



Maronite College of the Holy Family

NEWSLETTER

23-25 Alice Street, Harris Park, 2150

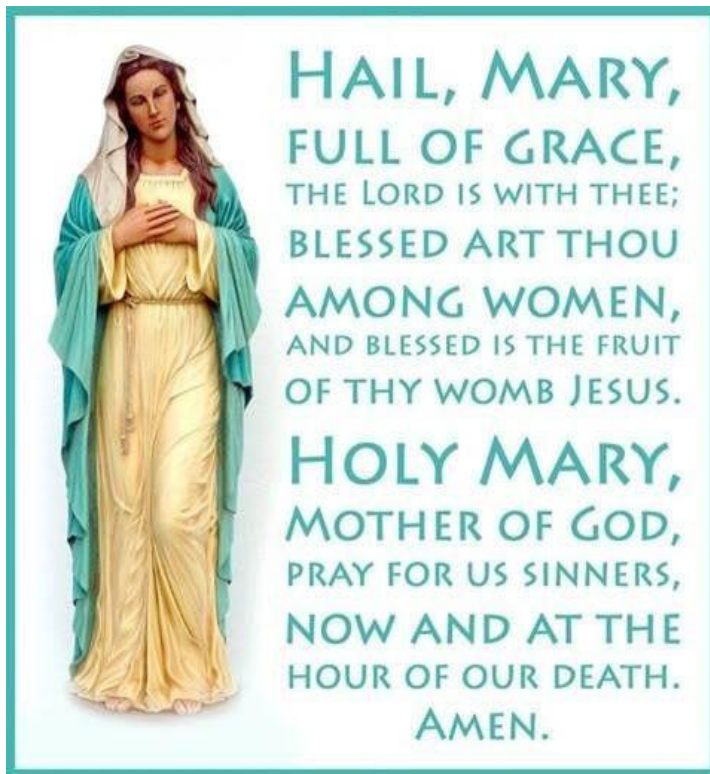
Tel: 9633 6600 Email: Admin@mchf.nsw.edu.au

Term 3 - Week 6: Friday, 20th August 2021

MESSAGE FROM THE PRINCIPAL

I would like to thank all Staff for the wonderful Foundation Day Celebrations, which took place last Friday. The Rosary Relay was a wonderful way to pray the Rosary. On behalf of all the parents, I would especially like to thank all the teachers for their hard work in teaching the Curriculum online. This is not an easy task and I commend them all on their efforts.

As we continue in this month of August, I would like to ask all of you to continue to pray the Holy Rosary so that Our Lady can continue to help us fight this terrible pandemic, which has taken over the world. As you all are aware, Lebanon and its people are facing many hardships. The population is struggling with no electricity, petrol, food and money. Please pray for all our parents, grandparents and cousins who face these hardships on a daily basis.



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

August – Mirror of Patience

Saint Joseph is called the “mirror of patience.” He *reflects* for us what patience looks like with the model of his saintly life. He *reflects* patience in how he endured difficulties without abandoning himself to sorrow and without losing sight of the good toward which he was striving. St Joseph’s life was a continual process of waiting on the Lord’s revelation to him. He had to wait for the Lord to reveal what Mary’s pregnancy was all about, and what his role was to be. When Jesus was an infant, St Joseph had to take his family and uproot them to Egypt to flee Herod’s murderous threat (Matthew 2:13-23). In Egypt, he would have had to find new work and new shelter for his family, and stay indefinitely in a foreign land, but Joseph was patient. Joseph trusted in God’s providential care for him.

**Sr Irene Boughosn
PRINCIPAL**

MESSAGE FROM THE ASSISTANT PRINCIPAL

COVID and Remote Learning Reminders

- There are still a very limited number of staff at the College on a daily basis.
- Avoid coming on College grounds. Please contact the College via email admin@mchf.nsw.edu.au or phone 9633 6600.
- Supervision is strictly provided only for students with essential working parents.
- All staff are required to wear a mask at all times when at the College. Secondary students are required to wear a mask in classrooms when on College grounds.
- Support and assistance for students' wellbeing is available during remote learning. Please contact your child's Stage Coordinator (Primary) or Year Advisor (Secondary) for more information.
- During this time of remote learning and with the majority of College staff working from home. Staff are using their mobile phones to contact home; therefore, if you are receiving private number calls, it is most likely a member of staff from the College.

Restrictions and Lockdowns

The current lockdown and restrictions doesn't seem to be easing anytime soon. We cannot stress enough the importance of ensuring we all play our part by adhering to the current public health orders. I especially request from our essential working parents who are sending their child/ren to the College for supervision to be extra vigilant on weekends ensuring that they do not place themselves at any risk as the current delta strain is spreading within LGAs and our surrounding LGAs.

Remote Learning Theme Days

Every Friday we will be having theme days to promote wellbeing and positive learning experiences. This week our theme was Beanie and Hat Day!





Next week our theme will be a Crazy Hair Day! Students are invited to have a crazy hair style for the day. The crazier the better!

We encourage our students to get behind our weekly themes and send your photos to media@mchf.nsw.edu.au



REMOTE LEARNING THEME DAYS

Term 3 Week 7: Friday 27th August 2021

CRAZY HAIR DAY

Style your hair for the day and go CRAZY!
Take photos and send them to the College via email
media@mchf.nsw.edu.au



Mr E. Asmar
Assistant Principal

SECONDARY NEWS

Our secondary students continue to work hard and make the best of these very trying times. I would like to thank our families for the ongoing support they are giving to both their children and our staff.

I also want to acknowledge our teachers for all of their hard work. They are continuing to produce fun and engaging lessons and spending many hours preparing and marking – thank you for all your efforts, they are very much appreciated and do not go unnoticed.

Mr Shah's Year 10 Mathematics Class

Our Year 10 maths class was off to a flyer with our new topic, "Statistics". There are plenty of statistics in our current world that we have to use, whether it's from Nine News at 6pm, or from our Instagram feed. We will be exploring how we can make sense of data and ultimately draw conclusion.

- Mr N. Shah

Frequency Distribution Table

9	7	63	18
10	2	20	20
Total:		83	164

Box and whisker plots

LS = 1
1. Q1 = lower quartile = (-2)

Q1 25% median 50% Q3 75%

Stats 2
6 views · 0 likes · 0 comments
y: 10.1
Mr. Shah

Lowest score is 1
Highest score is 10
Median = 4.5

Year 11 Max Potential

We are proud of our Year 11 students Jacob Semaan, Georgia Khattar, Elie Joukhadar, Wadih Tannous and Mark Nemer who have completed the first step of their Max Potential Program. This program focuses on youth leadership and allows our students to challenge themselves and develop entrepreneurial skills under the guidance of mentors. We congratulate them on producing excellent Self Expression Films that allow us and their mentors an insight into their lives. We wish them all the best in the rest of this journey!

Year 12

Year 12 will conclude their classes on Wednesday 15th September which was to be their graduation date. As previously advised, Year 12 Graduation will now be on Wednesday 17th November.

ASX Games

We would like to wish the following students good luck as they begin our HSIE Enrichment program – ASX Games. They will play against thousands of students across Australia trading stocks on the virtual market with an initial amount of \$50,000 to spend on ASX rates.

Abdo Abou-Chedid, Arthur Maroun, Bakhos Hadchiti, Marcel Deeb, Jesse Ellis, John Bounasr, Matthew Bounasr, Jacob Mansour, Omar Amoud, Joe Raad, Anthony Samson, Christian Abdulhad, Rebecca Hanania, George Zaidan, Simon Bazouni, Jorjuos Jarjes, Marissa Chalita, Jean Paul Azar, Angelina Wehbe, Juliana Makary, Yveyana Angelina, Zeaiter, Tiana Dora Bou Melhem, Norma Samaha, Audrey Tannous, Ella Marie Kalache, Jacob Khattar, Milad Aouad

Beanie and Hat Day

Today we held our Beanie and Hat Day where staff and students wore their favourite hat or Beanie to class. Below are some of our staff preparing for the big day!



Messages of Support

Messages of support continue to flow for our students from our staff. See below what our Year 7 homeroom staff put together for our students for Foundation Day last week.



Matthew 7:24
"Everyone who hears these words of mine and does them will be like a wise man who built his house on the rock."

Happy Foundation Day, We are here for you always Yr 7

From: Mr Yager, Mr Gharrach, Mrs Kanfouche, Mrs Swamy, Mr Abood, Mrs Mankoo, Mrs Safi and your Year Co Mrs Hadchiti Stephan.



Daily D.O.S.E.

Are you getting your daily D.O.S.E?

Hormones are chemicals produced by different glands across your body. They travel through the bloodstream, acting as messengers and playing a part in many bodily processes. One of the important functions of these hormones is that they help regulate your mood and promote positive feelings, including happiness and pleasure.

D.O.S.E is the acronym for the major chemicals in our brains that influence our happiness - The brain's happy chemicals. These chemicals are Dopamine, Oxytocin, Serotonin and Endorphins. On both a biological and mental level, the release of these chemicals makes us happy. This happiness leads us to want more happiness. These chemicals make us want more of the same chemicals.

Have a look at the infographic, below, and see what you can do to increase your happiness chemicals today!

GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good

1 What are the Happy Chemicals?

- DOPAMINE**
 - Enables motivation, learning, and pleasure
 - Gives you determination to accomplish goals, desires, and needs
- OXYTOCIN**
 - Feeling of trust, motivates you to build and sustain relationships
 - Known as "Cuddle or Love Hormone", plays a role in bonding
- SEROTONIN**
 - Feeling significant or important among peers
 - Calm form of accepting yourself with the people around you
- ENDORPHINS**
 - Releases a brief euphoria to mask physical pain
 - Response to pain and stress that alleviates anxiety and depression

2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS

3 How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

2020 Banana Tree Log

Ms E. McCluskey
Head of Secondary

PRIMARY NEWS

This week started with further restrictions as NSW was placed in State-wide lockdown. Adhering to the Public Health Orders can be difficult, especially for our younger students who may not yet realise just how important it is. Below is some valuable advice to follow which may assist all of us during these uncertain times.

1. Maintain a regular routine. This should include time to connect with your family and friends on the phone or over the internet. Conversation with others provides a welcomed break and can reduce stress and anxiety.
2. Reduce exposure to information provided through media outlets that may be misleading or untrue. This will reduce any unnecessary feelings of unrest or panic.
3. Look after your body both inside and out. Maintain a regular sleep pattern, eat well and keep active.
4. Take time for yourself and relax. Listen to music, go for a walk, or just find a calm place to sit and enjoy the silence.

I would like to, again, thank every member of our community for their efforts during this time. The professionalism of the MCHF staff, who continue to demonstrate their dedication to our students' learning, cannot go unmentioned. Thanks to the parents and students for the resilience that you display as our Remote Learning journey continues. Finally, to Sr Irene and Sr Marlene for, not only their leadership, but also for providing spiritual guidance in a time when it is most needed. Stay well and keep safe.

Learning from Home

We love sharing Remote Learning adventures from home. Here are some photos of 5 Sapphire displaying their dramatic skills. Students had to pick up a water bottle and pretend that it was a microphone or a trophy.

Holding a trophy



Picking up dog poo



Holding something heavy



Reading at Home

It is important that your children continue their reading for at least 20 minutes a day. The consistency is necessary as it enables your child to develop their vocabulary, comprehension, and oral language. Sharing books with your child, listening to them read and discussing the text is also a very important part of the learning to read process.

Writing for Purpose

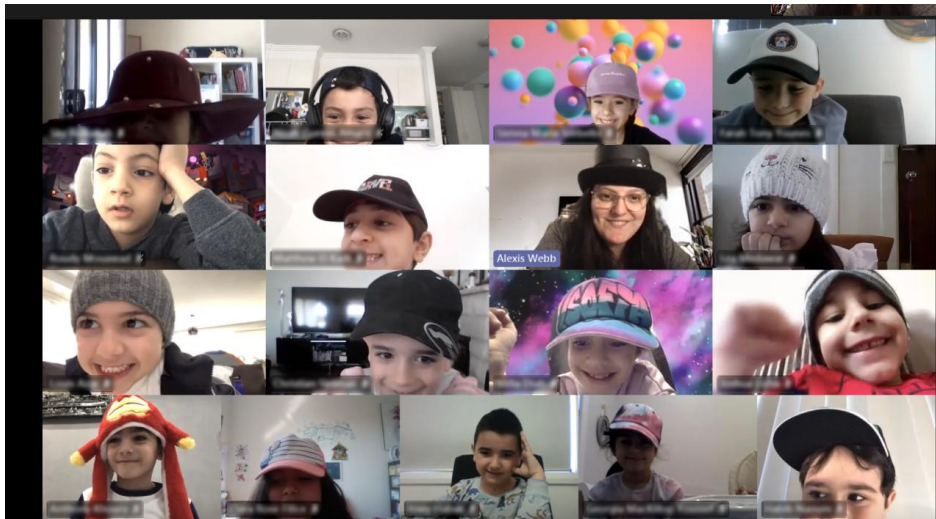
We don't often realise the many forms that writing takes. It is important to note that the way we write depends very much on the purpose for our written text and the audience that it is targeted for. At home, you can assist your child's writing skills by asking them to write a shopping list, labels for items in the cupboard, emails to family and friends, a daily journal, or recipes for some delicious homemade treats.

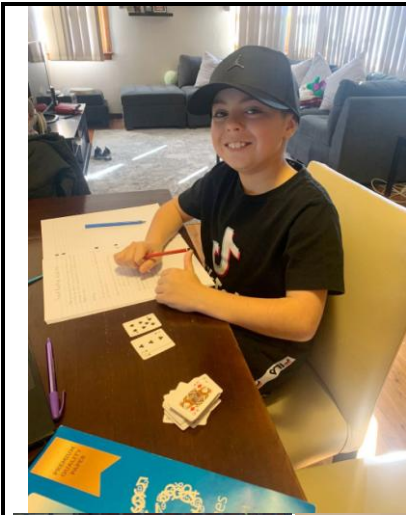
Theme Days

Don't forget to join in the fun of our College Theme Days. Students are so excited to see not only what their friends are wearing, but also what their teachers have dressed up in as well. Remember that these days can also be enjoyed by our parents and older siblings too.

Beanie or Hat Theme Day

Today our students wore their beanies or fancy hats to their online class. It was a great way to keep their brains warm and ready to learn!





Learning Centre News

Keep up to date with all the latest news from Ms LeMerle. Happy reading!

Book Club

The great news is that Book Club is still available during Remote Learning. This will allow your child the opportunity to continue to purchase their desired books. Issue 6 is now LIVE and will be open for orders until the end of this term. Please follow the link below for more details. <https://www.scholastic.com.au/media/6360/bc521.pdf>



World Book Online

Access to this wonderful site includes World Book Kids, Student, Advanced, and Timelines. **Free access** to this site has been provided for our families **until 3rd September 2021**.

Log in: www.worldbookonline.com

Username: good

Password: anzsl



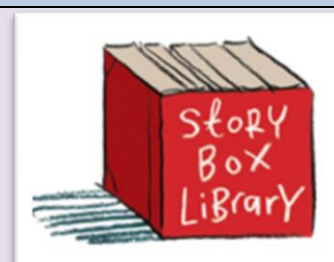
Story Box Online

Story Box Online is an educational website created for children to view and enjoy stories by local authors and illustrators. Students can also listen to books being read by several fantastic storytellers. **Free access** to this site has been provided for our families **until 3rd September 2021**.

Log in: <https://storyboxlibrary.com.au/login>

Username: mchflibrary

Password: mchf2021



2021 Premiers Reading Challenge

Just a reminder that the closing date for student entries into the Premier's Reading Challenge is Friday 3rd September. All reading records need to be completed prior to this date so that they can be lodged on time. Remember, even if you are finished, keep on reading! <https://online.det.nsw.edu.au/prc/studentExperience.html#/>



Mr D. Day
Head of Primary

★★★ CONGRATULATIONS ★★★

Remote Learning Awards - Week 6

Mariella Rita Maroun - K Blue

Antoine Tannous - K Rose

George Oliver Dib - 1 Gold

Charbel Nassim - 1 Lilac

Angela Daniel Hobeiche - 2 Diamond

Joseph Richard Dababneh - 2 Pink

Jaered Buan - 3 Lavender

Christian El Khoury - 3 Yellow

Alyssa Marie Dababneh - 4 Violet

George Youssef Semaan - 4 Olive

Bernadette Yaacoub - 5 Opal

Lynn Haddad - 5 Sapphire

Anthony Jabbour - 6 Indigo

Mary Naim - 6 Teal

Ella Marie Sukkar - Year 7

David Abi Khattar - Year 9

Luciana Dib - Year 11

Christian Taouk - K Red

Maria Abed - K White

Ramone Junior Mallouhi - 1 Green

Anthony Kkoury - 1 Silver

Ethan Charbel Azzi - 2 Jade

Michael James Saba - 2 Purple

Eva Nakhoul - 3 Orange

Charbel Anthony Mawad - 3 Beige

George Charbel Merheb - 4 Aqua

Serena Sadek - 4 Amber

Alannah Azzi - 5 Rainbow

Isabella Deeb - 5 Ruby

Natalya Ibrahim - 6 Emerald

Joy Howley - 6 Topaz

Emily Farah - Year 8

Joseph Abi Khattar - Year 10

Ashton Tannous - Year 12

Bronze Award

★ Theresa Semaan (Year 8)

DATES TO REMEMBER

Wednesday 15th September - Year 12 finish Term 3
Thursday 16th September - Term 3 Concludes for Students

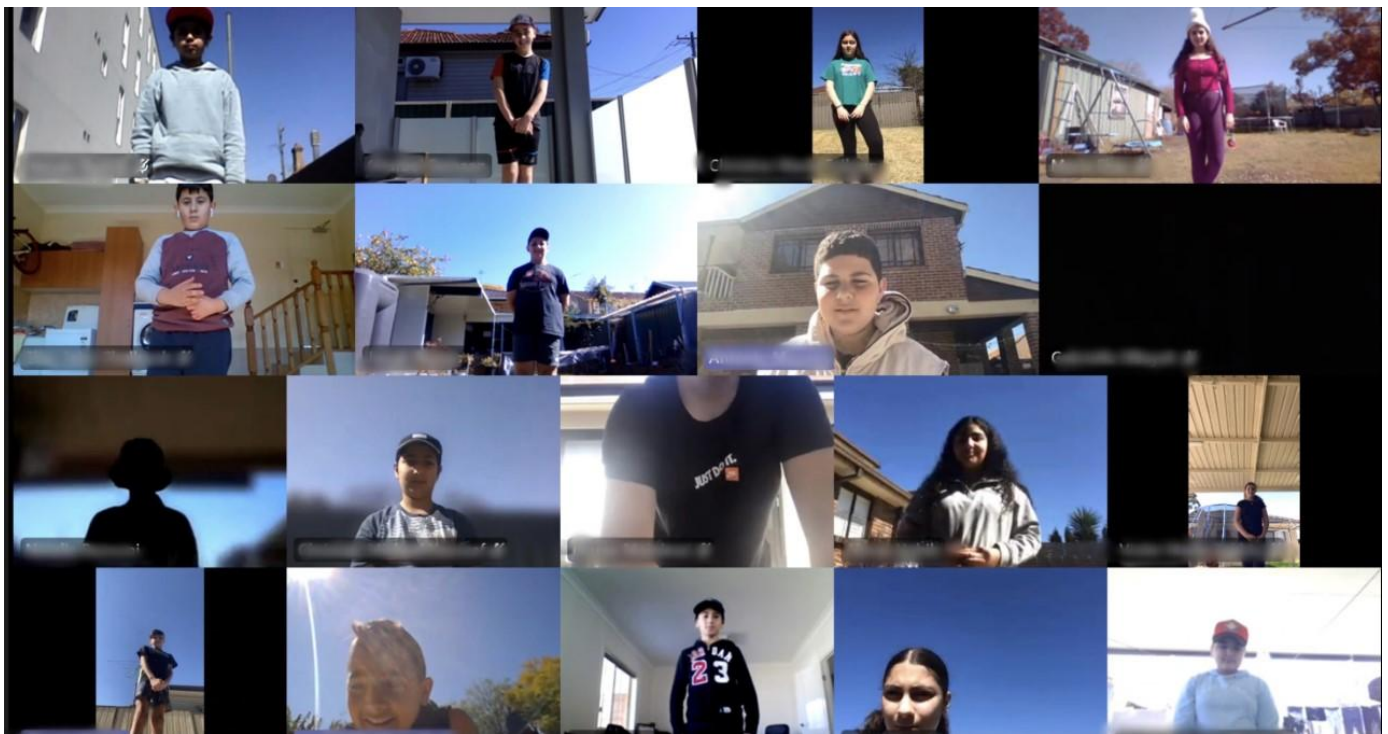
REMINDERS AND NEWS FROM FEES AND ENROLMENT

The following excursions have been cancelled for this year and credits will be applied off school fees:

- Year 6 Camp
- Year 11 First Aid
- Drama
- Music

ALSO THIS WEEK...

6 Teal Outdoor Cardio Lesson - Exercise with a splash of Vitamin D!



Kindy Playing Shop Keepers in Math!

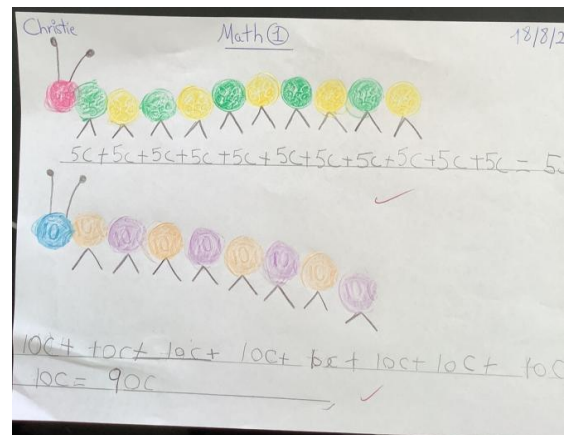
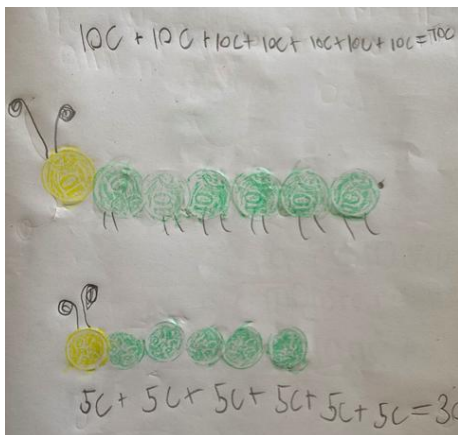




Take a look at Kindy's Winter Wonderland theme day...



This week, Kindy students enjoyed learning all about Australian money. The students used their skip counting skills to add up the total of their coin caterpillars.



Year 10 food tech completed a practical task at home, using the ingredients they had available, to create a possible product they could sell at a supermarket that is a fresh pre-prepared food product. This is what Margarita Harb made. Looks delicious!

Fresh food product before being cooked



AFTER BEING COOKED IN THE OVEN

DOUGH
USED



STUDENT CORNER

SCHOOL OPAL CARDS

Please scroll down to parent page

UAC Digital / Mental Health and the HSC Webinar Thursday, 2nd September 2021

A panel of experts will help HSC students and their parents identify the differences between healthy stress and more serious mental health challenges. Please click the link for more information...

<https://uacdigital.easywebinar.live/mentalhealthhsc>

The Skills and Thrills Digital Students Showcase, a free online careers resource is now available to all NSW high school students.

The Skills and Thrills Digital Students Showcase is an online video designed for high school students (years 7-12), educators and parents, to provide information about post school pathways.

The content covered includes:

- Vocational Education and Training (VET) pathways
- Industry trends
- Impact of COVID-19 on industry
- Apprenticeships, Traineeships and SBATs
- Provides an understanding of skill shortages and the future of work
- Helps students connect their passion to a career

The video created by SkillsOne in partnership with the NSW Government can be viewed at

<https://www.skillsone.com.au/category/digital-students-showcase/>

PARENT CORNER

SCHOOL OPAL CARDS

School Opal cards have a physical lifespan of five years. Between now and the end of 2021, School Opal cards which haven't been renewed in the past five years are due to be replaced for 44 students of MARONITE COLLEGE OF THE HOLY FAMILY - PARRAMATTA.

Impacted students or their parent/carer will be contacted, by Transport for NSW, via email or post. They will be asked to confirm their contact details via a secure [online form](#) to ensure their replacement School Opal card is sent to the correct address.

If students or parents/carers have any further questions they can contact Transport for NSW via transportnsw.info/feedback, then select "Fares, concessions & tickets" and then the "Question" button.

USEFUL LINKS & RESOURCES

NSW Dept of Education

Education Live Videos/Livestreams/Fun Lessons - <https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home>

Disability Learning and Support Advice - <https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home/disability-learningand-support-advice>

ACYP – Advocate for Children & Young People - <https://www.digitallunchbreak.nsw.gov.au/>

Coronavirus (COVID-19) Mental Health Support - <https://lifeinmind.org.au/communities/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19>

Australian Reptile Park - <https://www.reptilepark.com.au/educationhub/>

Art Gallery NSW - <https://togetherinart.org/kids/>

Sydney Opera House - <https://www.sydneyoperahouse.com/digital/for-the-kids.html>

Australian Museum - <https://australian.museum/inside-out/homeschool-resources/>

Taronga Zoo Sydney - <https://taronga.org.au/education/digital-programs-online-resources/enrichment-design-competition>

2021 BYOD Portal

<https://www.jbeducation.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>