



# Our Lady of Sion College Newsletter

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



### From the Principal – Tina Apostolopoulos

reconnecting with their teachers and peers. Today, students enjoyed a free dress day with activities that we hope they enjoyed. They are to be applauded for the great resilience and maturity they have displayed during recent months and should be rightfully proud of their achievements.

Today also marks World Teachers' Day. At Our Lady of Sion, we celebrated it as World Staff Day because we know that all staff contributions work towards the education of students. Each staff member has an important and vital role in shaping the lives of our students and preparing them for a bright future. I take this opportunity to thank all Sion staff and acknowledge their commitment this year to ensuring that learning continuity was so well maintained and students were offered every chance to make progress in their learning and development.

Information regarding hygiene protocols has been emailed home to all parents and guardians and the College will continue to provide hand sanitiser, enhanced cleaning and strategies that support the health and wellbeing of students and staff. We hope you will support our efforts by discussing the importance of following these measures with your daughter(s). I also draw your attention to the letter emailed to all parents and guardians on 22 October which highlights some of the key dates for the rest of this term.

Recently we welcomed the return of Ms Zoe Quirk to the College. Ms Quirk will take Mrs Arnold's RE and VCE History classes for the rest of this term.

This week has been an extraordinary mixture of emotions as we welcomed the return of our Year 8, 9 and 10 students to onsite learning, and at the same time, we farewelled our Year 12 students at the conclusion of their secondary education.

By all accounts the Year 8, 9 and 10 students enjoyed re-establishing themselves within our school environment, and in particular,

### Important Dates

#### Monday 2 November

Correction Day (student free)

#### Tuesday 3 November

Melbourne Cup public holiday

#### Monday 9 November

Year 7, 2021, showbag pick-up (A-K)

DAV Junior Debating (virtual),  
3.30 – 4.45 pm

#### Tuesday 10 November

Year 7, 2021, showbag pick-up (L-Z)

VCAA Exams start

Last day of Year 11 classes

Year 8 Horizons program

#### Wednesday 11 November

Year 11 exams

Year 8 Horizons program

#### Thursday 12 November

Year 11 exams

Last day of Year 10 classes

Year 8 Horizons program

Year 7, 2021, Parent Information Evening  
(Zoom), 7 pm

#### Friday 13 November

Year 10 and 11 exams



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## *Farewell to Year 12s*

This week we marked a significant moment in the lives of the Class of 2020 and to honour them as they begin their transition to a life beyond Our Lady of Sion College. The conclusion of one's secondary education is no less significant than the step our Year 12 students took when they first walked through our cherry red gates, walking alongside their parents and pausing for a photo to mark that occasion.

Six years ago, our Class of 2020 were 12 and 13 year olds filled with a mixture of excitement and a little trepidation, wondering what the time ahead for them would bring. Many came from small primary schools perhaps wondering how they would remember all their teachers' names, whether they would get lost in a new and larger school, making new friends or finding those with whom they had just spent their primary school years. For those who joined us in their later years, these emotions and thoughts may also have been on their minds as they left other secondary schools to join Our Lady of Sion College.

Even though there are still a few weeks before final examinations and final decisions to be made about tertiary pathways, this week marked a similar moment, leaving the known and anticipating the future.

To the Class of 2020, thank you for your contribution to the faith, learning, wellbeing and co-curricular programs of the College. Thank you for the resilience and courage you have shown, especially this year. Thank you for the way in which you have worked with your teachers to make our school such a welcoming community. Thank you for your warmth, friendship and good humour, and the joyful way in which you have concluded your time at the College.

On behalf of the entire College community, I wish you every blessing and success in the years ahead and as our Mission statement invites us, I hope you remain people who are filled with hope, who speak to the divine within yourselves and who always strive to discover the presence of God within your lives. On behalf of the Our Lady of Sion College community, God bless and farewell.

At our Acknowledgement and Farewell ceremony on Wednesday, we presented the following Year 12 special awards and Top Point colours. We congratulate the following students on their contribution and fine achievement.

Simone Richardson Award

Denise O'Hara Science Academy Award

St Cecilia Award - Choral

St Cecilia Award - Bands

Excellence in VCAL

Mollie Holman (STEAM) Award

Australian Defence Force Long Tan Youth Leadership and Team Award

Australian Defence Force Future Innovators Award

Rotary Citizen of the Year Award

Caltex Best Allrounder Award

Sion Sport Woman of the Year Award

Sion Spirit Award

Valedictorian

Sion Woman of the Year Award

Top Arts

Top House

Top Sion Community Spirit

Top Sport

Overall Excellence in the Arts

**Paris Mansell**

**Fiona McAuley**

**Analeise Brosnan**

**Kiara Fonseca**

**Laura Varasso and Maisey Lord**

**Alexandra Boffa**

**Stephanie Sparrow**

**Elizabeth Sprague**

**Sophie Chan**

**Emma Daly**

**Saskia Nannes**

**Abby Merton**

**Jenna Hart**

**Cecilia Clark**

**Megan Green**

**Madeleine Mazar and Lily McRae**

**Cecilia Clark**

**Elizabeth Sprague**

**Megan Green and Paris Mansell**



Many blessings for the fortnight ahead.

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



## Faith and Mission – John McInerney

Just when you thought the year couldn't get any stranger!

In my last Newsletter piece, I wrote about how wonderful and exciting it was about to be as we prepared to welcome back our Year 8-10 students to onsite learning. My previous article concluded by saying, 'The girls are starting to return. Our school will be alive again!'

Now, here we are saying farewell to our Year 12s.

Each time a significant event takes place at our College, we incorporate a Scripture text to provide us with context and focus. For the return of the Year 8-10 students, we used the story of the Prodigal Son. As our Year 12s depart, let us pray.

### *A reading from the Holy Gospel according to John 15: 9-17*

*As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete.*

*This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another.*

*This is the Gospel of the Lord.*

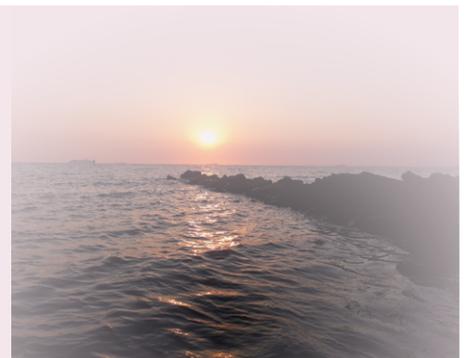


### *In Remembrance*

Our particular thoughts and prayers go to Heli Fanning (12 Silver) whose grandfather passed away recently and Ashleigh Cvetovac (11 White) whose grandfather also passed away recently. We remember Heli and Ashleigh and their families in a special way at this sad time.

*Eternal rest grant unto them, O Lord, and may your perpetual light shine upon them.*

*May their souls and the souls of the faithful departed rest in peace, Amen.*





## Learning and Teaching – Allison Stott

Year 7 and 8 students look forward to the Horizons Program and the Year 9 students culminate Ayin with the Mind, Body, Soul Day.

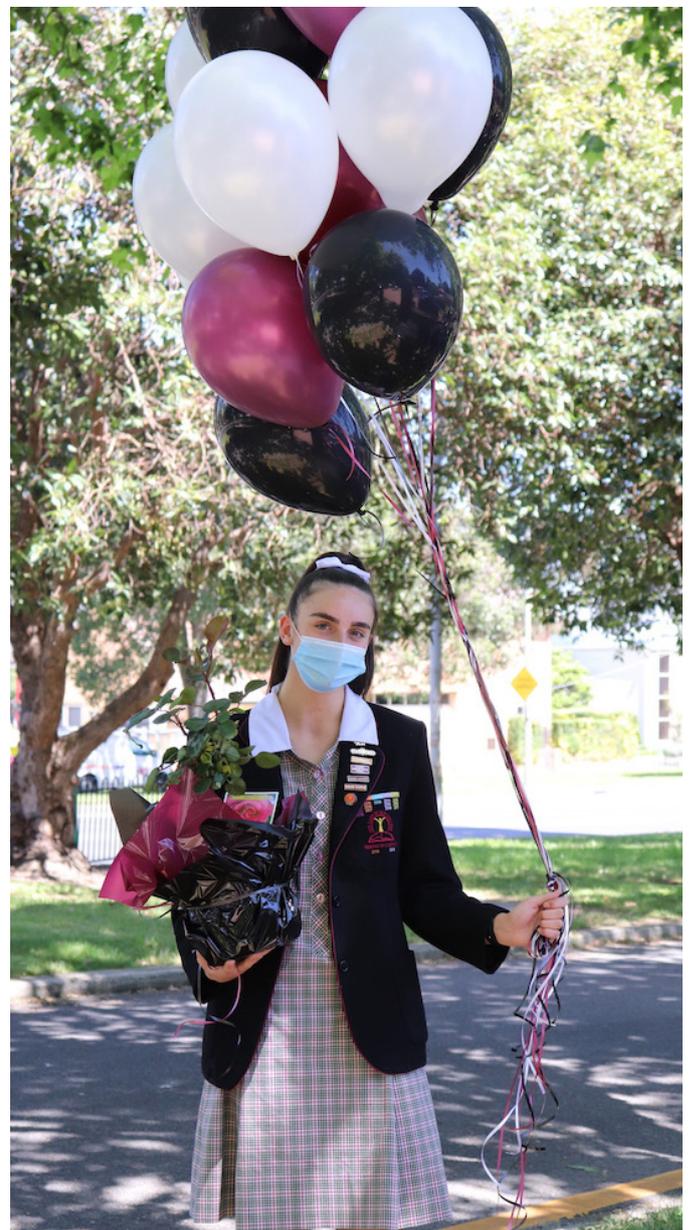
Years 10 and 11 prepare for their end of year exams and beyond that, Smart Start in readiness for 2021.

Now is a good time to be thinking about the process of learning and the old adage that 'practice makes perfect'. Whilst it can, what is truer to say is 'practice makes improvement', and that the best learning occurs when we learn from our mistakes.

## Farewell to the Graduating Class of 2020

On Wednesday, we formally farewelled and recognised the achievements of the Year 12 students. While we wished the VCE students well in their preparation for the exams, their exam results are not what we hold up as their main achievement in the six year journey at Sion. Students excelled in lots of different areas: Academic, Languages, Arts, Sporting, STEAM and Faith. For each of the awards presented, there was a bounty of students eligible, but for each one, it was the way that the student went about their learning that was most remarked upon. Resilient, humble, passionate, our girls embody the qualities of future learners; and it is this that will make them a success, well into the future. To the girls themselves, you will always be a Daughter of Sion.

As the rest of the College moves into a rhythm of classroom learning, we look forward to a host of different events and learning opportunities. The





## *Student Wellbeing – Christine Kralj*

### *Staying apart so that we can be together*

Last week, I was able to see my 93-year-old mum for the first time since April and it was wonderful to be together again. We sat in the aged care home's sunroom, albeit more than 1.5 metres apart, and we talked about all that was happening in the world; football, politics and how my sons were coping with working from home. Even though we speak every week, it was heartening to see mum face to face. After 45 minutes, our allotted time was up and the nurse came to help mum go back to her room. When saying goodbye, I would usually give her a kiss and a hug, and tell her I love her then leave with the promise to call during the week. Not this time. Due to COVID restrictions, there was no kiss and hug, and without these, our farewell seemed strange, empty and incomplete.

As social beings we crave human contact; we are hardwired to want physical contact with the ones we love and care about. So, it is not surprising, the girls are finding social distancing very hard at school. In a normal school year, many girls would greet each other in the morning with hugs and laughter, and at lunchtimes sit close as they share stories, secrets, worries and jokes.

On their return to school this week, the girls continue to be asked to social distance, and I can see that this is far more challenging than mask wearing or the consistent reminders to hand sanitise. I understand their desire to be in close physical contact with each other, but social distancing continues to be a protective factor against COVID 19 and an expected practice at Our Lady of Sion College for some time. I ask parents/guardians to support staff by explaining to their daughter the need to proactively comply with social distancing expectations and not just when asked to do so by staff.



## Student Wellbeing (continued)

The College has a comprehensive COVID safe plan that continues to evolve as restrictions change. We ask that you familiarise yourself with the following guidelines and promptly contact the school if your daughter is having a COVID test.

Health Concern	Guidelines
1. Unwell student	<ul style="list-style-type: none"> <li>• Stay home until well</li> <li>• Seek medical advice if required</li> </ul>
2. Unwell and being tested for COVID-19	<ul style="list-style-type: none"> <li>• Stay home and seek medical advice</li> <li>• <b>Call school to notify</b></li> <li>• If test is negative, return when well</li> <li>• <b>If test is positive, see point 3 below</b></li> </ul>
3. Positive COVID test of a student	<ul style="list-style-type: none"> <li>• Seek medical advice</li> <li>• <b>Call school to notify</b></li> <li>• Follow DHHS directives</li> <li>• Stay home until cleared to return</li> <li>• Supply a Medical Certificate to school confirming that the student is fit to return</li> </ul>
4. Student is a Close Contact of a positive case	<ul style="list-style-type: none"> <li>• Follow DHHS expectations</li> <li>• Seek Medical advice</li> <li>• <b>Call school to notify</b></li> <li>• Undergo testing</li> <li>• Stay home until cleared to return</li> <li>• Supply a Medical Certificate to school confirming that the student is fit to return</li> </ul>
5. Family member or person in same household as the student is a Close Contact	<ul style="list-style-type: none"> <li>• Family member to follow DHHS expectations</li> <li>• Seek Medical advice</li> <li>• Student to also stay home from school</li> <li>• <b>Call school to notify</b></li> <li>• Student can return when the Close Contact returns a negative test</li> <li>• If the test is positive, follow Close Contact point 4 above</li> </ul>

If you have any concerns about your daughter's transition back to onsite learning, please contact a member of the Pastoral care team. An effective place to start is your daughter's homeroom teacher or Wellbeing and Growth Leader.



**College Psychologist**  
– **Sofia Stagnitta**

## Supporting Year 12 students during exams

In just over a week our Year 12 students will sit their final VCE exams. This is an important time for them, and in turn can be a stressful time for families, especially coming off the last few months we've had. As it can be challenging to know how to support your daughters during this period, I have compiled some tips and resources to help along the way:

- This is a time for students to start exercising more independence, to take control of their studies. It is important to be supportive, but allow them to self-manage.
- Have a chat with them about their study plans. Do they plan on studying at school or at home? Do they plan to study in their room or out in the living room? If you know their plans, you can help support them.
- Help them to create a good study space and peaceful environment. I know this can be challenging in a household with other or younger siblings, but it can be helpful to ensure there is some quiet time.
- Ask what kind of support they would like from you. Perhaps they would like someone to check in on them if they're in their room, and ask how it's going. Perhaps they would like you to take their phone off them for a period of time. Or perhaps they'd just like to be left to study but receive some encouragement and praise. It helps if you have an idea of what they will find helpful.
- Some students may find it helpful to have less things they have to do at home and more time to study - you can discuss expectations around chores and responsibilities at home over the next few weeks.
- Help them set boundaries - this can be particularly helpful around eating, sleeping, exercising and technology. There should be some non-negotiables around eating and sleeping in the household; it can help to talk about these prior.
- Offer to help time their trial exams, listen to their orals or ideas, ask them questions or quiz them on some of their content.
- You can help them take breaks - take them out to the shops, offer to go on a walk together, sit down and watch a movie over the weekend, bring them a cup of tea or some cut up fruit every hour.
- Just be there. Your support and love during this time will help immensely, and they will remember how you helped them through this.

Please find below some links with further tips and suggestions.

- ReachOut.com: [7 Tips for Managing Exam Stress](#)
- Parent Line: [Helping Kids Cope with Exam Stress](#)
- BeyondBlue: [Supporting Study](#)
- The Parents Website: [How to deal with exam stress and anxiety](#)

If you have any concerns or would like to discuss any of this further, please don't hesitate to get in touch with a member of the Counselling Team.

**7 TIPS FOR MANAGING EXAM STRESS**

FOR YOUNG PEOPLE	FOR PARENTS/CARERS
1. Stay organised with to-do lists and study timetables	Give them time off chores and non-urgent family stuff
2. Take regular study breaks	Encourage them to keep doing the activities they did before exams
3. Have a dedicated study space	Help them set up a study space and make sure the rest of the family understands
4. Have a long term goal	Chat with them about what they want to do after exams finish
5. Get as much sleep as possible	Remind them to go to bed at a regular time each night
6. Remember your health - eat well and stay active	Go on study break walks with them and try to cook wholesome meals
7. Talk to the people around you	Make a time to chat to them and let them vent



### Year 11 – Jessica Baddeley

Something that I have observed over the past week is an increased level of stress and anxiety among the year level.

Yes, our current reality is that there are many Assessment Tasks happening and the impending exam period is close by. It is okay, given the circumstances, to be feeling overwhelmed and stressed about the next few weeks.

How do we manage these feelings?

It is crucial that you find a plan or routine that works best for you. Begin by prioritising the skill of time management and create a learning timetable where you can track and plan what you need to study or revise. Create a 'to-do' list with all of your key dates in order of priority or date and work through the list over time. Reward yourself for completing tasks or revision from your list (e.g. watch a movie or eat some chocolate).

If anyone needs any support with time management please see your Homeroom Teacher or me. Even more important is finding balance with school and external factors (such as work). Part of finding balance is prioritising 8-10 hours of sleep every night; this is so important to avoid burnout. If you ensure that you listen to your body and recognise when you need to take a break or stop whatever activity you are doing, this will optimise your efforts and motivation to persevere.

Below are a few videos that refer to strategies to avoid burnout and self-care practices that I would like you to try to view this week. See how you feel after a yoga session or meditation? There are a range of different resources and articles that I encourage you to read through, which I hope you find helpful and informative.

- [Balance, Burnout and the Search for Centre](#) by Emily Bremner
- [Smiling Mind: State of Mind](#)
- 10-Minute [Anytime Yoga Flow](#)
- Short Guided Meditation to [Develop Your Inner Peace](#)
- TSFX: [Effective Time Management](#)
- Headspace: [7 Tips for a Healthy Headspace](#)
- Headspace: [How to reduce stress and prepare for exams](#)
- Macquarie University: [Study Tips](#)
- InformEd: [10 Smart Study Tactics That Support How The Brain Actually Works.](#)





*Year 7 –  
Chris Wilkes*

It has certainly been fantastic having our Year 7s back at school, the ELC has been buzzing since their return! It has been great to see them all getting back into a school routine over the last couple of weeks. Their excitement, laughter and smiling faces have definitely brightened up the College as they continue to reconnect with their friends and teachers. I would also like to thank all of the Year 7s and homeroom teachers for giving me such a warm welcome as the new Wellbeing and Growth Leader. I have thoroughly enjoyed working with them and look forward to finishing the year in the best way possible!

This week during our pastoral lesson, the homerooms were asked to reflect on their year and discuss how they have improved compared to this time last year. We also began writing letters to the incoming Year 7s to provide them with a list of tips and things they wish they knew before they started at Sion. It's almost hard to believe that Orientation Day for them was almost a year ago. There were some insightful discussions across all homerooms and I know our incoming Year 7s will appreciate the wise advice they have all been given. I encourage you to discuss these with your daughters and focus on the positive growth they have all made over the last 12 months.

The student leadership application process for 2021 is also underway, with application forms due this week. Well done to everybody who put themselves forward for a leadership position and all the best with your applications!



*Year 8 –  
Jordyn Froid*

## *Year 8 Beyond the Horizons program (10–12 November)*

On Tuesday 10 - Thursday 12 November, the Year 8s will be participating in the Beyond the Horizons program, where students will work in teams of approximately thirteen to collaboratively design and construct a functioning Rube Goldberg machine.

A Rube Goldberg machine is a complex device that is used to perform a relatively simple task (watering a plant). As well as performing the set task, the machines are also designed to excite and amaze. They are named after an American cartoonist, who designed thousands of crazy and elaborate inventions to make people laugh. While they are essentially a series of chain reactions, it is this humour and the narrative associated with the machines that set them apart. A Rube Goldberg machine requires creativity and imagination, engineering and problem-solving, as well as collaboration and effective communication.

Throughout the program, the students will also engage in a variety of pastoral activities that are designed to help them interact with other girls across the year level and help to finish the year with some fun. On the final day of the program, each group will launch their machine and be judged on successfully completing the task, creativity, sustainability and technical complexity, with some fun prizes up for grabs. It should be a great way to reconnect and celebrate as a cohort.

In preparation for the program, students have been provided with ideas for supplies they can bring from home to help with the construction of the machine. Please note, all items brought in from home are the students' responsibility to look after. Each student has also been provided with an incursion form to take home with further details and information, including the wearing of the full PE uniform for the duration of the program.





**Leanne Anderson –  
Year 9 Wellbeing  
& Growth Leader**



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

## Welcome Back Year 9s

It was so lovely on Monday to welcome back our Year 9 students after a much-anticipated return. To hear chatter and laughter in the corridor again was very uplifting. We are so proud of the patience, resilience and perseverance exhibited by the girls during their extended time at home doing OHL. It has not taken long for the girls to get back into the groove of the school routine and we hope they enjoyed the celebration of their return to school today.

We are very aware that the return to school will be experienced differently for each individual girl so would like to take the opportunity to reassure you that the Year 9 Homeroom team and myself are here to provide the care and support that is needed for each of your daughters in whatever capacity that may be. Our aim during Homeroom each morning and through our Pastoral and Ayin lessons in the weeks ahead is to encourage and promote reconnections with friends and peers as well as providing opportunities to establish and strengthen new relationships.

Over the course of this week, each homeroom has had the opportunity to launch the campaign they developed in Ayin classes as part of our Suffragette Unit. The calibre of the presentations was in no way diminished by the preparation being completed during online learning and we were treated to impassioned and engaging speeches, advertisements and posters. Congratulations to every student for their involvement and effort, and particularly to the *United Women's Party of 9 White*, who won via popular vote in our election.

Unfortunately, the launch for our annual Significant People Project had to be cancelled this year; however, we are pleased that the students have been able to complete other elements of this important project. Earlier in the year, each student chose and interviewed a member of the community whom they recognise as having a significant impact on the lives of others. Through their English classes, they wrote a biography to share the life of that person. Today, each student was given art materials to complete the creative component of the project. With this, they are invited to create a visual representation of their Significant Person, to be displayed along with their written biography in the front garden of the College. Students are asked to have their work completed and brought back to school by Friday 20 November.





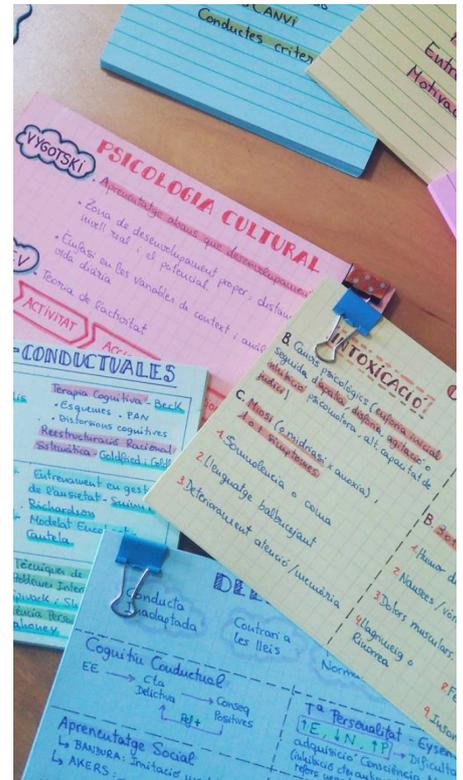
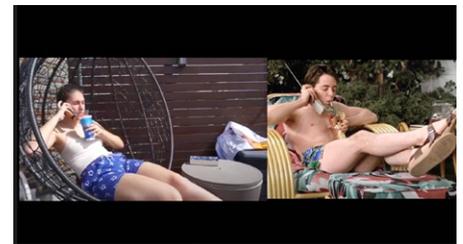
**Year 10 – Paul Kerr**

This week, we finally welcomed back the rest of the Year 10 students from Online Home Learning. It was wonderful to see such energy in the corridor as friends and peers reconnected after a long period of physical separation.

During our last pastoral session, we watched the efforts of each homeroom in recreating their favourite movie scenes. This was one of the highlights of our online pastoral sessions as Disney features such as The Lion King, School of Rock and Ferris Bueller's Day Off, were reimagined for our screens. It was a credit to the efforts of each homeroom that brought these to life. I hope you had a

chance to see them, as they are in the Year 10 Classroom.

This week, students received a copy of their examination revision booklet for Semester 2. At our assembly we spoke about the upcoming period as an experience to learn skills in approaching and undertaking assessments in an examination setting. We are focusing on preparing the girls to look at different study techniques, continue to develop positive habits, reflect on their outcomes and then plan for their next set of examinations in June 2021. There is a copy of the booklet in the Student Classroom. We then gathered to spend some time reconnecting across our homerooms and are looking forward to continue to share the remainder of our time together this year.





## Humanities Learning Leader- Sarah Chalmers

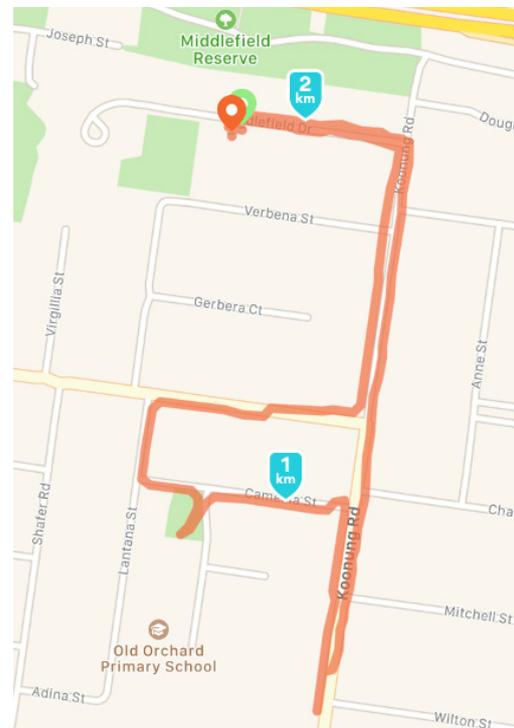
Earlier this year, a number of Year 7 and 8 students participated in the Education Perfect Humanities Championships. Congratulations to the following students, who received the following awards:

- Maddison McGain (Gold)
- Sarah Quahe (Silver)
- Tess Francis (Bronze)
- Anaya Batcho (Bronze).

Sion was placed 65th overall globally out of 1,664 schools, with a total of 18,815 Humanities questions answered throughout the three-day competition. Congratulations to everyone who participated.

Last week, Sion's environmental warriors were out in their local neighbourhoods cleaning up litter. In total 22 bags of litter were cleaned up from local suburbs and the girls were great role models for their local communities. Annie Squires (11 Purple) has written the following reflection on what she discovered during the experience.

*I went on a walk around my local area in Blackburn North, collecting a bag full of rubbish over about 30 minutes. While there was little to no rubbish along my street, the main roads had quite a lot more. Additionally, I walked to my primary school, Old Orchard Primary School, and found that even along only the fence line there was a substantial amount of rubbish, some of which clearly would not have been left there by children during school. While some people didn't acknowledge what I was doing and others chose to stare at me collecting rubbish, one woman I passed was very happy to see someone picking up rubbish, and was impressed with how much I had picked up. Overall, this was an enlightening experience to actually focus on the amount of rubbish in my local area, and to see how much can be picked up in a walk as little as two kilometres. This has opened my eyes as to how much rubbish there actually is in our local communities.*

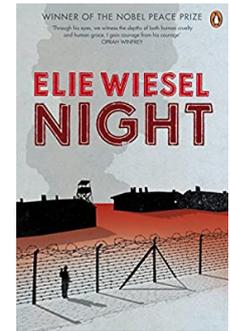




## Religious Education – Anna Gionfriddo

To support their learning about the Shoah (the Holocaust, 1933-1945), and as part of their study in Religious Education about the concept of Humanity, Year 10 students participated in a virtual workshop run by the Jewish Holocaust Centre. This very informative afternoon included a presentation focusing on what the Holocaust was, when it happened, why it happened and how it happened. The girls also explored the concepts of race and propaganda and how the Shoah is still relevant today and why it is important to learn about it.

The girls also had the privilege to hear the incredible story of French Holocaust survivor John Lemov, who spoke about his life as a small boy during WWII having to hide his Jewish identity for survival, and the devastation of losing his mother and sister due to the Holocaust.



Emma Hayes of 10 Gold reflects:

*On Thursday 15 October, the Year 10s got the opportunity to learn about the effects of the Holocaust and were lucky enough to hear from someone who experienced these events firsthand, John Lemov. We were taught about the stages of Shoah - identification, discrimination, separation, isolation, starvation, deportation, and dehumanisation. These stages highlighted just how horrible this moment in history really was and John's story was genuinely interesting to hear as we found out that even though he hadn't actually gone to the camps, the events in his life still led to so much loss. It made me re-evaluate and put into perspective just how much hurt and discrimination Jews faced. I am so grateful that we were still offered this opportunity to learn about the Shoah through the Jewish Holocaust Centre, despite the online conditions, and I hope that many Year 10s in the future are offered the same opportunity.*



## Careers at OLSC

*The secret of joy in work is contained in one word - excellence. To know how to do something well is to enjoy it.*

**Pearl Buck, author**

Students and families can find the fortnightly Careers newsletter at <https://olscareers.com/newsletter>.

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

### Upcoming Events

- Year 12 VTAC reminder
- Accessing your results for Year 12 and Year 11 students accelerating
- Year 12 Change of Preference (COP) period.

### Career Industry in the Spotlight

- Emerging occupations.

### Things to Consider

- Swinburne University - change in Education courses
- The School of New York Times - gap year online
- Coles Group employment opportunity.

### Research ideas

- Bond University - new courses
- Diploma of Professional Learning with La Trobe
- LinkedIn for school leavers.



## Careers and Pathways – Brooke O'Hara



*Drama –  
Laura Geilings*



*Drama –  
Alex Bleazby*



*Drama –  
Catherine Bennett*



*Drama –  
Alice Dawes*

As a Drama Department we are very excited to see the return of our Year 8, 9 and 10 students. Week 3 saw the final week of Online Home Learning and there was plenty happening in the Drama classrooms!

The Year 7s have just completed their Movement unit, where they had to create a silent film and demonstrate the use of exaggerated movement and facial expressions. The Year 8s have just completed their final online classes and have begun their final unit, Greek Tragedy. This is a great unit where students will get to perform a script in pairs. To introduce the unit the girls have been learning about the use of Chorus and Greek masks.

In Year 9, we are working hard on our Shakespeare performances as we look forward to reuniting at school and having actual rehearsals and performances in person, after presenting some wonderful monologues last term. The students have a strong understanding of their play, the language and their characters' motivation and role. Now we are looking forward to bringing our performances to life. We are presenting excerpts from Romeo and Juliet, Macbeth, Othello and A Midsummer Night's Dream.

The Year 10 students have been working on online group performance pieces, themed around connection and isolation. This has been a rich theme to explore while we have been working physically apart from one another. Thankfully, the culmination of these performances will be rehearsed and performed back at school this week! The social distance factor has been incorporated into online rehearsals and the theme fits beautifully using special distance as a symbolic representation of disconnectedness and connectedness.

Our Art of Theatre students (Year 10 elective) have been preparing for their class play of *Step by Wicked Step* by Anne Fine. Each student has a character role that they will present in an outdoor performance in our class time at school. The girls have also been working together in teams on a production role where they have planned and designed all aspects of the Lighting and Sound, Costume and Makeup, Direction and Sets and Props for a performance of this play. We look forward to the final performance in two weeks.

The Archibald Prize and the subjects that are featured in this annual competition form the framework for our Year 11 Ensemble Performances. Unit 2 Drama is all about Australian Drama and understanding ideas, characters, history and moments of Australian Life. Two groups are presenting characters that reflect Australian attitudes at specific moments in time, and each ensemble offers a future direction for Australia that provides hope and possibility. The ensembles are devised entirely by the students. They have researched, written and directed their own original performances.

And finally, our Year 12 Drama students have had to hit the ground running after recently coming back from Online Home Learning. Next week is their solo performance examination, which is externally assessed in front of three examiners at the Karralyka Theatre in Ringwood. This year's solo structures include characters such as Frida Kahlo, The Stage Parent (themed around Mamma Rose from Gypsy), the famous recluse Ida Wood, Commedia Dell'Arte characters such as Arlecchino, and many more interesting fictional and real-life structures. The girls are busy rehearsing and refining their performance pieces for Friday 6 November and we wish them all the best for their exams.

*The Drama Team - Laura Geilings, Alexandra Bleazby, Catherine Bennett and Alice Dawes*



## Music – Martin Macaulay

### Another Virtual Recording Triumph

Congratulations to the members of the College Vocal Ensemble (CVE), who were busy recording various songs for the Year 12 Farewell and 2021 Investiture Assemblies. A special mention goes to the departing Year 12s: Kiara Fonseka, Mel Veprek, Paris Mansell, Analise Brosnan, Cecilia Clark and Nicola Gaudion; and Year 11 students Yasmin Stackwood-Smith and Caitlin Wans, who prepared solo pieces.



### AMEB External Grade Examinations – draft videos

Students are asked to read carefully the guidelines associated with the submission of videos for their AMEB repertoire exams. Further information is on the [AMEB website](#). Please prepare at least one draft video, and discuss the details with your instrumental teacher.

### Year 12 Musicians – Farewell and thank you

The final in an ongoing series to recognise the outstanding service and leadership of the Year 12 musicians at Our Lady of Sion College - I would like to acknowledge the following girls for contributing in many ways during their six years at OLSC.



**Elloise Pearce, 12 White**  
Guitar, Flute; Rock Band



**Nicola Gaudion, 12 Gold**  
Trombone, Voice, Drums; CVE,  
Senior Jazz Ensemble, Rock Band



**Jenna Hart, 12 Gold**  
Viola; Senior Strings, Orchestra



**Lee Sheer Low, 12 Blue**  
Violin; Senior Strings. Orchestra



**Fiona MacAulay, 12 Purple**  
Clarinet, Bass Clarinet; Senior Concert Band



**Amanda Wu, 12 White**  
Flute; Senior Concert Band, Flute Ensemble

## Creative Arts and Technologies (CAT) Week



**Arts –  
Natasha Borg**



**Technologies –  
Kerry Wilson**

Monday 19 - Thursday 23 October marked Creative Arts and Technologies Week at Sion. In a lunchtime workshop, students worked together both in the classroom and online to create thank you cards honouring the people who have helped them get through this year.

Former student Victoria de Lacy gave an engaging presentation to students and staff about her journey from Sion to becoming a dietitian. Tori's love for Food Studies and her passion for creativity inspired her to complete a Bachelor of Applied Science after completing her secondary schooling.

Studying Food Studies at Sion gave Victoria a solid background in understanding food preparation, the properties and characteristics of food and enhanced her understanding of nutrition. It was this knowledge and these skills that have aided Victoria in her work, which involves designing menus, advising clients and applying her food-related knowledge to a range of settings.

Megan Harrison joined 2021 Visual Art Captain Julia Tingate to talk about creative processes, pathways and the power to pursue something that you love. This interview was recorded and will be available for viewing at the Arts at Sion website, [www.artsatsion.com](http://www.artsatsion.com).

Students were also given the opportunity to design their own Virtual Art gallery including works they had completed throughout the year.

The Iso-Chef Design Challenge was also offered to students as an opportunity to win House points. Well done to all the girls who have entered the Iso-Chef Design Challenge. Girls were asked to design a sweet or savoury dish that illustrated creativity and skill.

A collection of our 2020 VCE Visual Arts and Food Studies classes were assembled and launched online. Check out the amazing work our VCE students have completed at [www.artsatsion.com/galleries-of-vce-work](http://www.artsatsion.com/galleries-of-vce-work).



## Awards

The following awards were also presented to the following students for their outstanding work in their VCE studies.

- Social Justice Award - Mia Egberts
- Principal's Choice Award - Naeve McPadden
- Sion Technologies Award - Vanessa Corigliano
- Sion Good Design Award - Anastasia Whitely.

Honourable mentions to Vanessa Corigliano and Jasmine Gannon for demonstrating dedication and excellence across three Visual Arts subjects.

## Creative Arts Week Artist Spotlight Award

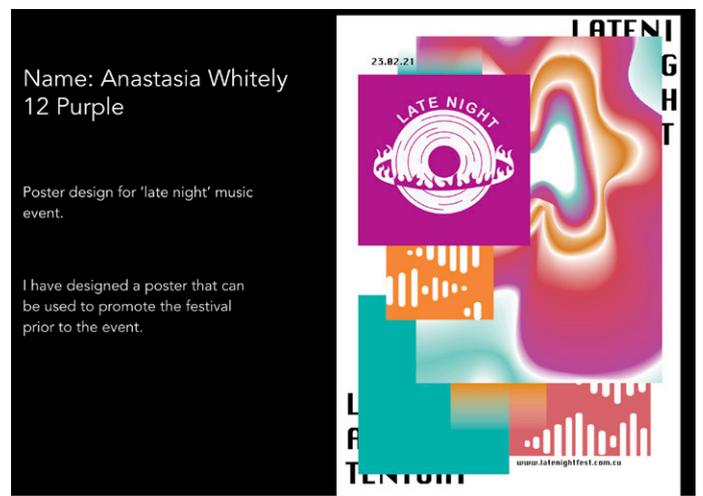
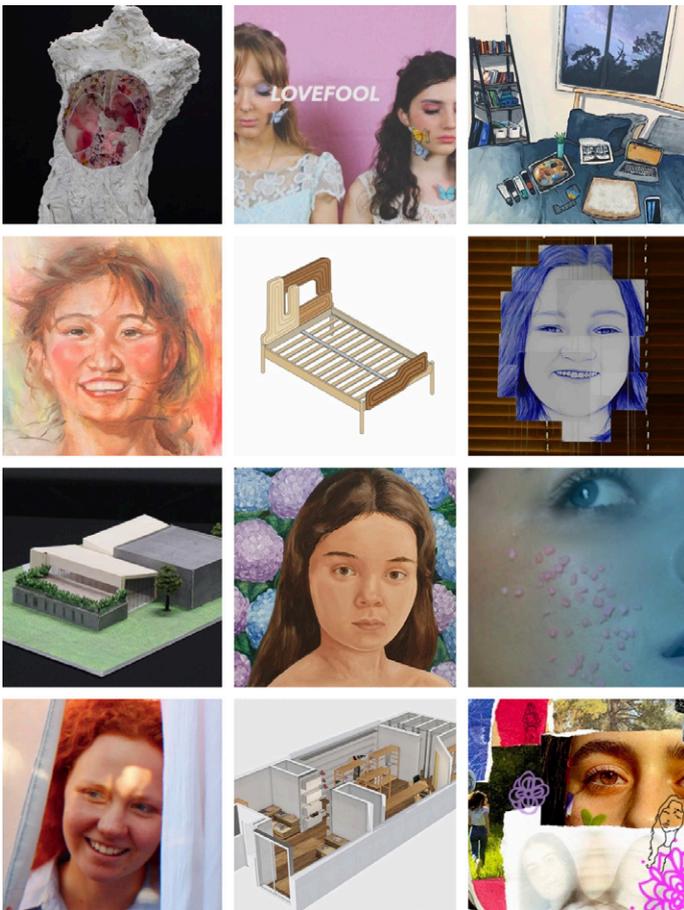
The final award presented is the Creative Arts Week Artist Spotlight Award. This award is selected by our Visual Arts Staff and is the highest honour bestowed on a work in this year's gallery. This student's artwork asks the viewer to consider their viewpoint, and to think about what they might not be seeing. The work encourages viewers to take the time to see the full picture.

**This year the Creative Arts and Technologies Week Artist Spotlight awardee is Megan Green.**

A huge congratulations to these major awardees and their peers who have all worked extremely hard to complete such amazing works throughout the year. We hope all of the students enjoyed the activities offered throughout the week and thank them for their participation.



**Megan Green**





## Learning Resource Centre – Margaret Lawson

### Book Week

As we return to Covid-normal, it has been wonderful to welcome the Year 7, 8 and 9 students back into the Learning Resource Centre and to celebrate Book Week with them.

Although a subdued celebration in 2020, we still have winning books on display, word finds and competitions. Students are invited to read and borrow an award-winning book and talk about which ones they have read during their wider reading sessions.



### Sion Street Library

During lockdown, our wonderful maintenance team created a street library for us. A street library is all about sharing the love of learning. For the LRC, it is a smart way for us to offer weeded books from the collection to the Sion Community, and for students and teachers, a way to share books that we no longer read.

At the moment, an unadorned street library sits outside the LRC inviting students to look inside and take a book. But hopefully by the end of the school year, it will be painted and decorated with a suitable design as part of our Book Week Competition.

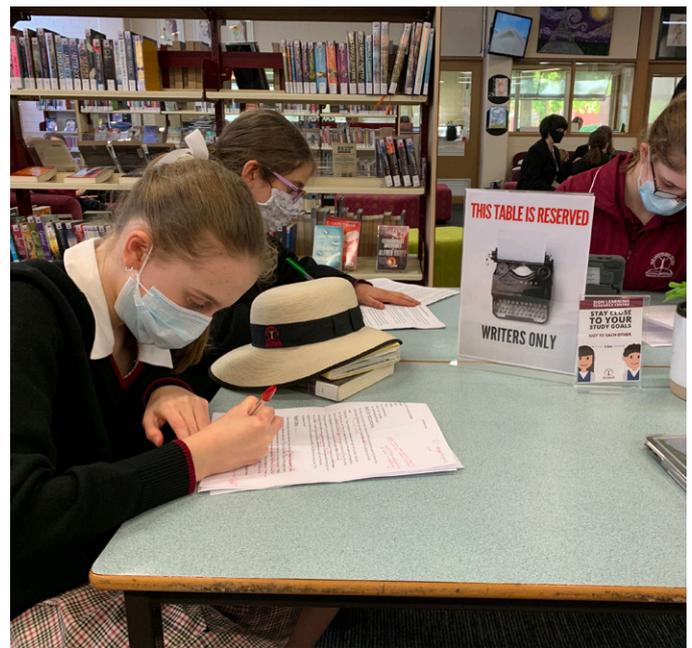
Students can collect an entry form with a design brief from the LRC service desk.



### Sion Writers Club

The Sion Writers Club is still busy drafting stories for their first anthology. Lunchtime drafting sessions are filled with laughter and discussions around grammar and story structure. The stories submitted so far range from real life mysteries to complex fantasy stores. Students are invited to submit any short stories that they are proud of by Friday 6 November to Ms Lawson (mlawson@sion.catholic.edu.au).

Students took a break from proofreading this week and made themselves some reading badges for their school bags.





*Sport –  
Katrina Gurciullo*



*Sport Administrator  
– Liam Cox*

## *Sion Footy Day*

Well done to all students and staff who joined in the football celebrations last Friday 23 October. The vibe was electric with AFL theme songs, longest kick, accuracy kick and accuracy handball competitions taking place during breaks and lunch. Shoutout to the happy Richmond fans that celebrated the back-to-back success this week, **yellow and black!**

## *Year 7 Kickball Competition*

Introducing the Year 7 Homeroom Kickball Competition! On Thursday lunchtimes (29 October, 5 and 12 November) homerooms will play matches in a fixture against one another. Matches are played on the top courts and the oval; it is a fantastic opportunity for Year 7 students to socially connect, work in teams, compete and have fun. Students participating are permitted to wear their full PE uniform to and from school. We look forward to seeing which Homeroom will be crowned Kickball Champions in 2020!

## *Live Google Meet GSV Workouts*

This week we welcomed back Years 8, 9 and 10 to our morning 'Live Workout' sessions. After three months of Google Meets and Zoom classes, we are finally able to participate in Strength and Conditioning sessions in one socially distanced group! Wednesday and Friday mornings (7.45 – 8.15 am) Year 7-11 students can participate in live workouts. All students are welcome to participate; please return a signed [permission slip](#) to the Sport Office. We are looking forward to finishing the year off strongly!

## *Term 4 GSV Classroom*

With the return of onsite learning, the Google Classroom will still be used for structured workouts and skill sessions for Basketball, Cricket and Strength and Conditioning.

To join, students require parental permission via the Term 4 GSV Classroom Form.



## *Sport Stars of the Week*

*Caitlin Gorry (10 White) and Charlotte Stout (10 White)*

This week, our College Table Tennis Captains are our Sport Stars of the Week. Caitlin and Charlotte displayed terrific initiative when they created a Table Tennis iMovie for the Term 4 GSV Classroom, and both frequently complete activities and challenges in the GSV Classroom.

Fantastic work Caitlin and Charlotte; continue to set an example for other students in the Sion community!





**Sport –  
Jordyn Flood**

## *Aerobics*

Over the past nine months, the Sion Aerobics Squad have experienced an incredible 2020 season.

With trials beginning in February, the squad being chosen in March and competing as late as October, it has been a fantastic effort for all girls who dedicated themselves to the squad this year.

Throughout Online Home Learning, the Sion Aerobics teams persevered, trained online and dedicated themselves to practising in their lounge rooms, garages, studies and were forced to be creative with training spaces.

Our final competition for the year was the National Spring Challenge and we were required to enter virtually. By this time, we were the only Victorian Team to enter, in any section, an unbelievable effort in itself.

Unfortunately, six girls from one team and two from another missed out on the chance to be filmed due to the cut-off date for filming being before they returned to school. With grit and sheer determination to still compete, we combined two teams together and with only four days to train as a new team (with all the COVID requirements in place while training) we submitted a video for the competition with minutes to spare.

I am absolutely honoured to announce that this new combined team received silver medals in the National Spring Challenge Competition.

I would like to congratulate the girls on their efforts and acknowledge our Year 12 student Mia Egberts (12 Purple), as it is her final year to compete; Brielle Smith (11 Gold), who has been in the squad for five years and is receiving her first medal; and to the five Year 7 students, Naomi Yang (7 Blue), Samantha Pouesi (7 Purple), Macy Callinan (7 Red), Sarah McKenzie (7 Blue) and Serene Tsoi (7 Gold), who through such a challenging first year at high school, pushed through and achieved great success.

I would like to thank the girls that couldn't compete due to the COVID restrictions: Emily Beltrami (10 Gold), Scarlett Mansell (9 Purple), Alyssa Moran (9 White), Lilly Bruhn (9 Silver), Isabella Panagios (9 Gold), Alanah Shelley (9 Red), Chloe Pinwill (8 White) and Sophie McColl (8 Red) for their incredible perseverance and their humble approach throughout difficult times. Thank you also to Lucinda Halsey (8 White) and Julia Cresp (past student) for assisting with the coaching.

Finally, thank you to Katrina Gurciullo and Liam Cox for their ongoing support throughout the season.

Congratulations to the Sion Aerobics Squad on their efforts this year and bring on another fantastic season in 2021!





**Health & Physical Education – Ellen Van Der Westhuizen**

It has been wonderful having the students back, especially for our Physical Education classes. While we are having to still make modifications to allow for social distancing and cleaning practices, we have been able to introduce a range of sports back into our practical classes.

For compliance reasons, a focus on skill development rather than game play has been adopted and we are seeing some great improvements in the students' skills, while having fun and connecting with classmates. The Year 7s have been exploring either Soccer or Hockey, the Year 8s are starting Sof-crosse and the Year 9s are completing Cheerleading and Badminton.

A reminder that students are allowed to wear their sports uniform to and from school on days they have PE, however they must wear the Sion tracksuit pants to and from school much like they do with the Blazer.

To those in the community that are still working from home to stop the spread of COVID-19, thank you! You have probably found you're no longer getting incidental exercise from commuting or running errands and it's easy to forget your daily activity routine. However, it's especially important to stay active during this time.

Although some of our usual venues are still closed, more and more things are starting to open. Regular exercise is good for both our physical and **mental health**. It has many benefits, including:

- reducing the risk of health conditions like stroke and heart disease
- building strong muscles and bones to support movement and daily tasks
- reducing stress and anxiety
- improving sleep and concentration

Completing family activities and challenges after school and work are a great way to have fun, stay accountable and spend quality time together while being active. You may aim to get 10,000 steps per day, go for bike rides, head down to the local park or sporting fields to play, having a game of tennis or even going for a swim.

We hope that you are able to take some time out of your day to move your body, and encourage your daughters to move their bodies too.



**Debating – Laura Geilings**

## House Debating Competition

In Week 2 of this term, we had 10 girls participate in House Debating. Over three lunchtimes, students debated different topics to take out the title of House Debating Champions for 2020. Carmel took out the win, narrowly defeating Loreto in the final round.

The students were assessed on their knowledge and research of the topic, their persuasive skills and the delivery of the debate, and we thank Amanda Wu, our Debating Captain, for adjudicating. We also congratulate all students who participated and hope more students get involved in debating in the future.

### Final Points

- Carmel – 58
- Loreto – 55
- Lourdes – 26
- Fatima – 19.



Sion Fun Friday  
30 October

