Congratulations to students who were successful in their nomination for positions in 2018. At year level meetings, I like to acknowledge special achievements, so please contact me if your daughter has achieved in academic, sporting, cultural, or service to the community so her hard work, commitment and dedication can be recognised by her cohort and the college community.



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From the Year 11 Pastoral Guardian

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It was pleasing to see so many parents and students attend our Elizabeth Hayes School Information Evening this week. At this presentation, we communicated our approach to your daughter's education and development in both academic and pastoral areas as they are inseparable. Our Elizabeth Hayes Middle Leadership team, consists of:

Mrs Debra Evans (Assistant Principal Student Learning),
 Ms Annette Butterworth (Deputy Principal Staff and Students)
 Ms Anita Goldie (Teaching and Learning Guardian)
 Ms Melissa Loveday (Careers Advisor)
 Mrs Karen Farrow (Year 12 Pastoral Guardian),
 and me, Mrs Bridget Piper Year 11 Pastoral Guardian.

Our team constantly communicates students' concerns, wellbeing and progress. Please contact me (pipeb@mta.qld.edu.au) regarding pastoral issues or Mrs Anita Goldie (golda@mta.qld.edu.au) regarding academic issues.

We are encouraging Senior students to be more independent, and to take the initiative in knowing about College events by referring to the Student Planner dates, *Year 11 Matters* on Moodle and the School Calendar and by meeting deadlines and bringing back permission notes.

I look forward to an enjoyable 2018 with the Year 11s as your daughters develop into fine young women and achieve their goals.

Bridget Piper



Upcoming Events listed in the Student Planner

Tuesday 6 Feb (3.30-6.30pm)	Big Sister Little Sister Afternoon
Friday 9 February	School Photographs:
Monday 12 February	Reflection Day
Friday 23 Feb	Interhouse Swimming Carnival



From the Year 12 Pastoral Guardian



Welcome, Parents and Carers to Year 12. My name is Karen Farrow, and it is a pleasure to continue as Pastoral Guardian for your daughter's final year of schooling in the Elizabeth Hayes School in 2018. Our young women have been looking forward to being Seniors for their complete school journey, and some students have commented that they can hardly believe that they are now the school leaders. In the first week, there was such an air of excitement as the Year 12s looked forward to their Commissioning Ceremony and receiving their Senior tie and badge, symbols of leadership and responsibility.

The Commissioning Ceremony marked the commencement of the college year, where your daughters made their pledge:

As the 2018 leaders of Mount Alvernia College, we pledge to be women of integrity, upholding the values on which this College is founded. We promise to be role models, demonstrating qualities of acceptance, compassion, and joy, each day.

During our final year, we will continue to strive for success and support one another as well as the College. We will be ambitious and serve with dignity and authenticity. It is our mission as your leaders to inspire you, the community, to have pride in our school, empowering you to achieve excellence beyond your perceived potential.

We commit to furthering the legacy of this college through both word and action. Together, as women of passion, we will strive to continue the Franciscan tradition in order to motivate you to flourish in your own individual way. We are proud to be your senior class of 2018 and we promise to uphold this pledge.

This promise acknowledges the students' commitment to the College, and reveals their connectedness to our Franciscan values. The ceremony also revealed their capacity to act with grace, respect, and humility, setting a high standard as role models for all students. In our year level meeting, I praised the students on their self-discipline and maturity demonstrated at this formal occasion, and I have noticed that they are holding their heads up proudly yet humbly as our leaders. As leaders of the College, it is expected that seniors are visible and active leaders in the community, and I hope to provide opportunities for students to further develop their leadership skills during the academic year.

In our captains' leadership training days, there was a common vision that our whole Year 12 cohort leads with spirit and pride. Every year, the Year 12s realise, sometimes sadly, that every event is their last at the College and their final opportunity to enthusiastically participate. I am pleased to share with you that the students have



launched into their final year with enthusiasm and teachers have commented, especially on their positive attitude and readiness for academic work. I wrote in the 2017 Yearbook that this delightful group of young women is characterised by creativity, positivity, enthusiasm, and supportiveness, and that I look forward to leading our intelligent, vivacious, spirited team in their final year at Mount Alvernia College in 2018. I stand by those words and look forward to the year ahead.

The months ahead will go very quickly, and I ask you to remind your daughters that, in less than a year, they will graduate. While this prospect may bring mixed emotions, remember that this will then be a time to celebrate and be excited as they begin their story beyond Mount Alvernia College.

I look forward to supporting the girls in this final year of their journey at Mount Alvernia College.

Karen Farrow



COUNSELLORS' CORNER



My name is Lorraine Slaven, and I am one of the College Counsellors at Mount Alvernia. I am a clinical psychologist with 30 years of clinical experience across a broad range of settings including health, private practice, and in education, working with primary-aged children and adolescents. I have a particular interest in working with young people in areas including depression, anxiety and panic attacks, stress management, relationships, school refusal, trauma, and grief. I also have a strong interest in Autistic Spectrum Disorder and Animal-Assisted Therapy. I commenced work at Mount Alvernia College in June last year, and I have loved the opportunity to get to know many of your amazing young women.

Hello, everyone, and welcome to 2018. My name is Lisa Farrow and I am also one of the College Counsellors at Mount Alvernia. I am a registered psychologist, and am currently undertaking the Clinical Endorsement program and will be a clinical psychologist by the middle of this year. I have recently become a registered supervisor for probationary psychologists, and am currently working with psychology students completing the Master's program at ACU. Prior to my role at Mt A, I have worked for Child and Youth Mental Health and in a private practice setting. However, I have found my home working within the school context. I really value being able to work closely with all who are involved in a young person's life: family, teachers, the wider school community, and peers. I am constantly inspired by the strength, wisdom, and values that your daughters display on a daily basis and it makes my role a real joy.



The role of the College Counsellor involves working closely with teachers, Pastoral Guardians, and families to support the emotional and social wellbeing of all students of Mount Alvernia College. This can include one-on-one sessions with students, intellectual and ability testing, mental health assessments, and referrals to external professionals. We also prepare the Personal Development programs for the girls from Years 7 to 12. These programs are tailored to address the developmental needs of the year level, and aim to teach students key resilience and support strategies. This year we have also developed training programs for the 2018 College Captains and also the Peer Support Team.

We both look forward to working with you to ensure your daughters thrive at Mount Alvernia College. If you have any questions or concerns, please contact us via email (Lisa farri@mta.qld.edu.au; Lorraine slavl@mta.qld.edu.au), or phone on 3357 6000.



Boys and Girls are invited to visit and participate in our

Invitation to *Try Scouting*

Cub Scouts (7 to 10.5 years old)

Scouts (10.5 to 14.5 years old)

Venturer Scouts (14.5 to 18 years old)



Saturday Feb 3rd from 10am to Noon

At Wavell Heights Scout Den

MURRAY DUUS PARK, on EDINBURGH CASTLE ROAD,
WAVELL HEIGHTS (behind the Bowls Club and Community Centre).
Access via Fourteenth Avenue

Contact: Josh on 0435 205 035

Email: WavellHeightsScouts@gmail.com

<http://www.wavellheights.scoutsqld.com.au/>

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Open from 7.15-9.30am & 10.30am-3.00pm (3.15pm Wednesday). Staff, parents, and friends are very welcome to drop in for coffee—\$3.50; \$3 in own cup.

La Cucina

**Roster
Term 1**

Friday 2 February

Angela Bodman, Jan Nichols

Monday 5 February

Christina Knight, Cathy Conaghan

Tuesday 6 February

Jo Galvin

Wednesday 7 February

Gianna Di Virgilio, Michelle Leonard

Thursday 8 February

Liz Feltrin, Madeline Fong

Any enquiries: please call Jane or Jo in the College Office—3357 6000.

Remember to place your orders [online](#) and beat the queues