



# Parent Corner

Issue 2, **2 March 2017**

## One Last Reminder:

A last reminder for those wishing to purchase tickets for the International Women's Day Literary Breakfast – RSVP is due Friday 3 March. [Purchase here](#)



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## Calendar

Fri 3 Mar	Swim Camp (to Saturday)
Mon 6 Mar	9.00am-12.00 Year 10 Hospitality Barista Course 10.20am Elevate (Year 11)
Tue 7 Mar	9.00am-12.00 Year 10 Hospitality Barista Course P4 & 5 Othello (Year 12—half cohort in each session)
Wed 8 Mar	International Women's Day <i>Read Like a Girl</i> Breakfast (iCentre) Futsal (Junior B & C teams) 9.00am-12.00 Year 10 Hospitality Barista Course 7.00pm Understanding Your Teenager —Graham Hyman
Thu 9 Mar	CaSSSA Swimming Carnival (Years 7-10 attending)

## From the Year 7 Pastoral Guardian

*“Perfection is not attainable,  
but if we chase perfection we  
can catch excellence.”*

Vince Lombardi



This year, the focus of **Enabling Excellence** is underpinning all that we do – for both students and staff at Mount Alvernia. Throughout the year, the students will hear this term used often, but what does this mean from a Year 7 student’s perspective?

**A real commitment to embracing opportunities, especially new ones:** Through new challenges, students broaden their experiences and viewpoints, learn more about their strengths and challenges, create solutions to challenges, develop skills for greater independence, and build empathy for self and others. New opportunities mean growth in all areas of our lives.

**Expecting the best of self:** When we expect the best from ourselves, we become a better version of ourselves. This can be shown through: the way we wear our uniform; how we use technology (in class or at home); how we relate to and show care for others; our application to our learning (class and home); our engagement in Home Room; or attending all relevant school events, eg swimming carnivals. This does not mean perfection; aiming for perfection, means we

often cripple ourselves with the fear of making a mistake, and hold back from achieving our potential. Instead, we need to set the bar high, encourage the best in ourselves and live this life well.

**Building resilience and persistence:** Through new experiences and in wanting the best for ourselves, disappointment is inevitable. Unfortunately, life is not always smooth sailing. Therefore, we need to treat disappointment as an opportunity to bounce back, to try again, and to try another way so that, no matter what lies before us, we have the skills to tackle any challenge with confidence and the desire to succeed.



So far, the Year 7s have made a great start in demonstrating these features. This was particularly evident on camp, where we had 100% attendance! Over the three days students moved out of their comfort zones to make new friends, tried new experiences and overcame fears, worked with peers and supported each other to create solutions to physical challenges, and learnt to bounce back from disappointment.



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## From the Year 7 Pastoral Guardian

Last Friday's swimming carnival was another event where the Year 7s impressed. Their enthusiastic participation in the swimming events, the way they supported their peers through cheering, and their strong sense of fun and spirit on the day was truly commendable.

So a great start has been made, and I look forward to journeying this year with the Year 7s in their quest for excellence.

Parents and carers, the great start made by your daughter has been achievable through your positive encouragement and the belief you have in your daughters, so thank you for your role in enabling excellence in your daughters, as well.

Until next time

*Jeni Barlow*



### Conversation Starters

**What new activities have you tried and want to try this year?**

**What is one area where you are really trying hard to achieve your very best?**

**Or what was one thing/activity on camp where you gave your best effort?**

**What has been a challenge for you this year and how have you dealt with this challenge?**

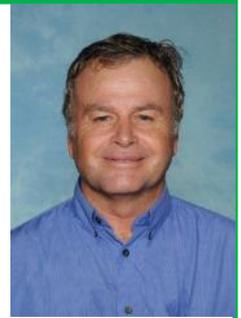
## From the Year 8 Pastoral Guardian

There are many benefits that support student adherence to our Uniform Policy. Other than exuding an air of excellence these include an increased sense of school pride and spirit, minimised economic barriers, and increased self-discipline. Each afternoon, the student pride is on display as the sea of hats flows towards the designated pick-up and bus areas. Our community, travelling as one when exiting this place of learning, emphasises academia and promotes excellent behaviour.



The wearing of the College uniform presents a united front, regardless of social stigma, fashion trends, and peer pressure, and reflects our value of simplicity. Students are more likely to concentrate on their studies and less on their wardrobes. A de-emphasis on jewellery, for example, can also save money, as there will be less pressure to keep up with expensive trends and fashions.

Our Uniform Policy is a way to teach students the importance of a respectable appearance, which is a lesson that can positively impact on their self-respect, self-esteem and future job opportunities.



Many organisations demand their employees maintain a professional image as they routinely interact with prospective clients and business partners. The appropriate wearing of a uniform promotes individual and community excellence and pride. Through taking this on board, your daughter is exemplifying the tradition and culture of past, present and future students of Mt A.

On another note, congratulations to Year 8 Student Advisory Committee (SAC) representatives and House Representatives, who received their badges on Assembly today.

### **SAC representatives**

**Olivia Snape**  
**Sarah Drinkwell**

### **House Representatives**

Perugia	<b>Rose-Marie Nicolia</b>
Spoletto	<b>Abi Collins</b>
Villa Spada	<b>Cilla Spiteri</b>
Belle Prairie	<b>Chloe Burnham</b>
Greccio	<b>Sophie Mitchell</b>
Rieti	<b>Alexis Born</b>

*Michael Butterworth*





## From the Year 9 Pastoral Guardian

It has been a wonderful experience recently to see many of your daughters step up and put themselves out of their comfort zone and nominate themselves to become either a House Representative or a SAC (Student Advisory Council) Representative. This is another opportunity for the girls to strive towards being their very best. The simple concept of putting themselves forward with the chance of not gaining a position is very challenging, particularly at this age. I have encouraged the girls, and ask the same of you at home, to keep striving to achieve these positions and that, every time they step out of their comfort zone and 'have a go', they are striving towards personal excellence. The girls are so lively and dedicated, it is a pleasure to facilitate this process.

I congratulate all the girls who nominated and also the following girls who achieved the positions for this year:

### **Sac Reps**

**Jojo Rzepka**  
**Maddie Ellis**

### **House Reps**

Belle Prairie  
Greccio

Perugia  
Rieti

Spoletto  
Villa Spada

**Sophia Minasi**  
**Chantelle McEvoy & Makenzi Tomkins**  
**Jorja Read**  
**Sophie Wright**  
**Elise Cook**  
**Larissa Ney**



I recently spoke at the Clare School Parent meeting and highlighted that we are firmly implementing our expectations regarding uniform, including the wearing of their hats and the adherence to not wearing any jewellery other than small simple sleepers in their lower earlobes. We are also challenging students who are wearing makeup and strongly enforcing the new mobile phone policy. Please do not be alarmed if this happens; it simply is our putting in place consequences for not meeting the expectations to which the girls have all been clearly exposed throughout the past couple of years, and which were explicitly discussed in their Home Rooms at the beginning of the year. If you are in doubt you can also check in their Planners; the girls have all read and signed off as acknowledgement of their responsibilities.



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## From the Year 9 Pastoral Guardian

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For some students this is the first time they have been 'in trouble' and they are quite upset by the experience; please know that, while a lunch time detention is not pleasant, it is not the end of the world. It usually involves a pastoral conversation, and is simply an opportunity to expose the girls to the idea that they need to take personal responsibility for their choices or lack of organisation. A third breach will result in an afternoon detention; most, I am certain, after having a lunchtime detention will organise themselves better to ensure they have their hats, or leave their jewellery, including clears, at home or leave their phone in their locker. If they choose to not follow the expectations for a third time, we ask for your support through discussion at

home and supporting the afternoon detention process in an effort to assist your daughters to accept responsibility for their actions. It can be tempting to try to 'rescue' them and shield them from consequences; however, it is through cooperation between school and home that we can reinforce that the girls are operating in a world where they will need to take personal responsibility for their actions/or poor organisation.

Please also remember to keep me updated on any 'good news' about your daughter, as it is always great for us here at school to celebrate success amongst our girls.

*Therese Dooley*

## From the Year 12 Pastoral Guardian

Building on the success of the 2016 Year 12 students has been a wonderful motivation for our students, who have embraced every opportunity to excel and meet challenges, both academically and pastorally.

The College Leadership Team has renewed its focus on school policies to foster excellence, personal success, and a sense of pride in self and the College community. The Student Leadership Team has also made this sense of pride a key goal for its leadership year. Each of the Captains is motivated in her area of responsibility to build a unified cohort that supports school policies.

Year 12 students have been positive and mature in their response to these changes. Mobile phones, makeup, and jewellery have been an area of their focus in order to motivate the students to firmly embrace our Franciscan values. In particular, the Franciscan value of *simplicity*, which is central to our community's beliefs.

Students are to be congratulated on their effort so far and their ability to adapt to these renewed expectations.

Congratulations, also, to **Bianca Iacopetta**, who will be part of the Voices of Birralee choir performing at the 2017 Western Front Anzac Day services in France.



*Bridget Piper*

## From the Year 10 Pastoral Guardian

Many students in the Year 10 cohort are striving to **Enable Excellence** every day, both in and outside of the classroom. Below are stories of some students who have recently embraced opportunities offered to them within the College.

At Assembly today, Year 10 Student Advisory Council (SAC) Representatives and House Representatives were announced. I was very pleased to see so many Year 10 girls put themselves forward and nominated for a position. The preparation that went into all 25 speeches was of a high standard, and all girls should be proud of their effort. Congratulations to the following girls for being selected. I look forward to the dedication and initiative of these girls throughout the year.

### SAC Representatives

**Maya Ballantine**  
**Rhian Barrow**

### House Representatives

Belle Prairie

**Lily DeMichele**

Perugia

**Jorja Guyatt**

Rieti

**Diana Yannakopoulos**

Spoletto

**Lydia Cunliffe**

Villa Spada

**Annalise Martin**

Greccio

**Holly Smith**



Each year, the Brisbane City Council offers high school students an opportunity to be part of several programs that assist students to develop leadership, team building and resilience skills. The Lord Mayor's Youth Advisory Council (LMYAC) provides a forum for young people to discuss issues that are important to them directly with the Lord Mayor and Civic Cabinet members. This year **Beth Falzon** has been selected to represent Mount Alvernia College (see her report next page). Another program offered to high school students is the

Green Heart School Student Environment Leadership Network (SELN). This year **Maya Ballantine** and **Claire Reid** have



been selected to be part of this program. Their first task will be to identify an environmental issue at our College or in our local community, and suggest actions they can take to improve this. Beth, Maya, and Claire will all attend several meetings throughout the year to share ideas with other high school students and contribute to the success of these



projects. Congratulations to all three girls for their interest, dedication, and selection for these programs. I wish them all well for their future meetings, and look forward to hearing all about it and the positive initiatives that can be used at Mount Alvernia College.

There has also been excellence on the sporting field. Congratulations to **Maddison Brown, Elise Black, and Mahalia Gibcus**, who were selected to play in the Met North Regional Netball Carnival at Boondall, on Tuesday 28 February. It was also good to see so many enthusiastic Year 10s at the Interhouse Swimming Carnival last Friday. A special 'shout-out' to **Georgia Lawson, Chelsea Guyatt, Isabella Bailey** and **Lydia Cunliffe** for their dedication and support to staff marshals. It is important for all students to attend these compulsory school events and participate in extra-curricular activities, not only to support their peers, build on their skills, or be part of a team, but to encourage a sense of belonging to the Mount Alvernia community. Participation and attitude towards school events and extra-curricular activities is a consideration should a student choose to apply for a leadership position in her senior years.

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## From the Year 10 Pastoral Guardian

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I wish Year 10 students the best of luck for all assessments and extra-curricular competitions for the rest of the term. I challenge each Year 10 student to aim high and 'strive for excellence'. I look forward to sharing more success stories throughout the year.

As mentioned in the first *Parent Corner* this year, please contact me at the College on 3357 6000 or via email at [chrit@mta.qld.edu.au](mailto:chrit@mta.qld.edu.au) if you would like to inform me regarding your daughter's achievements.

*Teena Christofis*

## Lord Mayor's Youth Advisory Council

On Friday 24 February, I made my way to 266 George Street, where I would commence my journey on the Lord Mayor's Youth Advisory Council (LMYAC). I met 56 other Year 10 students from schools all across Brisbane chosen to participate in this initiative. Throughout the morning, team building activities allowed us to get into different groups and get to know different people.



The first session saw us introduced to the coordinator of the event, Noriko, who educated us about Brisbane City Council, and introduced us to what LMYAC is all about and what it will mean for us throughout the year. Guest speakers came in from the youth team, AEC, along with other representatives from other initiatives (eg Visible Ink), who told us of the many ways to get involved in the community around us. One of the past students, Emily, urged us to get involved in the wider out-reach programs, to try to participate in as many activities on offer throughout the year.

The second session after lunch was trivia and a tour of Brisbane Square Library, centred on leaders and what it means to be one. Two leaders who resonated with me the most were Nobel Peace Prize winner Malala, who won it for standing up for women's education at the age of sixteen, and an ordinary man who showed that he could be a leader in the simplest of ways. This was one of my favourite parts of the day because it highlighted exactly what a leader is; when you have an idea that might be different, it takes one to get up and enact it, but also to follow it.

The rest of the afternoon was spent doing team building activities, reflecting on our day, and writing our "I resolve to ..." goal for the year. Overall, it was a fabulous day, filled with learning curves, excitement, and new friendships. I will leave you all with a quote that was said on the day:

***"A leader is someone who demonstrates what's possible."***

*Beth Falzon*



## From the Year 11 Pastoral Guardian

The Franciscan value that is the focus of the term is *Trust*. We, as staff at Mount Alvernia College, trust that our students will act with responsibility and respect towards all members of our College community and the wider community. So I am delighted to congratulate the Year 11 cohort for demonstrating the trust we have in them as young adults by leading the way and embracing the College expectations with regard to pride of uniform, respectful relationships, and engagement in their learning in an organised and positive manner.

As Senior students, our expectation is that they set high standards as role models for younger students and, with their new responsibility as Big Sisters, this is particularly important for Year 11 students. In Home Room, all students in the College read Student Procedures regarding uniform and mobile phone policy, and acknowledge by signature their understanding of expectations. Most Year 11s have been able to accommodate the change positively and understand the importance of standards and pride in self and pride in being a Mount Alvernian student. In our staff Mass this week, Father Mario reminded us that change is difficult for any of us, and Lent is a time when changes externally can motivate intrinsic change. Lent is a time to focus on those important changes we need to make. Similarly, Dr Tuite included a relevant quote in her thought for Ash Wednesday: "Let today be the day you give up who you've been for who you can become". In our restorative lunchtime chats for some students who are having difficulty in meeting the change of culture, the students have been most polite, respectful, and reasonable in understanding meeting expectations and the responsibility and learning that comes from consequences. As we farewell students at the

gate in the afternoon, we certainly enjoy seeing smiling faces knowing within themselves that they are doing what is expected and enjoying feeling proud about their choices. Pride in self and self-esteem are pertinent factors in achieving success personally and academically.



Another area of change that has been introduced is the new mobile phone policy which is having a significant positive impact on attention to learning and our academic focus on *Enabling Excellence*. Without the distraction of the mobile phones that are now locked in lockers from 8.30am-3.05pm, I have noticed students engaging more actively with their learning and focusing on tasks. Even at lunchtimes, there seems to be increased interpersonal communication and building of relationships.

Respect, honesty, trust, pride and excellence are values that I will be reiterating with the Year 11s this term. I have enjoyed meeting my new cohort of students individually at every opportunity to find out about their interests, achievements, goals, favourite subjects, career hopes, and any areas where they feel they need support. In this process, I have been so interested in meeting many girls who are excited about their TAFE courses and the maturity and personal organisation that is

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## From the Year 11 Pastoral Guardian

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required to attend off campus learning. The Year 11 girls are friendly, open, respectful and so willing to share. In Year Level meetings, I like to celebrate individual success and achievement. To date, I and our Year Level have acknowledged **Aimee Doolan** and **Odette Jonelynas**, RSL Representatives for 2017, for leadership and service. We also celebrate **Keara Parsons**, who competed successfully in Skateboarding Championships in the USA in the holidays, and **Hannah Wilson**, who is a member of the Voices of Birralee ensemble at the Anzac Day commemoration services at the Australian memorial in Villers Bretonneux in France in April. This week, I acknowledge **Ashleigh Hoole**, who is participating in the Cheerleading World Championships in Florida in April. Discipline, dedication, determination, and organisation are qualities that these young women must have demonstrated to have achieved this level. As I stated in the previous *Parent Corner*, 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.

I would also like to congratulate all the students who confidently nominated for SAC and House Representative positions demonstrating their leadership and service.

### SAC Representatives

**Tahlia De Felicis**  
**Amy Guiver**

### House Representatives

Belle Prairie	<b>Grace Fox</b>
Greccio	<b>Morgan Smith</b>
Perugia	<b>Georgia Black</b>
Rieti	<b>Aimee Doolan</b>
Spoletto	<b>Chloe People</b>
Villa Spada	<b>Evie Ruffle</b>

There are many Year 11 students who are demonstrating their leadership in participation in Big Sister Little Sister afternoon, Reflection Day, and the Swimming Carnival. Well done, Year 11, for a great start to 2017!

*Karen Farrow*





## COUNSELLORS' CORNER



Have you ever wondered why your teenage daughter struggles to make the right decisions? Why she chooses to play on her phone all night when an assignment is due the next day? Why teacher emails frequently come home about uniform infringements? Or why she struggles to put her bag in her room at the end of the day, despite numerous reminders?

Scientists have identified that a specific region of the brain—the emotion centre - is more active in teenagers, while the area of the brain that helps humans to think before they act is undeveloped. This neuroscience gives light to why adolescents are more prone to take risks, act impulsively, and not follow the rules, and helps explain why they struggle to understand consequences. Research suggests that, if teenagers are given clear, consistent and predictable boundaries, this area of the brain - the pre-frontal cortex - will grow and develop. As adults, we are responsible for ensuring these boundaries exist in a young person's life, both at home and school.

With clear rules and consistent consequences, young people start to learn that each action has an outcome. Through consistent pairing of a behaviour with a consequence, we can empower our teenagers to see that 'A' leads to 'B'. For example, having my phone in class (A), leads to a lunchtime detention (B), or working hard for an exam (A) leads to a better grade (B). With time and when these boundaries are calmly enforced, a young person starts to learn to consider the consequences, think about her actions, and make the right choices in the end.

As a school, we look forward to working with you on this process of growth. To do this we hope that you can encourage your daughters to follow the school rules and procedures and support teachers instilling these logical consequences.

If you have concerns with your own daughter's ability to follow rules at home or in the school context, please do not hesitate to contact Lisa Farrow ([farri@mta.qld.edu.au](mailto:farri@mta.qld.edu.au)) or me ([henrt@mta.qld.edu.au](mailto:henrt@mta.qld.edu.au)).

*Tania Henry*





## Graham Hyman 2017 Parent Talks

### How to Support your Daughter through Adolescence

Graham Hyman from Youth Specialties Australia has been presenting at Mount Alvernia College for the past ten years, and continues to be invited to talk to parents because of the positive feedback we receive from parents who are able to attend his sessions. Attendance at these sessions can be booked through the College Online Booking and Payment system at a cost of \$5 per family per session. Please see booking links below.

#### **UNDERSTANDING YOUR TEENAGER!**

**Wednesday 8 March, 7.00 – 8.30pm**

**Cost: \$5.00 per family**

**Booking Link:** <http://www.mta.qld.edu.au/event/graham-hyman-understanding-teenager-2/>

#### **LIVING WITH YOUR TEENAGER!**

**Tuesday 28 March, 7.00 – 8.30pm**

**Cost: \$5.00 per family**

**Booking Link:** <http://www.mta.qld.edu.au/event/graham-hyman-living-teenager/>



**Open** from 7.00-11.00am & noon-3.30pm Monday to Thursday, and 7.00-11.00am & noon to 3.00pm Friday. Staff, parents and friends are very welcome to drop in for coffee—\$3.50; \$3 in own cup.

## La Cucina

**Roster**

**Term 1**

#### **Friday 3 March**

Trisha Kerrin, Melanie Horswill, Eszter Cathcart

#### **Monday 6 March**

Jacqueline McLindon, Julianne Rzepka

#### **Tuesday 7 March**

Anne Marie Sams, Debra Dotto

#### **Wednesday 8 March**

Renay Green, Julie Wilson, Lana Caves

#### **Thursday 9 March**

Debbie Berens, Joanne Holmes, Liz Feltrin, Kathy Leddy

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

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

