



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 8: Friday, 3rd September 2021

MESSAGE FROM THE PRINCIPAL

Today, we celebrated our Father's Day Mass in honour of all our fathers. We ask our Heavenly Father to protect all our fathers on this day, especially during this difficult lockdown period where many of us will be unable to celebrate with our families. May all fathers follow the example of St Joseph and his many virtues, as they continue being a source of inspiration to their families.

I wish all fathers, in particular the fathers at our College, a very Happy and Blessed Father's Day!

HAPPY FATHER'S DAY ST. JOSEPH & ALL FATHERS

Heavenly Father, You entrusted Your Son Jesus, the child of Mary, to the care of St. Joseph, His foster father.

BLESS ALL FATHERS as they care for their families. Give them strength and wisdom, tenderness and patience; support them in the work they have to do, protecting those who look to them, as we look to You for love and salvation, through Jesus Christ our rock and defender. Amen.



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

September – Joseph Most Prudent

Prudence is the mother of virtues which depend upon the practical wisdom gained by experience matched with an agile mind to make decisions in the here and now. Each time Joseph knew the will of God he acted decisively, swiftly, and accurately. He acted neither rashly nor timidly, but prudently.

**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 and secondary students are required to wear a mask at all times when at the College.
- 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.

Return to School Road Map

As announced by the NSW Premier, the College is currently working through the return to school road map. The plan will be actioned if the Parramatta LGA no longer is a hot spot or area of concern. Further details of the plan will be announced early Term 4.

Secondary Student Mask Wearing Update

From Monday 30th August secondary students will be required to wear face masks in both indoor and outdoor settings while on school grounds.

This is to align with the NSW Health Public Health Order, which requires all persons over the age of 12 living in areas subject to stay-at-home rules to wear a face mask in public indoor venues and while outdoors. The new requirement will also help support the health and safety of students and staff still attending school. Existing exemptions continue to apply.

Accessing College Grounds

The College will be enforcing strict procedures for parents/guardians/visitors accessing the College grounds. All parents/guardians/visitors will be asked to buzz the College from the entrance gate where instructions will be provided via the intercom by the Admin Staff.

Family Phone Calls

Our Staff have been making many phone calls to all families in the College over the past few weeks. As many of our staff are working from home, the number might present as 'No Caller ID'. We will make a few attempts to reach out to check in with students and parents and be able to see how everyone is going.

Remote Learning Theme Days

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





Next week our theme will be an Odd Shoe Day! Students are invited to mix and match their shoes. The odder the better! We encourage our students to get behind our weekly themes and send your photos to media@mchf.nsw.edu.au

Father's Day

This weekend we celebrate Father's Day. I take this opportunity to wish all our fathers, grandfather's and Godfather's a blessed Sunday with their families. We take this opportunity to celebrate and thank our father's for all the sacrifices and hard work they do for their families, especially during this current pandemic. Through the intercession of St Joseph, the father of the Holy Family, we pray for all our fathers, both living and departed, and we ask you, Lord, to bless and guide them. Have a great weekend!

Mr E. Asmar
Assistant Principal



REMOTE LEARNING THEME DAYS

Term 3 Week 9: Friday 10th September 2021

ODD SHOE DAY

Mix and match your shoes for the day.

The **ODDER** the better!

Take photos and send them to the College via email media@mchf.nsw.edu.au

PRIMARY NEWS

Today MCHF celebrated Father's Day with a beautiful mass honouring all our fathers. Unfortunately, the current restrictions prevented us from being physically present at the celebration, but the wonders of technology enabled us to be present online. Father's Day as we know it, originated in the United States. A woman called Sonora Smart Dodd who was inspired by Mother's Day celebrations, believed that fathers should also be honoured in the same way. The love that she had for her own father encouraged her to establish an annual day of adoration for all fathers with the first occurring on the 19th of June 1910. In Australia, it is believed that the initial Father's Day occurred on the 4th of September 1936. I would like to take this opportunity to wish all our fathers a very happy and blessed day, surrounded by those who love you.

Celebrating Father's Day at Home

Students were given the opportunity to participate in a range of fun Father's Day themed activities today. Many put their artist skills to work and participated in a competition, which required them to draw their dad, uncle, or grandfather. Here are some of the stunning portraits received.



Wellbeing

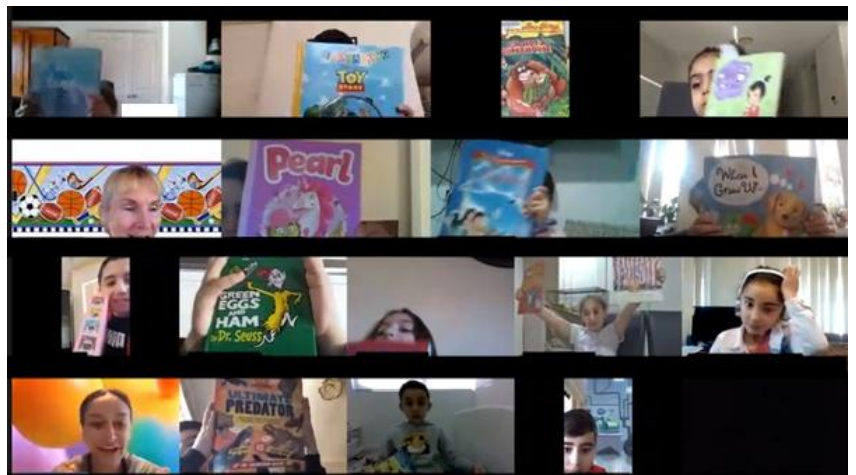
During Remote Learning, fatigue can be an ongoing challenge for all concerned. The lack of motivation your children may have towards their schoolwork is just one example of this. Unfortunately, there is no quick remedy to solve this issue. A person's mental health plays a major part in how motivated they are to attempt and complete work. In children, it is sometimes more difficult to recognise the state of their mental health. Consistent displays of argumentative, defiant, or lazy behaviour may be an indication that your child requires a break from their work, some more exercise, or an opportunity to connect with friends. The wellbeing activities included in your child's daily schedule allow for students and families to spend quality time together so they can strengthen their mental health muscles. They also provide the gift of real strategies that they can continue to utilise throughout their life.

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.

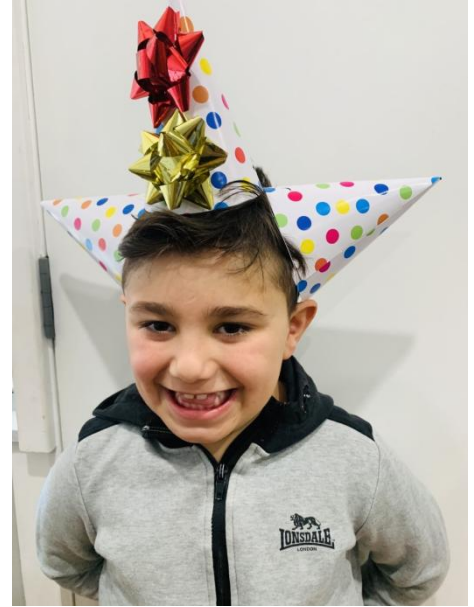
Learning from Home

Our Remote Learning adventures from home are always different and exciting. This week, students from 1 Gold excitedly shared their favourite books with Ms LeMerle. Seeing the love her students have towards their reading always puts the biggest smile on Ms LeMerle's face.

Kindergarten have been busy again this week but this time it was all about making us laugh. We love all the photos from our youngest students as they enjoy learning



dressed in a different theme each day. A big thank you to our creative Kindergarten teachers who must be exhausted by having to think of so many different ideas.



Year 4 the best idea this week. The students were able to come dressed in their pyjamas. Ms Dib said she received no complaints from students who loved the idea of just having to roll out of bed. Luckily, they were all awake by the time their meeting started.



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. The knowledge we gain from reading a variety of texts, expands children's imagination and vocabulary, which greatly benefits their writing.

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.

You learn to *write*
better by *reading*.
You learn to *read*
better by *writing*.
Reading and writing *work*
together to improve your
ability to *think!*

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.

Jersey Day

Today our students and staff attended school wearing their favourite jersey. Our Primary students also had the choice to dress in the colours of their Dad's favourite team.

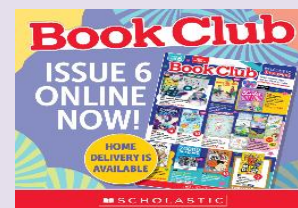


Learning Centre News

Thank you to Ms LeMerle for organising the Free Access Trial for World Book Online and Story Box. Access to both websites concludes today. Details regarding personal access can be found online. Keep on reading!

Book Club

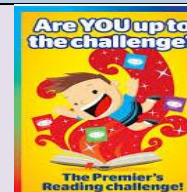
The great news is that Book Club is still available during Remote Learning. This will allow your child the opportunity to continue to purchase their desired books. Scholastic is currently organising the home delivery for any orders made from Issue 5 & 6. Orders for Issue 7 will be conducted in the same way next term. Please follow the link below for more details - <https://www.scholastic.com.au/media/6360/bc521.pdf>



2021 Premiers Reading Challenge – CONCLUDES TODAY

Just a reminder that the closing date for student entries into the Premier's Reading Challenge is TODAY! Please make sure that all reading records are complete so they can be lodged on time. Thank you to all students who participated in the challenge.

<https://online.det.nsw.edu.au/prc/studentExperience.html#/>



Mr D. Day
Head of Primary

SECONDARY NEWS

Year 7-11 Exams Update

The decision has been made under the current circumstances to move all yearly exams for years 7-11 online. The exams will still take place during the scheduled times in Term 4 and timetables for these exams will be released closer to the time.

Year 12 Updates

- Based on health advice, NESA is working to reschedule HSC exams to start on **9 November 2021**.
- The revised exam timetable and COVID safe exam protocols will be released in early September.
- HSC results will be released in mid-January.
- Universities are working to adjust their admissions processes, including with UAC for the calculation of the ATAR.
- Year 12 Graduation will be postponed to a date after the HSC finishes. This may need to be done virtually depending on the COVID situation at the time.
- Year 12 Formal has been postponed to 20th January 2022.
- Year 12 CSSA Trial Exams have been packaged up and mailed out to all students today.
- Year 12 Care packages are being delivered to all Year 12 students this week so keep an eye out for these in the mail.



Cancellations Due to COVID

Unfortunately due to COVID we have had to cancel the following events this year:

- Expo
- Year 11 Camp
- Year 8 and 10 Living History Incursion
- Year 9 Camp

Those families affected by these cancellations will be issued with credit notes to their accounts.

Enrichment Students

This term we had have a group of students working on enrichment projects. We are very proud of all of them for their efforts and achievements, particularly given the current circumstances. The list of students and their projects is listed below:

ENRICHMENT PROJECTS: Finalist List

1. **Year 7** - Peter Al Najjar: **Science experiment- Elephant Toothpaste**
2. **Year 7** - Zoe Marie Fagerstrom: **Textiles: Fashion Design**
3. **Year 7**- Rafka Dagher: **Space Presentation**
4. **Year 8** – Jonathan Semaan: **Realism Art – ‘Moonlight Shadow Steps’**
5. **Year 8** – Faith El Katrib: **Police Youth Posters**
6. **Year 8** – Gabrielle Germanos, Bianca Ishac: **Masterchef Cake Decorating**
7. **Year 8** - Adriana Saba, Gwen El Haddad: **Masterchef Cooking**
8. **Year 9** – Norma Samaha: **Medical Research on Oesophageal Atresia**
9. **Year 9** - Theresa Boustani: **Lebanon, the land of Sainthood/ لبنان أرض القدااسة**
10. **Year 9** - David Abi- Khattar – **‘Special creation’ artwork**
11. **Year 9** - Ella Marie Kalache, Hannah Maalouf – **Songwriting**
12. **Year 9**- Sayed Sleiman: **Medieval Craftings**
13. **Year 9** – Cyrine Nakhoul: **Photography**
14. **Year 10** – Nicholas Laba: **Short Stories**
15. **Year 10** – Jerome Francis: **Short Film**
16. **Year 10**- Tony Bechara: **Guitar build**
17. **Year 11** – Marissa Franjie: **Textiles Skirt Work**
18. Natalie Goodwin, Raquel Elias: **NRMA Project**

This week our winners were announced, we congratulate all students who participated in the program but special congratulations to the following students:

1st Place: Theresa Boustani – Cultural Tour of Lebanon and The Saints of Lebanon and Grace Sleiman - Special Projects Presentation

2nd Place: Norma Samaha – Medical Research Awareness and Johnathan Semaan Art Expression

3rd Place: Natalie Goodwin, Raquel Elias - NRMA Transport Research; Peter Al Najjar - Science Project

4th Place: Special Astronomy Award - Rafka Dagher; Creative Writing - Nicholas Laba

Yaara Bou Melhem Film Script Award: Jerome Francis

Senator Julie Owens Music Award: Hannah Malouf, Ella Marie Kalache, Tony Bechara

Fashion Awards: Zoe Fagerstrom, Marissa Franjie

Craftsman’s Award: Sayed Sleiman

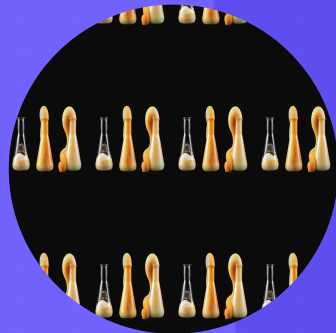
Special Food Creation Award: Gabrielle Germanos, Bianca Ishak, Adriana Saba, Gwen El Haddad

Special Community Service Art Award: Faith El Katrib

Creative Arts Awards: David Abi Khattar, Cyrine Nakhoul

How it will work

1. Pour the peroxide in the beaker. Then add the dishwashing liquid. Add the food colouring, add the potassium iodide and walk away quickly!



A RELIGIOUS TRIP OF A LIFETIME... Home Overview Destinations More...

Holy Places to visit



MEDICAL RESEARCH ON ESOPHAGEAL ATRESIA

BY: NORMA SAMAHA (Year 9C)



Jersey Day

Today we celebrate Jersey Day, a day that is recognised by schools and workplaces all around Australia. So many of our students participated by wearing their favourite jersey and it was so good to see our MCHF Community in unity during these difficult times.



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Year 11 Society and Culture

Year 11 Society & Culture met with Dr Diana Tahhan during one of their lessons this week via Zoom. Each student was able to ask questions and be inspired by the level of expertise by Dr Diana Tahhan who is a UNSW lecturer, author of various publications and books linked to Anthropology and Eastern studies as well as the Director of Sydney Healing and Research at Gymea. They were able to conduct an interview that allowed them to further understand the Japanese lifestyle especially the different modes of non-verbal and verbal communication which is part of their course this year.



MCHF Mock Trial

The MCHF Mock Trial team working after hours on Criminal Case for next week's competition. Thank you to Ella-Maria Bassil, Christelle Joukhader, Kayla Fasavalu, Pieta AlHindi, Anne Tannous and John ElBarhoun for their time and dedication to the trial.



Ms E. McCluskey
Head of Secondary

★★★ CONGRATULATIONS ★★★

Remote Learning Awards

Kindy Blue: Adele Mysak

Kindy Rose: Justin Khouri

1 Gold: Anthony Bou Assi

1 Lilac: Daniella Elias

2 Diamond: Charbel Tannoury

2 Pink: Brendan Bazouni

3 Beige: Leila George

3 Orange: Charlize Nohra

4 Aqua: Cynthia Makari

4 Amber: Mariah Wakim

5 Opal: Michael Salem

5 Ruby: Laurelle Sadek

6 Indigo: John Maroun

6 Topaz: Charbel Jabbour

Year 7 - Charbel El Hakim

Year 9 - George Chalhoub

Year 11 - Melissa Elkrrina

Kindy Red: Chloe Barakat

Kindy White: Gabriel Nakhoul

1 Green: Rachael Khalil

1 Silver: Christian Sleiman

2 Jade: Annabella Daher

2 Purple: Elizabeth Azzi

3 Yellow: John Daher

3 Lavender: Jayden Antonios

4 Olive: Maria Hallal

4 Violet: Charbel El Asmar

5 Rainbow: Angela Saghbi

5 Sapphire: Elyssa Wehbe

6 Emerald: Hanna Elias

6 Teal: Natalia Bazouni

Year 8 - Grace El Khoury

Year 10 - Stephanie Dimassi

Year 12 - Marina Akik

All-Rounder Awards

- ★ Tony Chebat, Anita Taouk (Year 8)
- ★ David Abi Khattar, Raymond Constanton, Katia Akik, Jade Farah, Hannah Habib, Michelle Ishak, Claudia Kabalan, Youssef Taouk, Joseph Ghannoum, Leya Mouawad, Anthony Samson, Meldoy Sleiman, Omar Amoud, Tiana Bou Melhem, Alexandra Chain, Jorjous Jarjes, Theresa Boustani, Joyce Yaacoub, Sirine Nakhoul (Year 9)
- ★ Selim Younes, Angelina Yaacoub Ann Tannous, Angelina Kassis (Year 10)
- ★ Raymond Hadchiti, Christian Nouh, John Nakhoul, Marina Akik, Simon Zaiter, Bassam Khattar, Briana Mekary, Erica El Bazouni, Christina Geagea, Margaret Sabat, Celine Moussa, Charbel Moussa, Ashley O'Brien, Roula Abou-Chedid, Jamile Jeitani, Mariana Bechara, Lauren Alhage, Raymond Bechara, Lana Chamchoum, Patrick Abou-Azar, Joseph Layoun, Nicholas Mouawad, Mansour Rahme, Christina Kazzi (Year 12)

Bronze Award

- ★ Joseph Maroun has received his bronze award (Year 8)
- ★ Celena Habib, Veronica Ibrahim, Norma Samaha, Ella Marie Kalache, Audrey Tannous, Rita Raffoul, Matthew El Bazouni, Youssef Taouk (Year 9)
- ★ Angelina Yaacoub, Benjamin Hannouche (Year 10)
- ★ Jason Chakti, Heleena Diab, Adrian Harb, Chanelle Coorey, Briana Mekary, Ashton Tannous, Nina Bousaid, Celine Moussa (Year 12)

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

During these times of lockdown and remote learning, we kindly request for parents/guardians to limit cash transactions. Our preferred method is through direct debit. Please contact the College if you require any further information or assistance.

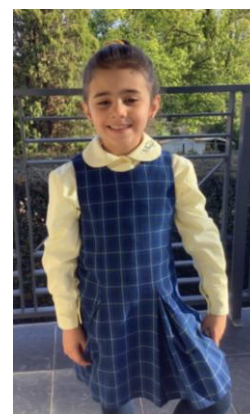
As advised at the start of the academic year, we kindly request you settle outstanding fees by 10th September 2021. If you are unable to meet this obligation and wish to discuss options for a payment plan, please contact Marlene via the College mobile number – 0422705061.

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

- Years 6, 9 and 11 Camps
- Years 8 and 10 Living History Incursion
- Year 9 Geography Excursion
- Year 11 First Aid Training
- Drama and Music Excursions

ALSO THIS WEEK...

Kindy School Uniform Day

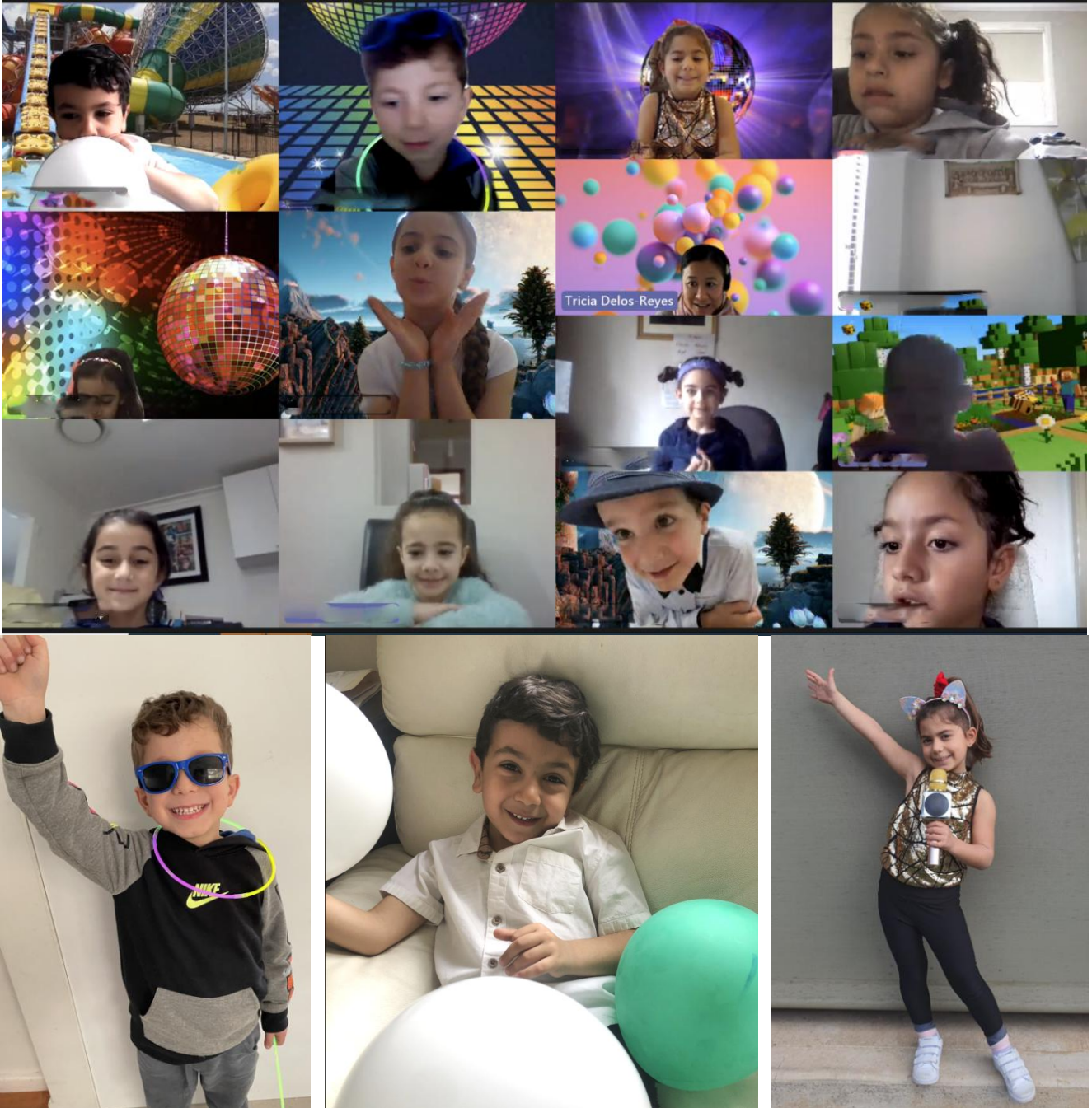




Big smiles from Ms Bechara and Kindy Red during their Teams session!



Kindy Disco Day



STUDENT CORNER

TO ALL THE SPECIAL MEN IN MY LIFE

I want you to know, there are a few men in my life,
They never cause pain and never cause strife.
They look after me with care and give love like no other,
They are my uncles, my grandpa, and no doubt my father.

From when I was a little girl, till now all grown,
Tender love and care is all they have shown.
I am so grateful to have them always around,
Guiding me, teaching me, and keeping me safe and sound.

I can't imagine my life without them there,
Our time and hopes and dreams we share.
So, on this very special occasion and always I pray,
For our Lord to keep you all safe, HAPPY FATHER'S DAY!

By Heidi Farah (5 Sapphire)

Learning from home is testing students' online search skills. Here are 3 ways to improve them...

https://theconversation.com/amp/learning-from-home-is-testing-students-online-search-skills-here-are-3-ways-to-improve-them-165752?_twitter_impression=true

Tween and Teen Life:

Transitions and Connections Webinar Series



Preparing for transitioning into high school, through adolescence and out of high school brings a new set of experiences and challenges for young people with a disability.

Lifestart is offering a free interactive webinar series to assist young people and their parents/carers to have the skills and confidence to navigate these new experiences together. Join the webinars live for an opportunity to ask questions or listen to a recording later. This series will be presented by Lifestart staff and guests experienced in working with young people and with lived experience.

[Click here to see a list of all events or click on the webinars you are interested in below and follow the prompts on Eventbrite.](#)



Getting it Right with School Meetings

Achieving Greater Outcomes

11 October 2021 at 7.30pm

Hear first-hand – a parent's experience and their tips.



Choosing a high school

Advice from parents and young people

18 October 2021 at 7.30pm

A Tik Tok sensation – Ash Magic – and a parent share their journey.



What comes next?

Hear real stories of post-school outcomes

25 October 2021 at 7.30pm

Fashion designer, Radio announcer and a public speaker/small business owner – so many opportunities.



Keeping Connected

Creating possibilities post high school

1 November 2021 at 7.30pm

Young people share with us what worked for them.

Contact us

If you would like more information on our *Webinar Series* please contact the BelongINC team:

info@belonginc.org.au

1800 317 030



City of Parramatta Library Events

During September, City of Parramatta Libraries is celebrating Spring into Health, a partnership with Western Sydney Local Health District, to share the latest health and wellbeing information for families.

One program you might be interested in is **'Healthy snack and lunch ideas for children'**. An online (20-minute) live presentation for parents - Providing a range of ideas and practical tips to inspire them to provide tasty options from each of the five core food groups.

Dates:

Monday 6 Sept – 10.30am

Tuesday 14 Sept – 3.40pm

Friday 24 Sept – 10.30am

Thurs 30 Sept – 3.40pm

Cost: Free

Information and Bookings: <https://www.cityofparramatta.nsw.gov.au/spring-into-health>

School Holidays: **Big Bang Science Workshop - Kitchen Science Chaos - Online (8-15 years)**

Science is all around you - even at home in the kitchen. Why the kitchen? Because, all the BEST chemistry happens in the kitchen. Presented by Children's Discovery -

Date: Wednesday 29 September

Time: 11am to 12pm

Cost: \$3.00

Bookings: <https://parra.city/bigbangscience>

USEFUL LINKS & RESOURCES

Trivia activities - <https://kahoot.it/>

Virtual Board Games - <https://codenames.game/>

Build with Brickman (Facebook) – The LEGO Masters judge has been running some virtual events through Facebook where you can build creations with him - <http://www.thebrickman.com>

Sydney Observatory – Through their Facebook account they have been running some fascinating virtual events with astrophysics - <https://maas.museum/sydney-observatory/>

How to make Origami - <https://au.video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=making+origami+virtual+lessons+free+crane&type=E211US714G0#id=2&vid=63ddbdf40fb8eabf501ade6054aca36c&action=click>

Fantastic learn to draw site for kids - <https://www.artforkidshub.com/>

Jo Wicks the Body Coach – Does quick workouts for kids at home. Posts new workouts weekly and continues providing home exercise routines for families - <https://www.youtube.com/watch?v=d3LPrhI0v-w>

Children yoga activities, to encourage movement and mindfulness - <https://cosmickids.com/>

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>