



Maronite College of the Holy Family NEWSLETTER

23-25 Alice Street, Harris Park, 2150
Tel: 9633 6600 Email: Admin@mchf.nsw.edu.au

Term 2 - Week 2: Friday, 30th April 2021

MESSAGE FROM THE PRINCIPAL

This week the senior students studying Vet Retail, Vet Construction and Vet Hospitality went out to Work Placement visits. We also saw the Year 8 students go off to camp and return safely back today. The students in K-6 took part in a Writing Stimulus Day on Wednesday. And the week concluded with Mass being celebrated for the students in Years 7 & 9.

Next week we commence with the month of May, the month of our Blessed Mother. I encourage you all to please pray a decade of the rosary with your children each night. May our blessed Mother protect you and your families always.

MAY

The Month of Our Blessed Mother



Hail Mary,

Full of Grace, The Lord is with thee.

Blessed art thou among women, and blessed is the fruit of thy womb,

Jesus.

Holy Mary, Mother of God,

pray for us sinners now, and at the hour of death.

Amen

Each month we will reflect on the many virtues of St Joseph

April – Lover of Poverty

Joseph could count on nothing in this world to be his stay. Neither his trade nor property were employed in his first years as father of the Divine child. He had to abandon all that was his and provide for them in whatever way was possible as they were on pilgrimage to Bethlehem, to Egypt, and finally to Nazareth.

**Sr Irene Boughosn
PRINCIPAL**



Faith is seeing light with your heart when all your eyes see is darkness.

– Barbara Johnson

MESSAGE FROM THE ASSISTANT PRINCIPAL



Important Medical Update

We have received notification from the Children's Hospital at Westmead that there is a student from our College receiving treatment which results in a lowered immune system, which means, the student is prone to getting ill from infections.

As the student is not contagious but has a chronic illness, it is important that the student participates actively in the day to day College program without any major limitations.

A major concern is that if this student develops measles, chickenpox, whooping cough, influenza or another serious virus, the student could become seriously ill.

We see your cooperation in preventing this situation. If your child has or may have measles, chickenpox or other infectious illness, we would ask that you please:

- Do not send them to the College
- Notify the Principal or Assistant Principal
- Take your child to your GP or medical centre to confirm diagnosis if possible.

Nut Free College

A friendly reminder that the College has students who have nut allergies. The College is a nut free premises. We would appreciate the cooperation of parents/guardians by ensuring that your child does not bring to the College any nut food products.



Importance of Opal Cards

We remind our students and parents/guardians that opal cards are required for students catching the bus when travelling to and from the College. the opal cards must be scanned to demonstrate to authorities that the bus services are being used.

To apply for an opal card, please [click here](#).


Mr E. Asmar

Assistant Principal

SECONDARY NEWS


Year 7 2022 Parent Information Evening

A reminder to all Year 6 parents that there is a compulsory Information Evening next Wednesday 5th May for all students and a parent or guardian. The night will commence at 6:30pm in the Secondary Hall. Students and parents will be given an information package, hear from the Secondary Leadership Team on important information about the transition to high school and have the opportunity to explore stalls and speak with staff and students in the Secondary department.



Year 7 2022 Parent Information Evening
Wednesday 5th May
6:30pm
College (Secondary) Hall

For more information, please contact the College on 9633 6600 or email media@mchf.nsw.edu.au



Year 9 Camp

Due to the recent flooding, the Year 9 Camp had to be postponed. The new dates for the camp are the 1st to the 3rd December 2021.

Therese Sessine Year 7

We would like to congratulate Therese Sessine in Year 7 who has been raising money for Youth Mental Health programs by doing 450 star jumps throughout Youth Week. She set a goal of \$1000 and is up to almost \$1500 now. What a fantastic achievement from such a young girl. We are very proud of her efforts in trying to raise awareness of mental health.



Year 11 Legal Studies Class

Congratulations to the Year 11 Legal Studies class who took part in a heated debate regarding reforming the Euthanasia Laws in Australia. Both sides provided valuable points with various evidence to support their sides. It was great to see the teams put together a debate, despite their personal beliefs. They showed maturity, enthusiasm, and professionalism.



Year 11 Standard 2 Mathematics

Year 11 Standard 2 Maths took advantage of the sunshine and completed activities on probability outside in the sun. Students worked on quantifying complementary events and figuring out the probability of picking an ace of spades from a deck of cards. A worthy piece of trivia: "the probability of winning the lottery is more likely than opening the batting for Australia."



Year 7 Geography Excursion

On Monday Year 7 travelled to Sydney Olympic Park for an excursion on their topic 'Place and Liveability'. They learnt about how we can create liveable, urban environments that incorporate the environment in a sustainable way. Students were really engaged and received positive feedback from the educators. We would like to

congratulate Year 7 on their behaviour during the day, the tour guides said that our students were the best group they have ever seen! What a wonderful representation of MCHF.



Year 11 VET Placements

Year 11 VET students were out for the week on their mandatory work placement this week. It was most heartening to hear from employers that these students were amongst some of the best students they have had. They were praised on their behaviour, initiative to take on tasks, exceptional customer service and the positive can-do attitude. Majority of the students were offered part-time work which in itself is a testament to their skills and personality. Students reflected on their placements and realised that “real life” is quite difficult and tiring. They had better appreciation for their parents and the work force!! We hope they are able to apply the learned skills and knowledge for rest of their schooling life and beyond.



Year 8 Camp

Year 8 students have thoroughly enjoyed their time away at camp. They participated in a variety of activities including abseiling, canoeing, zip-lining, raft building and crate climbing. The highlight for many was certainly the mud run.



Year 10 Timber

Early morning starts for our dedicated Year 10 Timber students, who are coming in before school to work on their practicals. This semester, our students are constructing dart board cabinets and, with a busy and short

term ahead, are sacrificing sleep for hard work. Good times at MCHF.



Cross Country

Well done to our Cross Country squad for their excellent individual performances and representation of our College at the PDSSSC Cross Country Carnival. Special mention to:

- Michel Shalhoub who finished in 6th place and qualifies for the NSWCCC Cross Country Championships on the 9th May
- Abdo Abou-Chedid finished in 7th place
- Matthew Youssef finished in 9th place



PDSSSC Soccer Gala Day

We would like to wish all of the following students the best of luck today as they represent our College in the PDSSSC Soccer Gala Day:

Ralph Dib (Year 9) – Jose Nofal, Anthony Habib, Michel Shalhoub, Matthew Youssef (Year 10) – Chris Germanos, Raphael Nofal, Anthony Aflak (Year 11) – Dejan Dejeni, Raymond Hadchiti, James Azar (Year 12).

Mock Trial

On Monday evening the MCHF Mock Trial team went up against Cumberland High and despite winning the case, lost the trial on points. Our defendant, Therese El-Haddad was found NOT GUILTY of the offence of '*intention to defraud by false or misleading statement*' as per **Section 192G(b) of the Crimes Act 1900**. The MCHF Mock Trial team look forward to the upcoming trial toward the end of May. Much credit goes to our acting defendant, Therese El-Haddad who scored exceptionally high for our College, as well as our witness Kayla Fasavalu who performed so well under pressure during cross-examination. Well done to our Barristers and solicitors, Ella-Maria Bassil, Christelle Joukhader and Nicholas Laba on pushing the opposing team despite the difficulty of the case at hand. Also, thanks to the various researchers that helped in putting the paperwork together over the weeks. Let's now focus on Round 3!!!

Mrs Esber



MCHF Book Club

MCHF's first book club started today in the Learning Centre at lunch. Anyone interested in joining the Manga/Anime book club is to meet Ms Badr in the Learning Centre to sign up. Meetings will be held every Friday at lunch in the Learning Centre and is entirely run by the senior students. Watch out in the next couple of weeks for other clubs that will be established.

Enrichment Learning Project 2021

This week, students who are interested in participating in an enrichment project of their own began their journey. Students will be meeting with Mrs Fisher every Friday at lunch in C301 to work on and receive support with the projects. Other staff will also be mentoring students along the way. If anyone else is interested in creating an enrichment project, please see Mrs Fisher. Some more information below:

How long should I spend on my project? 20 hours is usually a good goal to set. Perhaps you can spend 2 hours a week for 10 weeks or 1 hour a week for 20 weeks.

Who should I tell about my project? Everyone; parents, family, teachers, trusted relatives. They sometimes offer good advice or may know somebody who can contribute.

I would like to do a project but I'm not really sure yet? That's ok spend some time talking to family and friends and perhaps refer to a teacher who is in a subject that you already like. Perhaps start with a topic: science experiments, math's the Golden Ratio, Olympic Games, Fashion, Art, Paper Planes, etc.

What if I change my project? That's ok sometimes the best projects can move into different directions. But keep us informed of what the changes are going to be?

Do I need project approval? Yes, it has to be in line with the values of the Maronite College community but you have plenty of room to be incredibly unique, original, creative and inventive.

What if I need mentors outside school? We can help to organise this through our alumni and universities where relevant.

Does my parent/guardian need approval? Yes, once you have come up with your idea for your project and we have okayed it. We can send home your enrichment project letter for family to sign.

Do I get class time to work on my project? No we do not come out of class for the project. It is an independent learning project in your own time. On occasion leading up to the presentation we may run some rehearsals for the awards ceremony.

Ms E. McCluskey
Head of Secondary

PRIMARY NEWS

Each term, students complete a writing task using the same Writing Stimulus. This week they were asked to construct a written text based on their thoughts about this picture. This form of writing experience allows students to not only express their creativity, but more importantly demonstrate their acquired writing skills. From each student's written text, teachers then assess the aspects of their writing development and identify individual writing goals. Students thoroughly enjoy the element of surprise that this writing experience brings. Similar activities to this are an effective way for your child to practise their writing skills at home.



Student Allergies

Peanut allergy is one of the most common allergies suffered by children in Australia. Those with this allergy may experience mild to severe reactions if they were to have even the slightest contact with peanuts. This means that a child may suffer a reaction by simply touching a container or table where nuts had been. Please assist the College by ensuring your child does not bring any nuts to school or any food that contains traces of nuts. If your child has been recently diagnosed with any form of allergy, we ask that you please update their medical details at the main office.

Mother's Day Mass

Next Friday 7th May at 9am, a special mass will be held to celebrate Mother's Day. Students from Kindergarten to Year 2 will be in attendance and we welcome parents to come along as well. Parents are invited to the Primary Hall after the celebration for a special presentation. Please be advised that there are still restrictions in place regarding the number of attendees at each mass. For this reason, you will need to register online using the following link:

<https://www.churchbooking.com.au/booking/register/mass>

Student Attendance

Regular absences, whether for the whole day or part of the day have a detrimental effect on your child's learning. Being late to school or leaving early also has similar effects to a student's academic progress. We understand that at times appointments for a specialist and the like are unavoidable, but these need to be planned and if possible, should occur outside of school hours. Collecting students early from school for reasons such as avoiding traffic, is not permissible.

Holy Communion Preparation

Our Year 4 students are continuing their journey towards their First Holy Communion day which will be celebrated on Saturday 22nd May at 10:30 am. A note providing final details, was sent home to parents today. Please keep our students and their families in your prayers as they prepare for this special day.

NAPLAN

A note regarding NAPLAN was sent home last week. Further details on the dates and how you can assist your child prepare for the National Assessment can be found below.

Homework Club

Homework Club occurs each Monday after school for students in Years 2-6. Students wishing to attend are asked to have enough homework to complete during the hour session. A detailed note with an attached permission slip, is available from the Primary Administration Office. Students are asked to hand the signed permission slip to their class teacher each Monday morning.

Social Skills

This year, the Primary Department has been focusing on developing the social skills of our students. Possessing good social skills allow for effective communication and interaction to occur with others. These skills are demonstrated through spoken language and non-verbal methods such as body language, facial expressions, and eye contact. Strong social skills assist in building and maintaining positive relationships with each other.

Weekly Awards

Each week, weekly awards are presented to students who have achieved their best or demonstrated improvement in a particular area of their learning or social development. Students in Years 3 to 6 will receive their awards during Wednesday morning assembly, while those in Kindergarten to Year 2 will be presented with theirs each Thursday morning.



School Uniform

A reminder to all families that full winter uniform is to be worn from Monday 10th May. All uniforms must be worn neatly and correctly. It is expected that children have suitable hairstyles that comply with school expectations. Boys hair must be kept short without excessive hair product used. For girls, long hair must be tied back using appropriate hair accessories. Sleeper earrings and stud earrings may be worn. Students are to wear our school hat when outside. Please ensure that all items of clothing are labelled with your child's name and class. This makes for the easy return of items if they are misplaced. I thank you in advance for your cooperation.



Mr D. Day
Head of Primary

DATES TO REMEMBER

NAPLAN 2021

Each year, students in Year 3, 5, 7 and 9 participate in the National Assessment Program, Literacy and Numeracy (NAPLAN). The schedule below lists the dates and exams to be completed.

Date	Assessment
Tuesday - 11th May	Language Conventions
Tuesday - 11th May	Writing
Wednesday - 12th May	Reading
Thursday - 13th May	Numeracy

How can I help my son/daughter during NAPLAN time?

- As a parent, one thing that you can do is to keep your child calm. Reassure them that NAPLAN is designed to see where they are at from a literacy and numeracy perspective compared to other students in their age group in Australia.
- Remind them that every child in Australia in their Year group are doing these tests, so they are not alone.
- Ensure that they are at school and sit each examination as a formal roll needs to be sent back for statistical purposes.
- Put screen time to good use. Download apps that encourage students to use their numeracy and literacy skills, rather than just gaming.
- Take an interest in how they are going with their preparation.

How will my son/daughter sit the tests?

These tests will be completed on Paper and will have designated time frames to complete them. Class teachers will notify Primary students of times. For Year 7 and 9 students, a timetable listing all details will be emailed once it is complete.

What will my son/daughter need for the tests?

- A 2B pencil
- pencil sharpener
- eraser
- calculator (for the calculator part of the numeracy test - for Years 7 and 9 only)
- a blank sheet of paper for each test (i.e. 3 blank pieces of paper- for Years 7 and 9 only)

- ★ Monday 3rd May – Years 7 (1st) and 8 (2nd) HPV and dTpa Immunisations
- ★ Monday 3rd to Thursday 6th May – Years 4 and 6 First Aid Training
- ★ Monday 3rd to Friday 7th May – VET Work Placement Block #1
- ★ Wednesday 5th May – Year 7 (2020) Parent Information Evening from 6:30-7:30pm
- ★ Friday 7th May – Mothers' Day Mass for Kindy, Year 1 and Year 2 Students
Please register online using the following link: <https://www.churchbooking.com.au/booking/register/mass>
- ★ Tuesday 11th May – Year 11 (2022) Subject Selection Evening
- ★ Tuesday 11th to Thursday 13th May – NAPLAN
- ★ Friday 14th May – Mass for Years 4, 8 and 10 Students
- ★ Monday 17th May to Thursday 20th May – Year 10 Half Yearly Exams
- ★ Tuesday 18th and Wednesday 19th May – Kindergarten (2022) Interviews
- ★ Wednesday 19th May – Wellbeing Wednesday
- ★ Friday 21st May – Feast of the Pentecost Mass for Years 3, 5 and 6 Students
- ★ Monday 24th to Wednesday 26th May – Years 7 and 8 Half Yearly Exams
- ★ Tuesday 1st to Friday 4th June – Year 9 Half Yearly Exams
- ★ Wednesday 2nd June – COLLEGE TOUR (Please contact Georgette Bains to book, Media@mchf.nsw.edu.au)

★★★ CONGRATULATIONS ★★★

All Rounder Awards:

- ★ Paul Maroun, Joseph Katrib (Kindergarten)
- ★ Jacob Tawadrous, Dona Bou- Sleiman, Yusuf Amoud Mary-Bella Taouk, George Hallal, Noah Semaan, Anthony Fakhri, Elizabeth Azzi (Year 2)

ALSO THIS WEEK...

During their Pastoral lessons, today...

The College Police Liaison Officer spoke to Year 11 about being responsible drivers.



Mr Hayman speaks to Year 12 about conversion and deepening their relationship with Jesus.



What's Cooking with Year 10?!

Year 10 Food Tech students are currently learning about Food Service and Catering Establishments and functional properties of Carbohydrates, proteins and lipids with Mrs Botros. The example of Cinnamon scrolls moulded together a classic side dish, served with an espresso coffee/pot of tea in a café, whilst also delving into some serious food science, exploring properties like dextrinization, denaturation and aeration. This recipe also demonstrated the importance of raising agents in quick recipes, like this, for fermentation to occur.



Quick Cinnamon Rolls

Quick and easy cinnamon rolls from scratch, with no yeast, proofing, or kneading necessary!

Prep: 20 mins **Cook:** 20 mins **Total:** 40 mins **Servings:** 18 Cinnamon Rolls

Ingredients

¼ cup butter, divided (Optional)

Dough:

2 cups all-purpose flour
2 tablespoons white sugar
2 teaspoons baking powder
1 teaspoon salt
3 tablespoons butter, softened
¾ cup milk
1 egg

Filling:

½ cup white sugar
½ cup brown sugar
1 tablespoon ground cinnamon

Cream Cheese Frosting:

1 cup confectioners' sugar
4 ounces cream cheese, softened
¼ cup butter, softened
½ teaspoon vanilla extract

Directions

Step 1: Preheat oven to 400 degrees F (200 degrees C). Brush a 9-inch square baking dish with 2 tablespoons melted butter.

Step 2: Whisk flour, 2 tablespoons white sugar, baking powder, and salt together in a large bowl. Work 3 tablespoons softened butter into flour mixture using your hands. Beat milk and egg together in another bowl; pour into flour-butter mixture and stir with a rubber spatula until a soft dough forms.

Step 3: Turn dough out onto a floured work surface and roll dough into a 1/4-inch thick rectangle. Brush surface of dough with 2 tablespoons melted butter.

Step 4: Whisk 1/2 cup white sugar, brown sugar, and cinnamon together in a small bowl. Sprinkle 1/2 of the cinnamon sugar mixture in the bottom of the prepared baking dish. Sprinkle remaining cinnamon sugar over butter-brushed dough. Roll dough around filling to form a log; cut log into 18 rolls and place rolls in the prepared baking dish.

Step 5: Bake in the preheated oven until rolls are set, 20 to 25 minutes.

Step 6: Beat confectioners' sugar, cream cheese, 1/4 cup softened butter, and vanilla extract together in a bowl until frosting is smooth. Top hot cinnamon rolls with cream cheese frosting.

Nutrition Facts

Per Serving: 223 calories; protein 2.7g; carbohydrates 31.6g; fat 9.9g; cholesterol 36.7mg; sodium 262.1mg.

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PARENT CORNER

Monday 3rd May 2021 Vaccinations

Year 7 students will have their first dose of the HPV and dTpa vaccine.

Year 8 students will have their second dose of the HPV and dTpa vaccine.

Year 10 will have their meningococcal vaccination on Monday 2nd August with Years 7 and 8 students who miss out in May.

Mother's Day Stall - Wednesday 5th May



Grace laser clinic



Craft supplies



By Marielle



Angela Najjar



Mothers Day Raffle Prizes

Tickets \$1

Available only at the stall



Standing Live, Laugh, Love sign \$7
Love word \$4



Variety of candles from \$2 to \$4



Variety of mugs \$5



Heart frame \$5
Glass mum frame \$3
Grandmother magnet \$2



Assorted of keyrings & tags
from 0.50 to \$3.00



Miscellaneous items from S2 to S4



Glass & Ceramic coasters \$2



PARENT WEBINARS

We're excited to announce that parents of Maronite College of the Holy Family have exclusive access to Elevate Education's Parent Webinar Series for Term 2, 2021. Elevate works with our students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series you will learn how to better support your children at home through reinforcing the skills they learn at school.

The webinars take place fortnightly across the term, beginning on **Wednesday 5th May at 7pm (AEST)**.

Registration is essential and is free for parents of Maronite College of the Holy Family.


[You can register by clicking here.](#)

The webinar is run **live online from 7pm – 8pm (AEST)** where the presenter will share Elevate’s research findings and skills, and will conduct a live Q&A so you can ask them questions directly.

Should you have questions or would like to contact Elevate directly, their details are listed below.

☎ 1300 667 945

✉ auscoaching@elevateeducation.com

 <https://go.elevateeducation.com/e/891981/2021-04-25/l3l6/55782605?h=Kd7-Rf03duklo17zbAoBQkQyFOfzknNgk7F9UZtVUvk>

👉 <https://go.elevateeducation.com/e/891981/ElevateEd/I3I8/55782605?h=Kd7-Rf03duklo17zbAoBQkQyFOfzknNgk7F9UZtVUvk>

PARENT WEBINAR SERIES

TERM 2, 2021

#1 | TIME MANAGEMENT

Does your child procrastinate? Do they cram for tests last-minute? Then this is the webinar to tune into. Students lead busy lives, and you can help them achieve balance by working smarter, not harder.

#2 | MEMORY AND FOCUS

Learn why rote learning is ineffective and how your child can harness more advanced memory techniques to deepen their revision.

#3 | EXAM PREPARATION

Exam preparation – what should students be doing and when? Join us to learn what how the top performing students prepare for exams and the type of study that should be prioritised in the lead up to exams.

#4 | STRESS AND WELLBEING

School can be stressful and finding a school-life balance can seem overwhelming at times. In this webinar we will dive into the neuroscience behind stress and give you practical strategies to help support your child during the tougher periods to keep overwhelm at bay.

✓ Live Q&A ✓ Resources & Planners ✓ Community Support

TERM 2 Webinar Dates

May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

>>> CLICK TO REGISTER<<<

elevate[↑]
education

1300 667 945
auscoaching@elevateeducation.com

LOWES

2 DAY VIP EVENT – 6th & 7th MAY
ZERO & REWARDS CARD HOLDERS

20%^{*} OFF
SCHOOLWEAR
& EVERYTHING ELSE!



DON'T HAVE A CARD? APPLY IN-STORE OR
ONLINE & START ENJOYING THE BENEFITS

*Offer available Instore & Online ends midnight (AEST) 7th May 2021. Must use Zero or Rewards card to receive discount. Excludes Gift Cards and Schoolwear lay-bys. Savings of original prices. Cannot be used in conjunction with any other offer, no rainchecks.

PLEASE DOWNLOAD THE SKOOLBAG APP!

Dear Parents/Guardians,

It is necessary for parents/guardians to download the SkoolBag App. This ensures you receive urgent messages seconds after they are posted.

Go to app search on your phone:

- Download the SkoolBag app
- Create an account
- Add your school - **When you are searching for the College, the school does not automatically show up when you start typing the name. Type in *Maronite* and **press enter** for the school name to appear.**

Please contact Georgette Baini if you have issues – 9633 6600.

2021 BYOD Portal

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

School Code: MCHFBYOD

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

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

Instagram - <https://www.instagram.com/mchf2325/>

LinkedIn: <https://au.linkedin.com/company/maronite-college-of-the-holy-family>