



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 5: Friday, 21st May 2021

MESSAGE FROM THE PRINCIPAL



This week the College celebrated Wellbeing Wednesday. The day commenced with staff attending (Australia's Biggest Morning Tea) breakfast with all money raised donated to the Cancer Council. Students were able to wear mufti and participated in many wellbeing activities. Money raised from the Primary will also be donated to the Cancer Council, whilst the donations from the Secondary mufti day will go towards supporting our students attending the pilgrimage in Term 3.

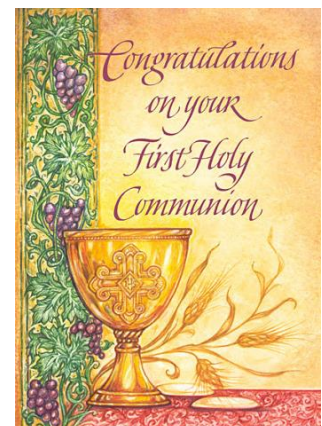
The Kindergarten Interviews for our 2022 students were held during the week. These interviews were in preparation for the Orientation held next term. We look forward to welcoming our new students back then.

Tomorrow we will be celebrating the First Holy Communion for students in Year 4. I would like to wish them all the best for their big day. Special thanks to the Year 4 teachers for preparing the students for this day and all the other teaching and administrative staff who have contributed towards making the day very memorable. Your hard work is very much appreciated.



My First Communion Prayer

I clasp my hands, then kneel and pray
on this, my First Communion Day.
I ask you, Jesus, to watch me grow
and teach me all that I need to know.
Protect me, daily, from all things bad
and fill my heart with all things glad.
And if I ever lose my way,
please guide me back when I kneel and pray.



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

May – Model of Workers

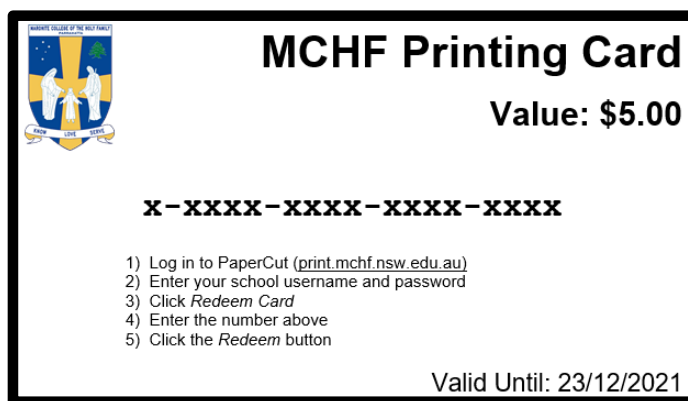
We must not simply intend love, we must labour to fulfil love's demands. Beneficence, labouring for the good of another, in Joseph's case was direct labour for God. Working in Adam's curse by the sweat of his brow was replete with purpose as it was all done to feed, to clothe, to shelter God Himself.

**Sr Irene Boughosn
PRINCIPAL**

MESSAGE FROM THE ASSISTANT PRINCIPAL

Photocopying at the College

All students now have the service of printing or photocopying from the College by adding funds to their accounts. Top up cards can be purchased from the Main Administration and students can then log in to their account and top up their account. Students will then be able to log in their details to the College photocopiers in the Learning Centres to print or photocopy. \$1, \$2 and \$5 top up cards will be available to purchase. A sample of the card (pictured right) includes instructions on topping up their account.



Wellbeing Wednesday

On Wednesday 19th May 2021, we held our Wellbeing Wednesday event to promote the importance of wellbeing. We used this opportunity to fund raise for the Cancer Council through the Staff Biggest Breakfast and a mufti day for primary students contributing a gold coin donation. Our secondary students held a mufti day through a gold coin donation and a cake stall to raise funds for our upcoming inaugural pilgrimage where approximately 15 students will be participating in next term. The day was an overall success and included various activities throughout the day such as games, sports, music and activities. Thank you to all the students and staff who contributed and supported this day. A special thank you to Ms Abdul Ahad and Ms Kartabani for coordinating the event.



Volunteering at MCHF

The College has received a high level of response from volunteers who wish to contribute at the College. The College is offering volunteer opportunities in the following areas:

- Assisting teachers in specialist spaces – such as Learning Centres and Sport
- Assisting in College events that occur throughout the year where needed
- Assisting with administrative tasks – such as laminating, photocopying, class displays, preparing resources
- Assisting with examination supervision
- Joining the Parent Association and assisting with their events and initiatives

All volunteers are required to complete the online induction and WWCC documentation submitted to the College before commencing volunteering. The link to the online induction is below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=Riy53dVPHkqKNkQ7G7fQiuTSh1JOyNjK0U6FeWMesFUNDQ4NzBUNjk2MEpIWTBxVUhaU1k0TENZSi4u>

Mr E. Asmar
Assistant Principal

SECONDARY NEWS

Year 8 English

Year 8-3 English had a fantastic "Speed Reading" lesson with our Learning Centre coordinator Mrs Papanastasiou. Working in groups, they spent ten minutes sample-reading each book, then they chose their favourite to borrow and recommend to their peers. A wonderful way to entice our students to read!



Year 9 Science

Year 9 Science students are learning about stars. They are creating a scatter plot poster of the stars (Hertzsprung-Russell diagram) based on their luminosity and temperature.



Year 8-10 Culture Project

During our pastoral period today, students in Years 8-10 participated in the Culture Project presentations. Topics including 'Brave Beauty', 'What Makes a Man', 'Relationships' and 'Human Dignity and Pro-Life Apologetics'. Students found this to be a worthwhile experience learning many things that they can take away and apply to their everyday lives.



Year 12 Video Preparations

Year 12 students had some fun filming parts of their Year 12 video this week using the culturally significant Lebanese drums. Sr Irene and Sr Marlene even got in on the action.



Parliament House

On Wednesday the 19th of May, Celine Harb and Simon Zaiter (Year 12) represented the college at the NSW Parliament House alongside other schools from around the state. They had the opportunity to meet with various politicians and MP's who represent our Government, as well as the Governor General, her Honourable Margaret Beazley. Students engaged in various activities, such as seminars, meet and greets and discussions surrounding politics and our legal system.



Wellbeing Wednesday

On Wednesday we held our Term 2 Wellbeing Wednesday. The day started with a staff breakfast on the rooftop to raise funds for the Cancer Council where we raised over \$1100 dollars.

Students were allowed to wear mufti and were asked to bring in a gold coin donation on the day. They were treated to breakfast, a cake stall run by our Pilgrimage 2021 staff and students, music during lunch and a lunchtime walk and talk. All money raised from the gold coin donations and cake stalls totalled over \$1400 and will go to our 2021 Pilgrimage.

Thank you to all staff and students for your efforts and help with fundraising on the day, looking forward to the next Wellbeing Wednesday!





Exams

Year 10 students sat their Half Yearly Exams this week with Years 7, 8 and 9 to follow in coming weeks and Year 12 to sit their Pre-Trial Exams. I would like to congratulate the majority of Year 10 who displayed exemplary behaviour throughout their exam period and wish all of our students preparing for upcoming exams the best of luck. Some study tips for you as you prepare:

1. Plan a study timetable
2. Prepare your study area
3. Keep healthy: eat, sleep and move
4. Minimise distractions and overcome procrastination
5. Take breaks for your wellbeing

Ms E. McCluskey
Head of Secondary

PRIMARY NEWS

Today our Year 4 students participated in the Sacrament of Reconciliation which signifies the final step in their preparation for their First Holy Communion. I would like to take this opportunity to thank Sr Irene and Sr Marlene for their guidance and support, the Year 4 teachers for spiritually preparing the students throughout the year, Mr Aboufarah and Mrs Kevill for their role in organising the celebration, as well as Mrs Sassine, Mrs Chalhoub, Mr Nouh and all the teachers who will be assisting on the day. A very big thank you to Administration and Support staff for their continued hard work behind the scenes. We ask our College community to keep the Year 4 students in their thoughts and prayers.



New Arrivals

Congratulations to Ms Natalie Pamboukian and her husband, who welcomed a beautiful boy named Adrian into the world on Wednesday 19th May. He is sure to bring a great deal of joy and happiness into their lives.

Kindergarten Interviews

This week we conducted our Kindergarten Interviews for students beginning school next year. It is always wonderful to meet the fresh new faces of those who will be joining our College community. Thank you to the Administration Staff, Primary Leadership Team and our current Kindergarten teachers for ensuring the interviews ran smoothly.



Wellbeing Wednesday

Primary students celebrated Wellbeing Wednesday with activities being conducted both during class and throughout break times. Our younger students joined with some Year 6 students to participate in a yoga session. All felt very relaxed by the time they had finished. Thank you to Ms Kartabani, Ms Saap and the Wellbeing Committee for organising such a wonderful day.



National Simultaneous Storytime

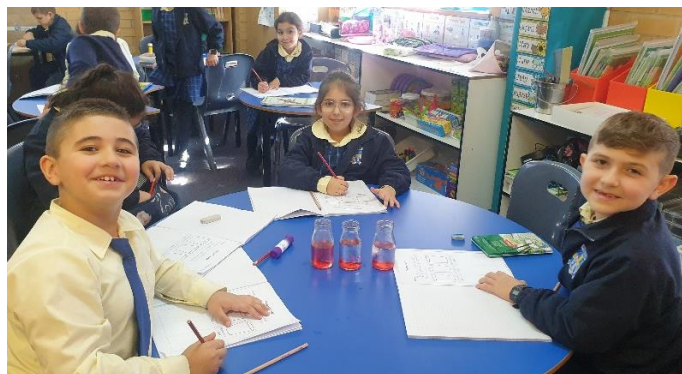
This week MCHF participated in the yearly National Simultaneous Storytime. This is an annual campaign that aims to encourage more young Australians to read and enjoy books. Every year a picture book, written and illustrated by an Australian author and illustrator is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. This year's chosen book is, 'Give Me Some Space' written and illustrated by Philip Bunting.

Students from Kindergarten to Year 3 had a special visit from Astronaut LeMerle who arrived in her intergalactic suit. Each class was taken on a spectacular reading adventure through space before completing a range of fun activities. The experience was certainly, 'out of this world'.



Year 3 Scientists

Students from 3 Lavender have been busy conducting investigations on thermal energy during their Science lessons. They have developed a good understanding of exactly what a fair test is.



Year 6 Blast Off into Space

Year 6 are currently learning about Space. Last Friday, they had the opportunity to listen to George Chamitoff, an engineer and former NASA astronaut. He shared his experiences through a Zoom call with students from all around Australia. George told the students how he was inspired to become an astronaut from a young age after he watched Apollo 11 take-off. Years later, he made a phone call to NASA to see exactly what he needed to do in order to fulfil his dream. George then began his journey which included attending university and completing intense training at NASA before finally travelling into space. This experience further enhanced the students' knowledge and curiosity about the current unit of work.



Library Borrowing

Library borrowing is an important part of a child's wider reading experience. Students are able to borrow a range of fiction, non-fiction, picture books and chapter books. Mrs LeMerle is always adding new books to our

collection. Please encourage your child to bring their library bag to school each week so that they can borrow some of the wonderful books that are available. If your child has any overdue library books, can they please be returned so that other students have the opportunity to borrow them.

Smart Watches at School

A reminder that College Policy states that Smart watches are banned. The need for these expensive items to be brought to school is not necessary. Any student found to be wearing a device of this nature will have it removed from their possession. Parents will then be called and asked to collect the device from the Main Administration Office. I thank you in advance for your understanding and cooperation.

School Uniform

Many thanks to the parents who are ensuring that their children arrive at school well presented each day. The teachers will be doing regular uniform checks to ensure that students are wearing their full school winter uniform. Appropriate haircuts will be continually checked as well. Wearing the school uniform with pride is an important message to give to our students about their identity as a member of the MCHF community. We ask that you continue to always encourage your child to wear the correct school uniform.

Attendance

All students absent from school are asked to bring in a letter of explanation upon their return. Detailed documentation will be required for prolonged absences. We also ask that students who present with flu-like symptoms remain at home. Any students showing signs of sickness during the day, will be sent home.

Mr D. Day

Head of Primary

DATES TO REMEMBER

- ★ Monday 24th to Wednesday 26th May – Years 7 and 8 Half Yearly Exams
- ★ Monday 24th & Tuesday 25th May – Year 6 First Aid Training
- ★ Wednesday 26th and Thursday 27th May – Year 5 First Aid Training
- ★ Friday 28th May – Years 9, 11 and 12 Vocations Mass at 9am
- ★ Tuesday 1st to Friday 4th June – Year 9 Half Yearly Exams
- ★ Wednesday 2nd June – COLLEGE TOUR (*Please contact Georgette Baini to book, Media@mchf.nsw.edu.au*)
- ★ Friday 4th June – Kindy, Year 1 and Year 2 Mass at 9am
- ★ Tuesday 8th June - Year 10 Parent/Teacher Interviews from 3:30pm-7:30pm
- ★ Friday 11th June – Years 6, 7 and 10 Sacred Heart of Jesus Feast Mass at 9am
- ★ **Thursday 22nd June – Term 2 Ends for Students**
- ★ **Friday 23rd June – Years Kindy to 9 Parent Teacher Interviews (Day Session)**
- ★ **Tuesday 13th July – Term 3 Commences for Students**

★★★ CONGRATULATIONS ★★★

All Rounder Awards:

- ★ Lucciana Mikayla Gebour, Sarah Grace Azzi, Jamie Dahdah, Tiana Fahel, Bakhos Semmaan, Daivd Elias Youssef (Kindy)
- ★ Ella Abi-Khattar, Alex Ayoub, Jade Bechara, Anthony Bou Assi, Peter Boutros, Danielle Delia, Charlie El-Katrib, Gabriel Estephan, Emmanuel Fares, Christian Ishac (Year 1)
- ★ Andrea Haddad, Charbel El Haddad, Sirat Kaur (Year 2)
- ★ Isabella Zaher, James Koura, Julian Azar, Clarita Deeb, Gaia El Khoury, Elliana ElJer, Joe Obeid, Christian El Khoury, Anthony Taouk, Olivia Tawk, Charbel Bou Assi, Lily Rose El Katrib, Cecil Diab, Francis Ishak (Year 3)
- ★ Charbel Baaklini, Alyssa Dababneh, Angelina Saba, George Malouhi, Anthony Mallouhi (Year 4)
- ★ Adriana Saba, Charlize Sleiman, Tiana El-Bazouni, Rebecca Franjie, Dania Nakhoul (Year 8)
- ★ Ashton Tannous (Year 12)

Bronze Awards:

- ★ Paul Maroun, Chanel Awad (Kindy)

- ★ Pio El-Khoury, Clara Boulos, Christiana Hadchiti, Jacob Tawadrous (Year 2)
- ★ Julian Basnet, Charbel Sleiman (Year 3)

ALSO THIS WEEK...

Primary Prayer Group



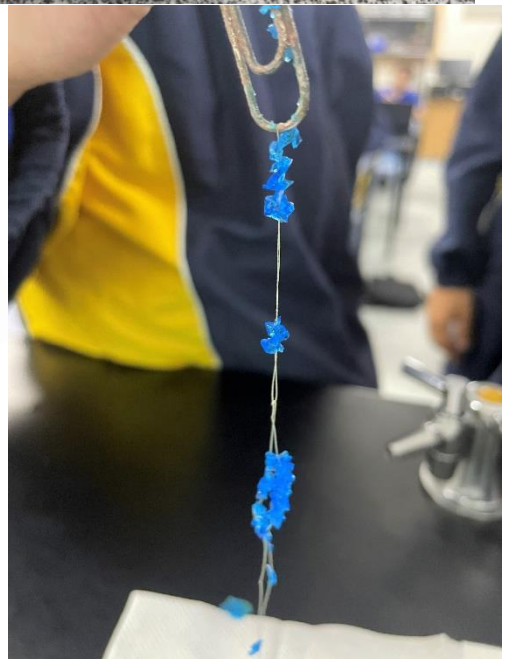
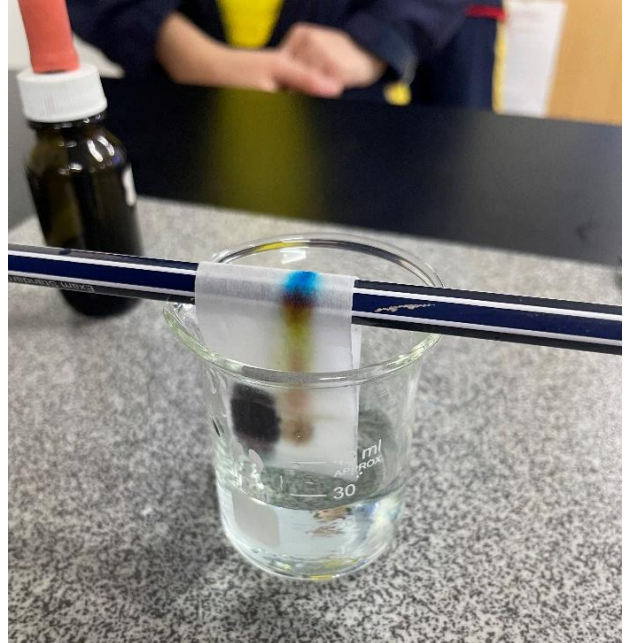
Asthma and Anaphylaxis Training for Years 4 and 6 Students



Starting young – Early morning study session in the playground.



7.3 science students use chromatography to separate colours in a mixture *and* make crystals from copper sulfate. Don't we all want to join this class?!



Year 9 Science students make and imitate a volcanic eruption.



Year 11 CFS students complete observations around the school as a part of Primary Research Methodologies.



Year 11 Visual Arts students working on their "Self Portraits/ Alter Ego" major works for the semester.



Year 11 Essay Writing Workshop run by Ms Delimitros



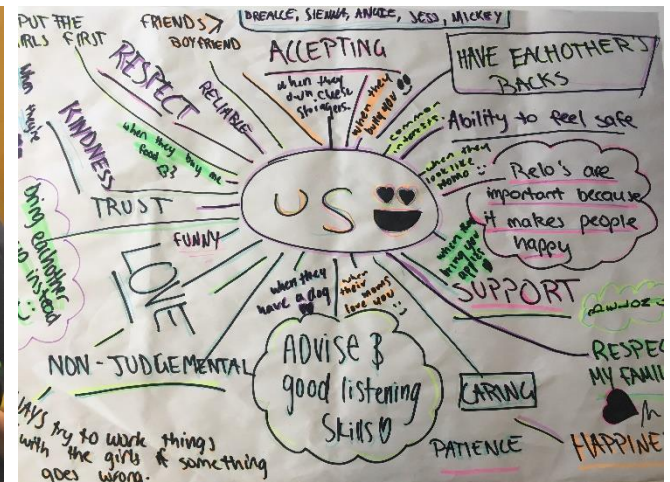
This morning, Year 12 participated in liturgy with Mr Hayman and the RE Department.



Year 11, Learning Effective Leaders



Last week, Year 9's Pastoral session for the girls, led by Christie Khoury (Secondary Psychologist), and was about the ideas of "Respect for each other".



PARENT CORNER

👉 PLEASE DOWNLOAD THE SKOOLBAG APP! 👉

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 Bains if you have issues – 9633 6600.

FREE PARENT WEBINARS

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

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.

Their most recent webinar was on **Memory and Effective Revision** and took place last week. Elevate has kindly extended access for us so that parents who missed the live event can watch it on replay here:

<https://go.elevateeducation.com/e/891981/au-replay/nx7j/67584993?h=CTmzX6rQsa08iUMaaVMDm0fOznoOlfy8Zicemfpr9vg>

The next webinar on **Wednesday, June 2nd** will focus on **Exam Preparation** and will help you create a revision road map with your child to help them prepare effectively in the weeks leading up to exams. With exams fast approaching, this will be a fantastic session to tune into. If you have not yet registered, you can do so below.

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

Free Exam Preparation Webinar

Register FREE for the next webinar on Exam Preparation: <https://go.elevateeducation.com/e/891981/au-register-nx7n/67584993?h=CTmzX6rQsa08iUMaaVMDm0fOznoOlfy8Zicemfpr9vg>

Webinar replay

📺 Watch the [Memory webinar replay here](#).

🔗 Download the [resources here](#).

☎ [1300 667 945](tel:1300667945)

✉ auscoaching@elevateeducation.com

🌐 <https://go.elevateeducation.com/e/891981/2021-04-25/l3l6/55782605?h=Kd7-Rf03duklo17zbAoBQkQyFOzknNgk7F9UZtVUvk>

👉 <https://go.elevateeducation.com/e/891981/ElevateEd/l3l8/55782605?h=Kd7-Rf03duklo17zbAoBQkQyFOzknNgk7F9UZtVUvk>

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/>

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