



MARONITE COLLEGE OF THE HOLY FAMILY NEWSLETTER

23-25 Alice Street, Harris Park, 2150

Tel: 9633 6600 Fax: 9689 1662

Term 1 – Week 5: Friday 1st March 2019

MESSAGE FROM THE PRINCIPAL – Sr Irene Boughosn

Remember man that you are dust and to dust you shall return



As we approach the season of Lent, we are reminded that this special season provides all of us with a time to prepare for the essence of our faith - the death and resurrection of our Lord Jesus Christ. Our school community will embark upon the Liturgical Season of Lent with the distribution of ashes on Ash Monday.

May I remind parents that young children are not required to fast and if they choose to, they are allowed to drink water while fasting. If young children are becoming lethargic while fasting, I encourage parents to allow them to have breakfast as 40 days of fasting can have a negative effect on their concentration and ability to learn in class.

Wishing you all a very blessed season of Lent.

In God's Love



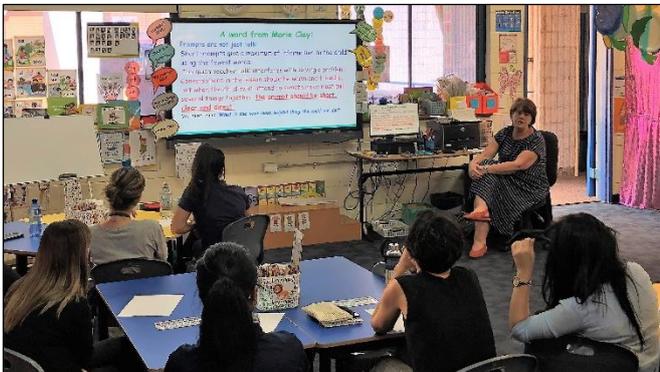
Sr Irene Boughosn
PRINCIPAL

HEAD OF PRIMARY MESSAGE

Yesterday we held our annual MCHF STEM Day in the Primary Department. STEM education is the learning of Science, Technology, Engineering and Mathematics in an interdisciplinary approach. It is a wonderful way for students to gain and apply their knowledge, deepen their understanding and develop creative and critical thinking skills. As I walked around the classrooms, it was refreshing to see the students so involved in the activities. They worked collaboratively with each other and demonstrated some good problem solving skills. Days like these don't just happen. A great deal of planning goes into them to ensure that they are both meaningful and fun for our students. A big thank you to all the staff for their organisation and to the many parents who came along on the day to assist in the classrooms.



Each week all teachers in the Primary Department participate in Professional Learning Meetings so that they can expand their knowledge and keep up to date with current educational practice. These meetings are paramount to ensure our students receive the targeted learning that they require. Our learning this week focused on reading and technology. Mrs Vrontas led the teachers from Kindergarten to Year Three in a session that focused on Guided Reading and the effective use of Running Records in the classroom. Teachers from Years Four to Six were provided with professional development from Ms Sharbeen which focused on Moodle and its functionality within the classroom.



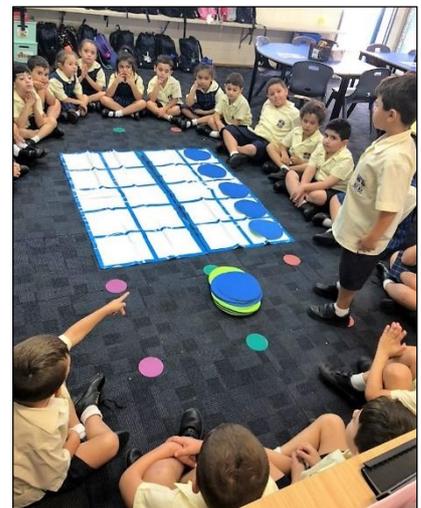
This term our Year 6 students have been learning all about Servant Leadership. Sr Irene was invited to speak to the whole grade about her many leadership roles. The students gained a wonderful insight into her role as a Maronite Sister and all the work that she does. They were then given the opportunity to ask questions so that they could deepen their understanding of how they could be a true servant leader to God.

Kindy Blue have been using some of the newly purchased Mathematics resources to assist them with their learning. This week they used the large Ten Frame mat to help them with their counting. Ms Bechara said that her students absolutely loved it.

2019 Premiers Reading Challenge

The Premier's Reading Challenge student site is available again this year.

The challenge aims to encourage a love of reading in all students and enable them to experience quality literature. Students can search for books to read, add books to their reading



logs and track their progress throughout the challenge. The website will be available for students when the challenge opens on Monday 4th March. There is a useful help video available to demonstrate how the site works. The Final date for entry of student reading records is Friday 30th August. You can find the site at <https://online.det.nsw.edu.au/prc/studentExperience.html#/>

Mr D. Day
Head of Primary

HEAD OF SECONDARY MESSAGE

This week has been a busy week for our secondary students. Year 8 students participated in their compulsory Learn to Swim Program for three days while our Year 7 students attended their Day Retreat at Our Lady of Lebanon Co-Cathedral CYPC. Our staff continued with their professional development schedule as they attended a session about the ATAR presented by UAC (Pictured right).



I would like to remind parents/guardians of the importance of ensuring your child/ren are prepared each day for school and ensuring they are completing their homework/study/assessments at home. It is a major disruption for your child when they are not prepared each day, come late and not complete their required school work at home. At times, it can even disrupt their day. This disruption can also affect other students and their teachers; so as you can understand and appreciate, no one benefits. As mentioned at the parent information evening, to ensure a student's education is a success it must include three active stakeholders – the student, their teachers and their parents/guardians.

Finally this week, we presented our Semester 1 Student Leaders at our Leadership Assembly. We congratulate our nominated leaders for this semester and year and we look forward to witnessing their leadership attributes in action.

Class Captains	
7A Class Captains	Ralph Dib, Marissa Chalita
7B Class Captains	George Hadidi, Melody Sleiman
7C Class Captains	Simon Bazouni, Anna Licha
7D Class Captains	Noah Fares, Yumna Deeb
8A Class Captains	Marcel Deeb, Kristy El Katrib
8B Class Captains	Jacob Khattar, Therese El-Haddad
8C Class Captains	Tony Bechara, Christina ElKhoury
8D Class Captains	Abdo Abou-Chedid, Angelina Kassis
9A Class Captains	George Kanaan, Sabine Bou Sanayeh
9B Class Captains	Sebastian Chmait, Cynthia Sabat
9C Class Captains	Sebastian Daoud, Stephanie Atie
9D Class Captains	Charbel Ibrahim, Maria Ebeed
10A Class Captains	James Azar, Christina Kazzi
10B Class Captains	Bassam Khattar, Celine Harb
10C Class Captains	Christian Nouh, Kristina Ishak
10D Class Captains	Jack Jabbour, Maria Doumit
11A Class Captains	Ibrahim Fakhri, Clarita Fajloun
11B Class Captains	Harrison Yaacoub, Lauren Yaacoub
11C Class Captains	Maroun Bayeh, Rachele Nakhoul

Year 10 Peer Support Leaders

Joseph Antoun, Chanelle Coorey, Roula Abou-Chedid, Elly Nassim, Ashton Tannous, Simon Zaiter, Joya Antoun, Maria Boumelhem, Nina Bousaid, Jason Chakti, Dejahn Darjani, Celine Harb, Nicholas Mouawad, Celine Moussa, Sergey Pavlenko, Margaret Sabat, Marina Akik, Raymond Bechara, Kristina Ishak, Chelsea Elias, Tatiana Estephen, Tiana Khattar, Mariella Mikhael, Miriam Al-Somsom, Lana Chamchoum, Heleena Diab, Maria Doumit, Raymond Hadchiti, Natalie Hawach, Michael Antoun

Year 11 Anti-Bullying Ambassadors

Nassif Abi-Khattar, Jon Boumelhem, Kevin Hawache, Harrison Yaacoub, Peter Germanos, Charbel Layoun, Rafka Semaan, Rachele Nakhoul, Mabelle Chamchoum, Ramona Touma, Rafqa Kayrouz, Dominique Lahood

House Leaders

House	Captains	Leaders
MacKillop House (Blue)	Ibrahim Fakhri, Mona El-Hachem	William Wehbe, George Maroun, Kristina Ishak, Christian Sader
Charbel House (Yellow)	Marybelle Haddad, Rachele Nakhoul	Karen Hawache, Alex Azar, Raychel Fares, Angela Nemer, Elly Nassim, Najib Francis
Rafqa House (Green)	Chris Makdessi, Jaycob Anjoul	Celine Harb, Christina Kazzi, Tiana Khattar, Nina Bousaid
Maroun House (Red)	Charlene Sabat, Jon Boumelhem	Dejahn Darjani, Raymond Hadchiti, Maryrose Aboukaram, George Ishak

Student Representative Council

SRC Leadership Team	Chairperson	Robbie El-Bazouni
	Vice Chairpersons	Lara Chamoun, Samijo Laoulach
	Secretary	Clarita Fajloun, Angela Nemer
	Treasurer	Olivia Saroufin
	Media/Promotions	Charlene Sabat, Marybelle Haddad
	General Members	Peter Germanos, Theresa El Halabi
Year 7 SRC Representatives	Anthony Germanos, Brealle Hasham	
Year 8 SRC Representatives	Bakhos Hadchiti, Melissa Makhlof	
Year 9 SRC Representatives	Joseph Nakhoul, Melissa Elkrrina	
Year 10 SRC Representatives	Raymond Hadchiti, Tatiana Estephan	

Bus Prefects

Morning Bus

9400	Charlene Sabat, Charbel Hadchiti
9401	Clarita Fajloun, Emily Saba
7009	Ramona Touma
7012	Mabelle Chamchoum, Rafqa Kayrouz
447	Christiana Al-Ekhtiyar, Joseph Barakat, Romeo Rodriguez
426	Kevin Hawache, Karen Hawache, Peter Germanos, Raquel El Katrib, Nepia Rizk
435	Alexia El Haddad, Jessie Samya
429	Nicole Katrib

Afternoon Bus

9622	Samar Najeeb, Rachele Nakhoul
9623	Samijo Laoulach, Clarita Fajloun, Emily Saba
7522	Justin Chmait, Charbel Hadchiti, Annabelle Hanna, Jessica Kassis, Chantal Rizk
7508	Ramona Touma, Hannah Haykal
7513	Mabelle Chamchoum, Rafqa Kayrouz
446	Romeo Rodriguez, Christiana Al-Ekhtiyar, Joseph Barakat
428	Rafka Semaan, Nicole Katrib
434	Kevin Hawache, Karen Hawache, Peter Germanos, Raquel El Katrib, Nepia Rizk
436	Maryann Yacoub, Ibrahim Fakri, Naomi Yacoub
438	Alexia El Haddad, Jessie Samya

Mr E. Asmar
Head of Secondary

CONGRATULATIONS

All Rounder Awards – Charbel Taouk (1 Green), Isabella Deeb (3 Yellow), Michael Boumelhem (3 Lavender), Annalise Khoury (3 Lavender), Chris Katrib (4 Violet), Pamela Souccar (4 Violet), Elie Ghannoum (4 Violet), Anthony Mekary (4 Violet), Elias Tannous (4 Olive), Rebecca Boustani (5 Ruby), Isabella Francis (5 Ruby), Joseph Habib (5 Ruby), Aaliyah Halabi (5 Ruby), Rafqa Kanaan (5 Ruby), Therese Sessine (5 Ruby).

Bronze award – George Massoud (3 Lavender), Elyse Habak (4 Violet), Celina Dib (4 Violet)

Silver award – Not yet, but still hoping!

Principal's Award – Never Give Up! Believe. Achieve. Succeed.

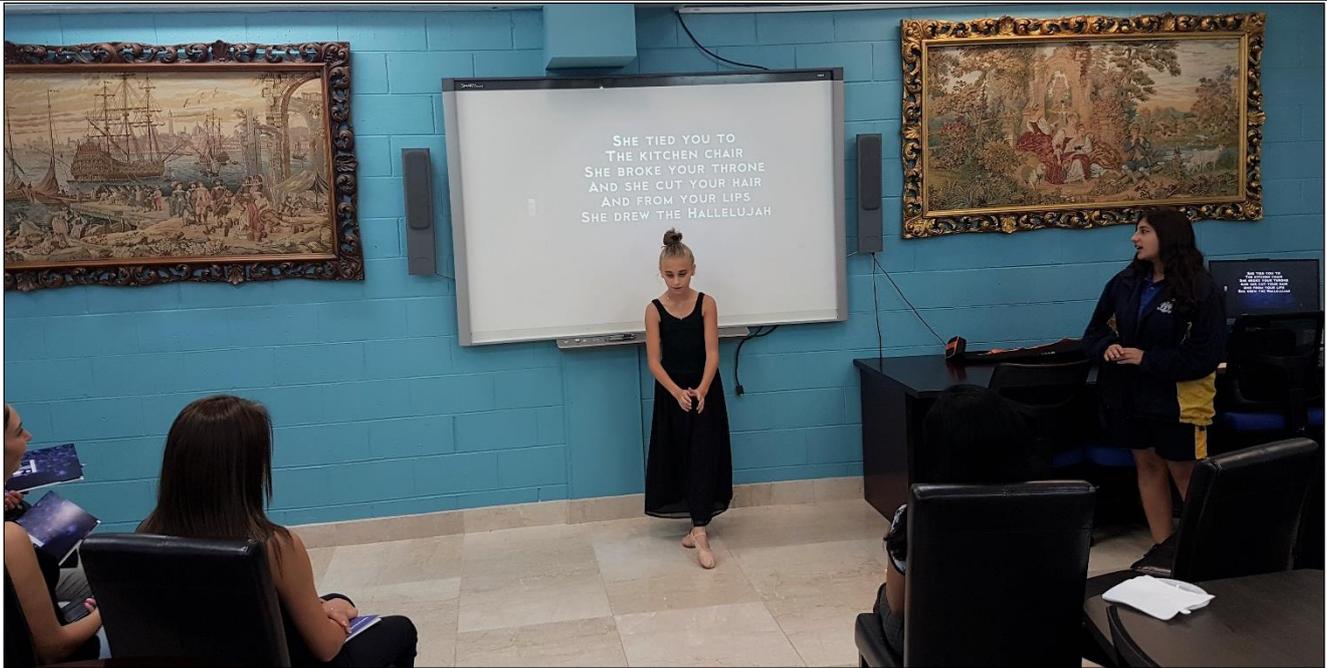
THIS AND THAT



Students from Year 10 on the first homeless feed for 2019. They joined Subdeacon Robert and the Heaven on Earth team to help those who are less fortunate in the Parramatta area. Special thanks to Mrs Bousaid who made thirty food packs to distribute on the day. One student, Sergei, got up at five in the morning to make his way by public transport - That is commitment. Students find the whole experience to be rewarding and eye opening.



Year 7 at their 2019 Reflection Day at the OLOL Youth Centre, undertaking various activities under the theme of "To Love", taken from the College motto.



Melody Sleiman (Year 7) and Joya Antoun (Year 10) performed a beautiful piece of dance and singing for our guests during the College tour. The girls were fantastic and impressed our guests. Special thanks to Mrs Fisher for assisting the students in preparing for their performance.

DATES TO REMEMBER

- Ash Monday – 4th March
- Bullying Awareness Week – 11th–15th March
- Year 9, 11 & 12 Textiles Excursion – 13th March
- St Joseph's K-12 Mass – 15th March

College Tour Dates... For tour bookings, please complete the booking form available at <http://www.mchf.nsw.edu.au/college-tours/>

- *Term 1 Tour – Wednesday 27th February (Done)*
- Term 2 Tour – Wednesday 29th May
- Term 3 Tour – Wednesday 28th August
- Term 4 Tour – Wednesday 20th November (*Term 4 is also an orientation for new parents and students*)

PARENT CORNER



Parents are not permitted to enter the College buildings without signing in at the Main Office, even if your child is guiding you. This will be considered as a breach of security at the College.

**PLEASE DO NOT PARK IN THE DROP OFF / PICK UP ZONES!
THESE ZONES ARE FOR DROPPING OFF OR PICKING UP
YOUR CHILD/CHILDREN ONLY!**

Please find the new Lent canteen menu attached!



BYOD Link and Code –

<https://www.jbeducation.com.au/byod/>

School Code: MCHFBYOD2019

Events: <http://www.mchf.nsw.edu.au/events/>

For E-newsletter email admin@mchf.nsw.edu.au

W: <http://www.mchf.nsw.edu.au/>

F: <https://www.facebook.com/mchfparramatta/>

Twitter: https://twitter.com/MCHF_Parramatta

COMMUNITY HUB



Fitness class is held every Tuesday Morning from 9-10am.
It is run by Parramatta Council, with a special trainer, and is absolutely free.



Dance for fitness and fun
Every Friday from 1:30-3pm - \$5 per lesson, which pays the dance instructor.

ADVERTISEMENTS



FEARLESS MARTIAL ARTS

Kick start your confidence at Fearless Martial Arts!

High energy Taekwondo classes for all ages and abilities.

Earn your Black Belt and be a champion!
5/187 Fairfield Road Guildford West

Call Master Chris Barnes on
0415 663 966 or visit
www.facebook.com/fmataekwondo

MUM'S IRONING



Call us for a free quote
0406 165 175

Why iron when Mum's Ironing can do it for you?

- 30 years experience.
- Professional, reliable & efficient ironing services.
- Choose from pick up & delivery from your home or drop off and pick up from our premises.
- Prompt turnaround, including optional same day service.
- Very competitive & affordable prices.
- Free metal coat hangers.

Garment
Ironing
from \$2

If you would like to place an advertisement in our College Newsletter, please contact Georgette -

Phone: 9633 6600 Email:
gbaini@mchf.nsw.edu.au

Price: \$10 per newsletter
\$100 per term or
\$360 for the year



Kindergarten - Year 6
Call: 02 8001 6403
info@activeafterschool.com.au
www.activeafterschool.com.au

Free Bus Pick Up

LOCATED AT HARRIS PARK



Come and play Junior Rugby League

Boys & Girls aged 4.5-11 years old are welcome

Registration held Fridays Nights 6-7pm

Training Friday Nights 6-7pm

Games Played Sundays

Address: Nemesia Street Park, Nemesia Street,
Greystanes

Single Player \$100

This includes: Training
Shirt/Socks/Shorts/Beanie
Government Active Kids rebate for \$100
Come and see us for more information

Follow us

www.facebook.com/MerrylandsMaulers/

Contact: Karen - 0416 211 490 /
Laura - 0427 087 344 / Tony - 0414 351 221



MCHF IS LOOKING FOR SPONSORSHIP FOR OUR 2019 WALK-A-THON

MONEY RAISED WILL GO TOWARDS THE BUILDING OF AND RESOURCES FOR OUR COLLEGE.

If you are a big-hearted, generous person, please contact Georgette on 9633 6600 or Email: gbaini@mchf.nsw.edu.au

Maronite College of the Holy Family

Lent Canteen Price List 2019

Lunch Orders are to be handed in at the canteen BEFORE 9am

This menu is for the first **and last weeks** of Lent

Friday Specials will remain the same throughout Lent

If your child would like a vegetarian meal on any other day, please place an order.

Breakfast 8am-9am

Plain Toast	\$ 2.00
Cheese & Olive Roll	\$ 3.50
Variety Cereal Pack with Milk	\$ 2.50
Egg Roll	\$ 3.50
Yoghurt & Muesli Cups	\$ 3.50
Fruit Cups	\$ 2.00
*Toasted Cheese S/W Meal Deal	\$ 5.50
*Meal Deal includes	
300ml Flavoured Milk	

Sandwiches

(by order only)

Jam/vegemite/Honey/Cheese	\$ 2.50
Egg & Lettuce & Mayo	\$ 3.50
Tuna, Lettuce & Mayo	\$ 4.50
Tuna & Salad Sandwich	\$ 5.00
Salad Sandwich	\$ 4.00
Cheese & Salad	\$ 5.00
additional fillings 50c each	

Hot Foods

Baked Fish Fingers 4pck	
Cheese & Spinach Rolls	
Savoury Scrolls	\$ 1.00
Medium Zaatar Pizza	
Medium Cheese Pizza	
Vegetarian Spring Rolls 7 pck	
Vegetarian Lasange	
Fish Burger	
Fresh Spaghetti Napolitana	\$ 4.00
Falafel Wrap	
Zaatar pack with veggies & yogurt	
Snack pack	
Tomato/BBQ sauce	

Grilled Fish & Garden Salad \$ 8.00
Carrot & Zucchini Slice with Salad \$ 6.00

Salads

Pesto Pasta Salad	Small \$ 4.50	Large \$ 5.50
Greek	\$ 4.50	\$ 5.50
Tuna Pasta	\$ 4.50	\$ 5.50

Small

Large

DAILY SPECIALS

Monday

Vegetable Hokkein Noodle Stir Fry	Small \$4.00	Large \$5.00
Loaded Potato skins filled with mash & veggies		\$5.50
Sushi - tuna, salmon & prawn/Rice paper rolls		\$4.00

Tuesday

Wedges with Tomato/Sweet Chilli Sauce		\$4.50
Creamy Mushroom Pesto Pasta	\$4.00	\$5.00
Mediterranean Quiona Salad	\$4.50	\$5.50

Wednesday

Thai Chilli Prawns & Rice	\$4.00	\$5.00
Sushi - tuna, salmon & prawn/Rice paper rolls		\$4.00
Potato Salad in Lemon Dressing	\$4.50	\$5.50

Thursday

Cheese & Spinach Ravioli in red sauce	\$4.00	\$5.00
Seafood packs with salad		\$8.00
Tabouli	\$5.50	\$6.50

Friday

Sushi - tuna, salmon & prawn/Rice Paper Rolls		\$4.00
Vegetarian Spring Rolls with Fried Rice	\$4.00	\$5.00
Wedges with Tomato/Sweet Chilli Sauce	\$3.50	\$4.50

STUDENTS ARE ASKED

TO LINE UP IN 2 LINES AT THE WINDOWS TO BE SERVED

Some food items may change due to demand