



# Our Lady of Sion College Newsletter

## 2020 College Theme: How Do I Bring Hope To My World?



### From the Principal – Tina Apostolopoulos

Award for Units 3 & 4 Biology which she completed as her accelerated study while she was in Year 11. Congratulations to both students not only for this achievement but also for their consistent dedication and commitment to their studies.

Nina was also recently recognised for her Units 3 & 4 Media production by the Catholic Education Melbourne Creative Arts 2020 Festival. Her film titled, [Mindfull](#) can be viewed on the CEM website if you click on the link. Once viewed, you will appreciate the many hours of work that Nina undertook to produce the film. Once again, congratulations Nina!

### Online Home Learning update

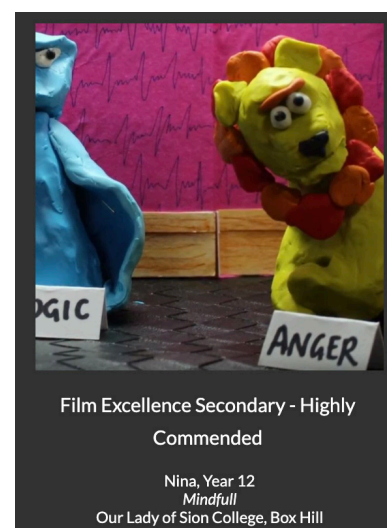
I would like to take this opportunity to thank the many parents/guardians, students and staff who responded to our Online Home Learning surveys last week. Your feedback is much appreciated and has informed the adjustments we have made. I hope the changes to the structure for each day alleviates some of the concerns around the need for time away from screens to stretch, move around, and perhaps, have some fresh air or some time to spend with family members who may also be working from home. The teachers are working hard to maintain learning continuity but we also recognise that they and our students must also be mindful of their wellbeing needs.

The feedback indicates that the students are engaged and feel supported in their learning. They have also been provided with several co-curricular opportunities in the form of competitions, physical activities and training, and opportunities to pursue their passions such as reading. Our Student Wellbeing Hub is brimming with advice and activities to also support the students. I hope as a family you can explore this site. Thank you also to the

### Congratulations

Each year the Premier's VCE Awards acknowledge top performing students for their outstanding academic achievement in the Victorian Certificate of Education (VCE). Recipients are announced in late April and so I am delighted to share with our College community that two Our Lady of Sion College students gained this recognition for their 2019 VCE achievements.

Nina Hughes (Class of 2019) attained a Premier's Award for her achievement in Units 3 & 4 Drama and Sophie Chan who is currently in Year 12 attained a Premier's



student leaders who are preparing our weekly chapel sessions, contributing to various videos and also organising our Significant Women's dance competition. I have seen the prizes donated by the Parents' Association (PA) which are absolutely beautiful. Thank you to the PA for your generosity and I look forward to watching the great videos the students and their significant woman have been invited to submit. In addition to the hampers, the girls also have the chance to earn Community Spirit points so there is something for everyone. Ultimately, we recognise that students are missing the community life that we all enjoy when at school and we eagerly await the time when the medical authorities give us the green light to return.

For now, I leave you with some reflections from Pope Francis. We pray that those within our school community as well as our local and global communities feel the support of others at this difficult time. I wish you and your families a very safe fortnight ahead.

## *Next Door Saints*

*At a time when many people are on the front lines of this pandemic, the Pope recalls "the saints who live next door. They are heroes: doctors, volunteers, religious sisters, priests, shop workers—all performing their duty so that society can continue functioning... If we become aware of this miracle of the next-door saints... if we can follow their tracks, the miracle will end well, for the good of all. God doesn't leave things halfway. We are the ones who do that."*

## *Our Confinement with all our creativity*

*We have to respond to our confinement with all our creativity... We can either get depressed and alienated—through media that can take us out of our reality—or we can get creative. At home we need an apostolic creativity, a creativity shorn of so many useless things, but with a yearning to express our faith in community, as the people of God. So: to be in lockdown, but yearning, with that memory that yearns and begets hope—this is what will help us escape our confinement.*

**Pope Francis, 8 April 2020**

## *COVID-19: A prayer of Solidarity*

*For all who have contracted coronavirus,  
We pray for care and healing.*

*For those who are particularly vulnerable,  
We pray for safety and protection.*

*For all who experience fear or anxiety,  
We pray for peace of mind and spirit.*

*For affected families who are facing difficult decisions between food on the table or public safety,  
We pray for policies that recognize their plight.*

*For those who are afraid to access care due to immigration status,  
We pray for recognition of the God-given dignity of all.*

*For those in the front-line of response, in health and aged care,  
We pray for shared solidarity.*

*For public officials and decisionmakers,  
We pray for wisdom and guidance.*

*Father, during this time may your Church be a sign of hope, comfort and love to all.*

*Amen.*

**Tina Apostolopoulos**  
**College Principal**





### Faith and Mission – John McInerney

I read an article by Jim Quillinan from the Sale Diocese the other day.

It began:

*And so we stay at home, if we are not required to go out.*

*Kathleen O'Meara from Wisconsin described this time:*

*And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced.*

*Some met their shadows. And the people began to think differently.*

*And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.*

*And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.*

*Worth thinking about, isn't it! We couldn't celebrate Easter in the usual way, but as we remember the Resurrection and look forward to Pentecost, we pray, as we usually do, that the Spirit will renew the face of the earth, and us too. In these times we are offered the chance of renewal and transformation like never before.*

*As we move through this time, not knowing how long it will last or even when we might be over the worst of it, we do have a rare opportunity to think differently, to listen deeply, to pray and envision a better future, of new ways to live and work together. How will we change after this isolation?*

*What will we learn from it? Will we grow in our awareness and gratitude for the safety we enjoy in this country, the abundance it provides, the freedom that, even in these times, we enjoy and that we so often take for granted?*

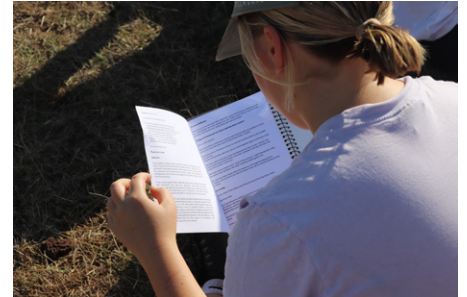
They're good questions.

The article concluded with words from Pope Francis:

*"We need to rediscover the concreteness of small things, the small acts of kindness shown to those who are close to us, family, friends.*

*We need to realise that our treasure lies in small things.*

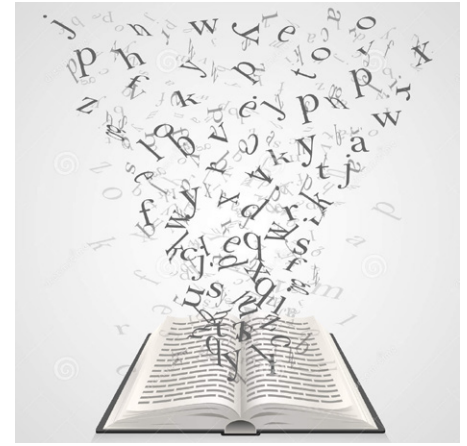
*There are tiny gestures that sometimes get lost in the routine of everyday life, gestures of tenderness, affection, compassion, that are nevertheless decisive, important."*





### *Learning and Teaching – Allison Stott*

Online Home Learning is moving apace as we all find our groove in the cyber world. We have appreciated the positive feedback that parents and students have generously provided and the staff are gratified that their efforts are reaping rewards. Families and students will have already noticed the changes that have been implemented as a result of the formal feedback that was gathered and we will continue to adapt our practices to ensure the best experience of learning for all the girls.

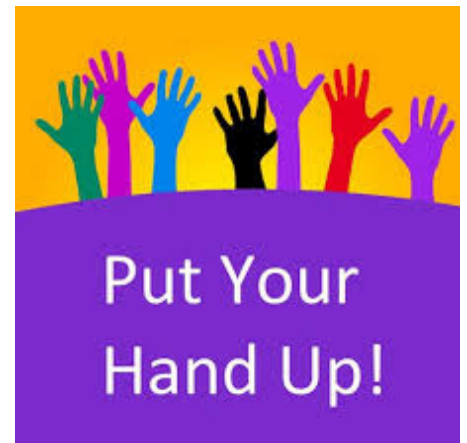


Families may be aware that the VCAA has released amended Study Designs for Unit 4 Studies, as well as confirmed their processes for holding SACs. Teachers are currently reviewing the updates to Unit 4 curriculum and will attend webinars to ensure that they are as informed as they can be. The assessment processes that Our Lady of Sion College has established, meet and sometimes exceed the expectations of VCAA, so we are well placed to continue with constructing rich tasks that allow our Unit 3 students to fully express their knowledge and skills. More detailed information will be emailed to our Notre Dame families.

Some hints and tips for effective Online Home Learning:

- Turn your phone to silent (or even better put it in another room)
- If in a Meet, ask questions in the chat. This functions as putting your hand up in class, and if one person has a question, probably many students do. Email the teacher, asking if you can meet with them in a small group or individually. Be specific and positive about what you can do and what you would like to do
- Go back and check the Learning Intentions for the lesson, ask yourself if you have been successful, or is there something else that you need to be doing
- Show your teacher your work, ask for small amounts of feedback so that you can make the changes sooner rather than later
- Study off-line. Make posters, use voice recordings, hand write practice pieces, chat with your family about how to do things, teaching others is a great way to learn
- Most of all, have fun with your learning.

Online Home Learning is proving to have positive outcomes. Our students are presenting as resourceful, engaged and flexible learners. They are actively applying the 'skills of learning' and so learning much more than curriculum knowledge and skills. We are very proud of your daughters.







### *Student Wellbeing – Christine Kralj*

After spending many years communicating to parents and students that young people should limit their internet use and screen time, educators all over Australia have found themselves needing to promote this media to deliver home learning. I am even encouraging the use of Tik Tok to produce dance videos for our Significant Women's Day Dance Challenge and the irony is not lost on me.

At the moment our students are using the internet for their education, socialisation, connection, shopping and entertainment, and for the most part the girls are doing a great job at balancing it all. The key to the continued success of using the one medium for so much is a combination of having other non-screen activities, such as exercise, art, music or family time, and age appropriate supervision by parents and guardians.

As adults, we need to be realistic that:

- nearly all young people make some poor choices online
- break ups of online relationships hurt just as much as face to face
- there are a lot of free and easily accessible websites that you don't want your child on
- there are plenty of people online that you don't want your daughter to have contact with and they know there are more children online than ever.

It can be a lot to ask busy adults to monitor their daughter's internet usage even if they too are working from home but it is important if we want to reduce some of the negative effects of an online lifestyle.

We still recommend that younger students use the device out of the bedroom so that passive supervision can be provided. This can reduce the likelihood of the young person visiting inappropriate sites, being bullied or trolling someone else, getting overwhelmed with negative news, and child exploitation.

As part of the College's commitment to listen to feedback from students and parents/guardians, last week we altered the timetable so as to increase the number of breaks students have in the day. We have strongly encouraged students to use these breaks as time away from the screen to do something that supports their wellbeing. We have also removed homework from Year 7s, except for reading and finishing off 10 mins of Mathematics, so that our youngest students can have more time away from their screens after the school day is over.

At the time of writing, there was no date for our return to school from the Government but, when the girls return, they will be returning in their winter uniform. In the coming weeks, I ask parents/guardians to have your daughter try on their winter uniform to ensure it fits and that it is worn at the knee. While Bob Stewart is not physically open, it is still running online and inquiries can be taken over the phone if a new item needs to be purchased. While at home, the girls may have taken the opportunity to colour their hair. Again I ask for your support that when the girls do return, they present themselves according to the College's uniform expectations. When the time comes to welcome the girls back, our teachers want to do so with warmth and excitement, and not to have to address uniform issues. Your support is vital to this happening and allows a positive return to school experience for all.





## Year 12 – Adam Rieusset

Again, congratulations on all the work that you and your family are doing during this term. I hope that you acknowledge (on a daily basis) that you are all doing the very best that you can.

*You are much, much smarter than you know. If you practise doing your best in life you will succeed because very few people ever practise doing their best. To do your best you have to get out of the habit of predicting that things won't go well for you. If you look for what's going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.* **Andrew Fuller**

Over the past week, I have been sharing my thoughts with our Year 12 community on topics such as:

- Joy
- Shift and recognise
- Your voice

These topics are in response to the feedback I received from students, parents and staff over the past few weeks. These topics are challenging and not easy to grasp, and that's ok. What these topics do ask is to think differently, to think forward, to think what is possible for me at this time.

As I sit here and think - what would best support our community, especially parents/guardians at this time, I reflected on the words from Andrew Fuller.

The following links take you to two resources from Andrew; the first one being the most recent on what he considers to be the 'Big 3' things for parents to remember at this time. (Students have access to each of these videos.)

The second article he wrote at the beginning of this year.

What I feel to be most important about both resources is that they speak of keeping things simple, clear and calm at all times. It reminds us that if we can get the small stuff as right as we can, then the big stuff will follow. That if we believe that we can, we most likely will, if we believe we can't, we most likely won't. So let's hope that we will think, clarify and hopefully (most importantly) act on the small things we feel we need to change, grow and adapt in.

Andrew Fuller's - Big 3: <https://youtu.be/GK5NVakmNbA>

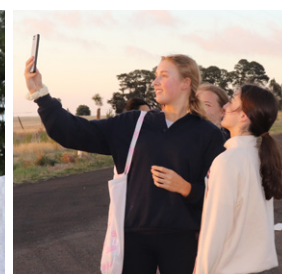
Andrew Fuller - Tips to set yourself up for a great year:

<https://www.generationnext.com.au/2020/01/set-yourself-up-for-a-great-year-2/>

You are all amazing!

On behalf of the Year 12 Pastoral Team, I wish you all the best.

*Some together times pre-coronavirus at the Year 12 Retreat*







*Year 7 –  
Michelle Arnold*



## *Year 7 SRCs 2020*



Chanel Thompson and Lily Lazzarini

Well done to the students who will be our SRC (Student Representative Council) and Class Leaders for 2020.

I am looking forward to working with them all to make this year the best it can be!

## *Year 7 2020 Class Leaders*



**Blue**

Meika Varga and Isabella Van Orsouw



**Gold**

Ava Bairamis and Jemima Farrar



**Purple**

Lia Constandinou and Amelie Quartel



**Red**

Audrey Brodrick and Bella Foltyn



**Silver**

Gisele Carbonara and Hannah McLellan



**White**

Katia Tomaro and Ilana Ascenzo

I would like to congratulate all the students who applied for positions as there were many across the two areas. I know some will be disappointed as they did not receive the role but I would like to encourage them to have another go next year. Remember also, that across the rest of the year, there will be many opportunities to grow and lead within the Sion community so please take on these opportunities.

In the coming weeks we will be announcing the Portfolio Representatives, as the interviews for these are currently taking place.



### *Year 7-10 Discovery Learning Leader – Rebecca Bennett*

#### *Duke of Edinburgh's Award*

Despite the present challenges of social distancing and the physical closure of clubs and organisations, it has been wonderful to see and hear from Year 9 students about the creative ways they are continuing with their Duke of Edinburgh's Bronze Award.

A number of students have taken on the challenge of adapting their previous activities to do at home. This is seeing girls completing online netball training with their clubs in their backyards and turning loungerooms into dance studios to complete online lessons in ballet, tap and jazz.

Some students have also seen the Award as an opportunity to keep fit by starting an activity during isolation. Girls are completing walks and runs to get outside, tracking their progress using fitness apps. Others are following online yoga and workout classes to replace their usual sport lessons and competitive competitions.

Similarly, Year 9 students are finding new hobbies as part of the skill component of the Award. A number of girls are learning to cook and bake whilst at home, trying new recipes to impress their families in isolation. There are also students who are extending their artistic flair through drawing, painting and continuing to refine their musical skills. Others are even learning a new language, taking up online beginner Auslan courses to learn sign language.

Whilst the students are in no way required to continue the Award at this time, it has been fantastic to see the enthusiasm and determination of so many Year 9s to continue to embrace the opportunities of the Duke of Edinburgh's Award.







### Languages – Gail Amato

From Monday 11 – 15 May, Our Lady of Sion College will be celebrating Language Week, an event designed to raise awareness about the benefits of learning a foreign language, as well as an opportunity for students to celebrate cultural diversity in our community. A number of competitions and activities have been organised to enable our students to showcase their language skills and work, to get creative, learn and most importantly - to have fun! We have organised for past students to provide insight into their language learning

experiences at the College and to explain how knowing a second language has benefited them and their careers.

In a globalised world that is becoming increasingly interconnected, there is no denying that knowing a second language is an invaluable skill. According to studies done, acquiring a second language enables our students to develop many different abilities such as critical thinking skills, recalling and applying knowledge, ability to multi-task, confidence in decision making, improved cognitive skills and better understanding of how their own language works.

In addition, knowing another language is not only useful when travelling, it can also open up doorways to exciting opportunities such as the potential to work and study abroad and to foster international relationships. For our students, this language learning journey starts at our College. We hope that the many opportunities we offer at Our Lady of Sion, will enable our girls to develop into global citizens with the skills to succeed in their future careers.

We are very excited about Language Week and to see our students showcase their linguistic talent. While our celebrations are a little different this year, we have adapted our activities online and will not let the current events stop us from celebrating language and having fun!



### Humanities – Sarah Chalmers

#### International Composting Awareness Week

A message from Madeline Ballingall and Paris Mansell on behalf of the Environment Team...

This week is International Compost Awareness Week (ICAW). This celebration promotes the benefits of composting and recycling organic materials.

Composting is an eco-friendly and safe way to make gardens flourish while reducing the amount of solid waste

that is destined to go to a landfill. It enriches soil, reduces the need for chemical fertilizers, reduces methane emissions from landfills and lowers your carbon footprint. So for little effort, the environmental benefits of composting are extensive. Do you have a composting system that you use at home? If you don't then now would be a great time to begin.

More information regarding how to compost and its benefits can be found on the following websites:

<https://www.compostweek.com.au/>

<https://www.compostfoundation.org/ICAW/ICAW-Home>

<https://learn.eartheasy.com/guides/composting/>

<https://www.compostinghome.com.au/how-to-compost>





**Music –  
Martin Macaulay**



## Instrumental Music Lessons

It is great to see so many girls continue with their lessons via Google Meet with their respective teachers – it has been incredible to see the initiative and energy from the girls to make the best of the situation. Many students have become experts at using SmartMusic – the platform that enables girls to work on repertoire pieces, record themselves and easily send in their work to their music teacher.



## CVE Recording Project

The College Vocal Ensemble (CVE) has embraced the remote-learning world – each week there is a new ‘theme’ for the rehearsal. Last week’s theme was ‘fancy dress’, and the girls certainly got into the spirit! Over the next couple of weeks, members of the CVE will be recording themselves in what I hope will be an exciting remote production of their amazing talents. Watch this space for further details!





## ANZAC Day – Lest We Forget

Musicians from Our Lady of Sion College proudly observed the ANZAC Day tradition of playing The Last Post & Rouse at dawn on 25 April. The difference was of course they were playing from their respective driveways. Congratulations to Mel Veprek (12 Blue), Lauren Butler (12 Blue), Abby Frankensteiner (9 Gold), Megan Macaulay (9 Purple) and trumpet teacher Katy Davis for their efforts respecting the diggers on this very important day in the Australian calendar.



*Drama –  
Alex Bleazby*



## It's a whole new world

### Digital Resources for Passionate Drama Girls

It never ceases to amaze me how resilient, creative and community minded our students can be and the experience of transitioning to online learning has highlighted these qualities even more. We miss being in our Drama classroom and the daily interactions that we have taken for granted, but we are exploring new platforms to create.

Our students have been outstanding at finding new ways to perform in an online world. Over the past week, we have had ensemble groups collaborating and rehearsing online, students engaging in designing for the theatre, watching professional practitioners and building their own concepts for the technical and design elements of the theatre. Students have been adapting performances into online video calls and giving feedback to their peers' performances.

For those girls who are missing performing, there are so many opportunities out there at the moment to keep building your skills and experiencing new resources and platforms to develop audiences.

Follow this link for a Slide Share Presentation on Digital Resources for Passionate Drama Girls:

<https://docs.google.com/presentation/d/1zgQBfA09dZ-tlbxg3C1BTyjo5k3Tv4q6bkrqgbg1j7s/edit?usp=sharing>

These slides contain a wealth of ideas to keep performing and perhaps even involve the family in some of the fun!



### **Sport – Katrina Gurciullo**

#### **GSV Classroom**

##### **What is the GSV Classroom?**

With interschool sporting competitions cancelled for Term 2, we have established a GSV Sport Term 2 Google Classroom. Students can partake in structured programs, workouts, challenges and skill-based sessions on a weekly basis from within their home and surrounding community. It is an interactive and motivating platform aimed to increase levels of physical activity during the isolation period whilst sustaining our strong sporting culture.

##### **Who is the GSV Classroom for?**

The Classroom is designed for all year levels and students. Sport specific material include Cross Country, Strength and Conditioning, Netball, Hockey and Junior AFL.

##### **How to join the GSV classroom?**

Students interested in participating in the GSV Term 2 Classroom must attain signed parental permission. To access this form please click here: <https://forms.gle/pDsfSuyYWWiKKUBv6>.

Once permission has been attained from a parent/guardian through the Google form, a member of staff will add you into the GSV Classroom to access programs, exercises and workouts. If you have any questions please contact [sport@sion.catholic.edu.au](mailto:sport@sion.catholic.edu.au).

##### **What are you waiting for? Join today!**

#### **Virtual House Cross Country – Week 6**

As a result of House Cross Country being cancelled due to the COVID-19 restrictions, the College has established a participation based 3km Virtual House Cross Country for students to complete in Week 6 (18 May - 22 May). Students are required to attain parent/guardian permission to participate and gain access to the Virtual House Cross Country Google Classroom. A letter with a Google form attachment will be sent via email to students. (Click [here](#) to access the letter directly).

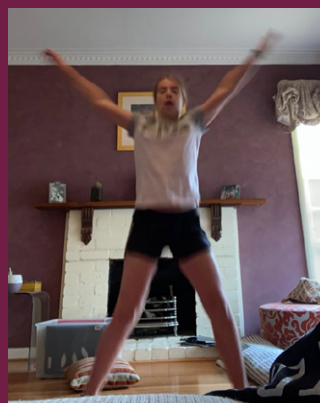
Students will receive two House points toward their individual Colours for participation and one point toward their House Virtual Cross Country tally total for participating in the event. Extra House points will be awarded to the top three House Cheer videos submitted through Google Classroom. The event will close at 5pm on Friday 22 May with the winning House and results to be announced in Week 7.



### **Sports Star of the Week**

#### **Lilly Bruhn (9 Silver)**

Lilly Bruhn is our Sports Star of the Week. Lilly has displayed a great attitude during isolation, actively engaging in online PE Classes and contributing to the GSV Classroom. She is one of many students who are borrowing Hockey equipment to participate in the weekly exercises and challenges from home. Keep up the fantastic work Lilly!







*College  
Psychologist –  
Sofia Stagnitta*

I hope everyone is keeping safe and well in these strange times. I would like to draw your attention to this FREE webinar to be held on 19 May that may be of interest to you. Please see the details below of the parent webinar.

### *Webinar: Raising Resilient Kids in the Coronavirus era*

Back by popular demand, Australia's most renowned adolescent and child psychologist, Dr Michael Carr-Gregg, returns to Manningham via webinar, to discuss how to raise resilient kids in the coronavirus era.

Drawing on the latest research from positive psychology and 30 years of clinical experience, this session will provide parents, grandparents and adult carers with practical, evidence-based strategies on what to say and do in these challenging times.

Topics include managing home-schooling, self-care and dealing with uncertainties. This is a 45 minute webinar with 15 minutes for questions.

Please follow the links below:

<https://www.manningham.vic.gov.au/raising-resilient-kids-in-the-coronavirus-era-webinar>



*Careers and  
Pathways –  
Brooke O'Hara*

### *Careers at OLSC*

*You can't build a reputation on what you're going to do.*

**Henry Ford**

Students and families can find the fortnightly Careers Newsletter [here](#).

In this fortnight's Newsletter there is information relating to:

- Upcoming Events: Virtual Careers Expo, University of Melbourne – Meet Webinars, Swinburne opportunities with STEAM, Monash Information Evenings, Inside Monash webinars, Victoria University Information Evenings, Collarts Open day
- Career Industry in the Spotlight – Optometry
- Research ideas – Destination Monash, Science with Monash, 2021 Digital Course guides
- Things to Consider – ACU Passion for Business and Passion for Law Early Entry programs



Apply  
now for  
2022

## Monday 25 May, 7.00 - 8.00 pm

Visit Our Lady of Sion College in a whole new way and discover how your daughter can embrace life at Sion.

Join us for a live-stream virtual tour of our College via Zoom.

Listen to a live address from the Principal, hear messages from our students, watch a virtual tour of our grounds and facilities, and ask our Leadership Team your questions.

Visit our website to book.

**[www.sion.catholic.edu.au](http://www.sion.catholic.edu.au)**

1065 Whitehorse Road, Box Hill | 03 9890 9097





OUR LADY OF SION COLLEGE

## AFTER SCHOOL ONLINE MATHS ASSIST

OPPORTUNITY FOR STUDENTS TO RECEIVE HELP WITH  
HOMEWORK

KNOWLEDGE AND SKILLS COVERED IN CLASS

SUPPORT WITH REVISION FOR ASSESSMENT TASKS

MONDAY 3:10 - 3:45PM

MAY 4, 11, 18, 25

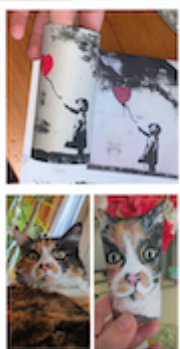
JUNE 1, 15, 22

sign up via google form

<https://forms.gle/s8sgMHHEVcsbGMnx7>

See your  
Maths teacher  
for more  
details

## AT HOME ART COMPETITION Toilet roll art challenge



Our Lady of Sion College families are invited to join us in the Toilet Roll Art Challenge!

Grab a toilet roll, or a few, and show us what you can do with them.

Take a photo of your creation and enter via the Google form link which students can find in the Student Bulletin or by following this link: <https://docs.google.com/forms>

Entries may be completed by students with the help of the people they live with.

Students will receive two Visual Art points for sending through photos of their creations.

Entries close on Monday 11 May.

Get creative. We can't wait to see what you come up with.