



Issue 2 Term 1 2021

Important Dates

College Tour
Saturday 13 March

St Patrick's Day
Wednesday 17 March

Year 7 Retreat
Thursday 18 March

Harmony Day
Sunday 21 March

**Learning Reviews
Year 7-9**
Tuesday 23 March

Student Free Day
Tuesday 23 March

College Tour
Saturday 27 March

**Learning Reviews
Year 7-9**
Wednesday 31 March

**Holy Thursday -
Early Dismissal**
Thursday 1 April

**Good Friday -
Public Holiday**
Friday 2 April

05.03.21

From Our Deputy Principal

This week we gathered to celebrate and enjoy the Kildare College Sports Day at St Alban's Reserve at Clearview. Often, students' fondest memories of their life at school are major events like Sports Day. The day was full of friendly rivalry and joy as students gave

their all for their House. Congratulations to Nagle for winning the Spirit Cup and to Delany for winning the day overall.

Our 2021 Core Value of Wonder – celebrating all that is good with joy and gratitude was evident by the maximum student participation in athletics, field and novelty events.

We would like to acknowledge the work of the Parents and Friends Committee for organising the BBQ, a coffee van and a mobile Boost Juice Van to keep us well hydrated and fed throughout the day.

We have held many events during the first half of this term, including our Academic Assembly and Opening Mass and Connection Evening. It was beautiful to have our 2020 Year 12 cohort return to the College and congratulate our current students who received Academic and Endeavour Awards. Thank you to the many families who have been able to attend and enjoy these celebrations. We are very fortunate to be able to have visitors back at the College.

As we are just over the half way mark of the term, we now look forward to the Years 7, 8 and 9 face-to-face Learning Reviews, which will take place on the following dates in the Brigidine Centre Gym.

Week 9 Tuesday 23 March - 11.00am-7.00pm (Student Free Day)

Week 10 Wednesday 31 March - 3.50pm-7.00pm

Week 11 Tuesday 6 April - 3.50pm-6.00pm

Families have received an email inviting them to book online to attend the learning reviews. We would like your daughter to join the conversation with their teacher so that we can continue to work in partnership with your family. Thank you for your ongoing support of Kildare College.

Michelle Camilleri

Deputy Principal

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Recent News

From the Director of Wellbeing



I had the pleasure of attending the Year 8 camp at Victor Harbour. A key element of our Wellbeing for Learning at Kildare, the camp provides an important opportunity for students to build connections, especially with peers whom they might not normally socialise. It is also a time for students to reflect upon their character strengths and how they use them.

Working in groups with the Beyond Limits facilitators, students were challenged to step out of their respective comfort zones as they had to cooperate, sometimes under pressure, to solve problems. For some students, their fear of heights was tested; for others who like to be in control, they had to compromise. As an onlooker, it is heartening to witness our young people grow in character as they navigate challenges, often surprising themselves by achieving what they initially thought was impossible.

The camp experience prompted me to think about what it means to be mentally fit. As a society, we are very accepting of and ready to look after our physical health, but the same cannot be said for mental health. Yes, we have come a long way in raising awareness of the importance of promoting mental health; however, the stigma surrounding mental illness is still very prevalent, despite the best efforts of many mental health advocates. And our youth, on the whole, are still reluctant to seek help when struggling mentally. How, then, can we support mental fitness in our youth?

To be mentally fit means that we are able to overcome life's obstacles and negative events in a healthy manner; we have strong relationships, and we focus on what we need to. We are flexible in our approach to challenges, avoiding rigid thinking, reminding ourselves that we are the ones who determine how we respond to challenges.

Returning to my experience on camp and its relationship to mental fitness, I am reminded that the following five areas are central to being mentally fit:

- **regularly displaying gratitude:** people who regularly articulate what they are grateful and thankful for, live happier lives;
- **mindfulness:** being totally aware of and in the present moment increases our focus and stills the mind, releasing 'feel-good' hormones;

- **acknowledging character strengths:** when we authentically affirm ourselves and others by identifying our respective strengths, we add to our positive emotions bank account; and
- **meaning and purpose:** making time to nurture our interests and passions, and setting goals helps us maintain balance when faced with stressors.

I encourage you and your family to reflect upon the above comments, upon your respective levels of mental fitness, and explore how you might support one another to promote your mental wellbeing.

Kind regards

Glenn Clifford

Director of Wellbeing

11.03.21

Sports Day

What a beautiful sun shining day we had for our 2021 Sports Day. The spirit was high all day with smiles, impressive costumes and some tight racing in the relays.

Congratulations to the many students who broke records on the day.

Year 7 Shot Put	Dimitra Samuels (Nagle)
Year 8 Relay Team	Lauren Poole, Evelyn Lau, Emilia Cittadini and Zoe Hill (Chanel)
Year 8 Discus	Ella Anderson (Nagle)
Year 9 Relay	Joslyn Field, Charli Hazlehurst, Holly Kosir and Sophie Robers (Delany)
Year 9 High Jump	Charlie Price-Smith (Kildare)
Year 9 Shot Put	Charlie Price-Smith (Kildare)
Year 9 Discus	Stephanie Gibson (Brigid)
Year 9 100m	Paige Mofflin (Brigid)
Year 10 Relay	Lucy Pavia, Lorelai Smith, Emily Sargent and Taryn Dennis-Lozoraitis (Kildare)
Year 10 Shot Put	Jessica Tripodi (Nagle)
Year 10 High Jump	Madeline Corner (Delany)
Year 10 Discus	Jorgia Lloyde (Nagle)
Year 10 400m	Emily Worley (Nagle)
Year 11 Shot Put	Charlyse Ciccarello (Brigid)
Year 11 400m	Shayla Mailes (Nagle)
Year 11 High Jump	Maja Stejuik (Nagle) and Charlyse Ciccarello (Brigid)

Year Level Champions

Year 7 Piper Kuzniecowa (Nagle)

Year 8 Lauren Poole Chanel

Year 9 Joslyn Field (Delany)

Year 10 Lucy Pavia (Kildare)

Year 11 Charlyse Ciccarello (Brigid) and Mija Stejuik (Nagle)

Year 12 Charlotte Lewis (Kildare) and Abigail Schmidt (Brigid)

House Champion - Delany

Spirit Cup - Nagle

Congratulations to all our participants this year.

A big thank you to our Parents and Friends committee for organising the BBQ, mobile Boost Juice and coffee van for us all to enjoy.

Bianca Parker

Sports Development Officer

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Resilience



Each week brings opportunities that we can celebrate, and challenges that we may sometimes find difficult to overcome. Helping and supporting students to develop resilience can equip them with the tools to reduce the impact that challenging situations may bring.

When we help young people cultivate an approach to life that views challenges and obstacles as a critical part of success, we help them develop resilience, which is more than just coping. When you are resilient, you are more prepared to seek new ways to overcome challenges and achieve goals.

In Week 5 the Year 10 cohort participated in an interactive resilience workshop run by Urban Youth, focusing on how students can develop skills that allow them to increase knowledge of and identify stress, manage challenging situations, develop coping skills and encourage positive self-talk. Students were able to identify their strengths and the skills used in situations where they felt successful and identify how these can be transferred to situations they find challenging.

Resilience is a skill that can be developed and built on when we develop attitudes that focus on self-respect, social and organisational skills, and positive thinking habits. We cannot always avoid challenging times, but we can support adolescents to develop the skills to bounce forward when faced with adversity.

Students who are resilient display the following skills, all of which can be learnt and developed:

- Emotional awareness and the ability to regulate their own emotions and recognise others' emotions
- Control over their impulses

- Have optimistic and flexible thinking
- Display empathy to others
- Believe that they can be successful
- Are willing to seek help when needed

Resilience is like a muscle, the more we use and develop these skills, the better and stronger we will be. It is derived from the ways that we learn to think and act when we are faced with obstacles. Resilience enables us to emerge from challenging experiences with a positive sense of ourselves and our futures.

Students can continue to develop their skills of resilience by:

- Making connections with others who care about them
- Practising positive thinking when faced with challenging situations
- Developing realistic goals that they can move towards in small and regular steps
- Taking decisive actions rather than detaching from challenging situations
- Looking for opportunities for self-discovery and identify strengths used in situations of success
- Developing and nurturing a positive self-view
- Keeping things in perspective and maintain a hopeful outlook
- Taking care of themselves by engaging in activities that they enjoy and find relaxing

Resilience is essential for human thriving and is an ability necessary for the development of healthy, adaptable young people. When adolescents are resilient, they have the ability to adapt to difficult circumstances and continue to thrive and learn from challenging situations.

Emma Ward

Senior Years Coordinator

05.03.21

Point Malcolm



To provide an opportunity for students to connect with one another and help develop friendships, the Year 7 students headed off to Pt Malcolm for the day.

The first part of the day saw the students on the beach building sandcastles with the theme of Wonder.

We ventured up to the park for a hot chip lunch and afterwards students had fun playing in the park.

Kim Thomas

Middle Years Coordinator



Year 8 Camp



It has all been happening in the Middle Years this term. The Year 8 students travelled to Victor Harbor for their camps during Weeks 5 and 6. Our focus for the camp is building connections and it is a fantastic way for students to further strengthen existing friendships and to develop new ones with each other.

Students participated in a wide variety of activities all of which focused on team building. They spent time on the beach, and while the 'Capture the Flag' game became very competitive, it was amazing to see each team cheering and supporting their teammates.

Back at camp, students were able to step outside of their comfort zone on the Flying Kiwi, which was the favourite activity by far. They competed in water obstacles, an amazing race, a survivor challenge and another challenge where half of the group were blindfolded and had to rely on their team mates to help them complete the course.

The evenings were action packed as well. Our amazing Peer Support Leaders organised a variety of activities for the first night with lots of fun and laughter. It was so wonderful to see our Year 11 students in their leadership roles as Big Sisters. Their care and compassion was demonstrated throughout each of the camps and our Year 8 students were grateful they were there. On the second night we hosted a Quiz night which everyone enjoyed.

Many students commented that they were tired but had a great time!

Kim Thomas

Middle Years Coordinator





05.03.21

Continuous Line Portraits



Throughout the past few weeks, Ms Fairweather's Year 8 Art class have been learning about a drawing technique called continuous line

– this technique requires students to draw with one continuous line or stroke using a drawing tool, without lifting it from the page.

Students began drawing portraits of their peers by applying continuous line. Students then had the challenge of applying this same technique using only a single length of wire.

Students use a portrait printed from the internet to help them recreate the contours of the face in wire. The wire sculptures are still a work in progress and students will paint the bases and embellish them with their choice of flowers and/or shells.

Amy Fairweather

Art and DesignTeacher



Year 11 Designer Chocolate



As the first design task in Year 11 Food and Hospitality this semester students were asked to create and make a 'Designer Chocolate' featuring contemporary ingredients and using contemporary cooking techniques. These included students dehydrating fruits, making

their own honeycomb and caramel as well as using ingredients such as matcha powder, sea salt flakes and grapefruit.

Kara Steward

Food and Hospitality Teacher

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Lifting Our Voices



As part of their entry event to their first PBL unit 'Lifting our voices', the Year 9 cohort engaged in a Zoom discussion with Bhavi Devchand, an Australian all-round cricketer and coach.

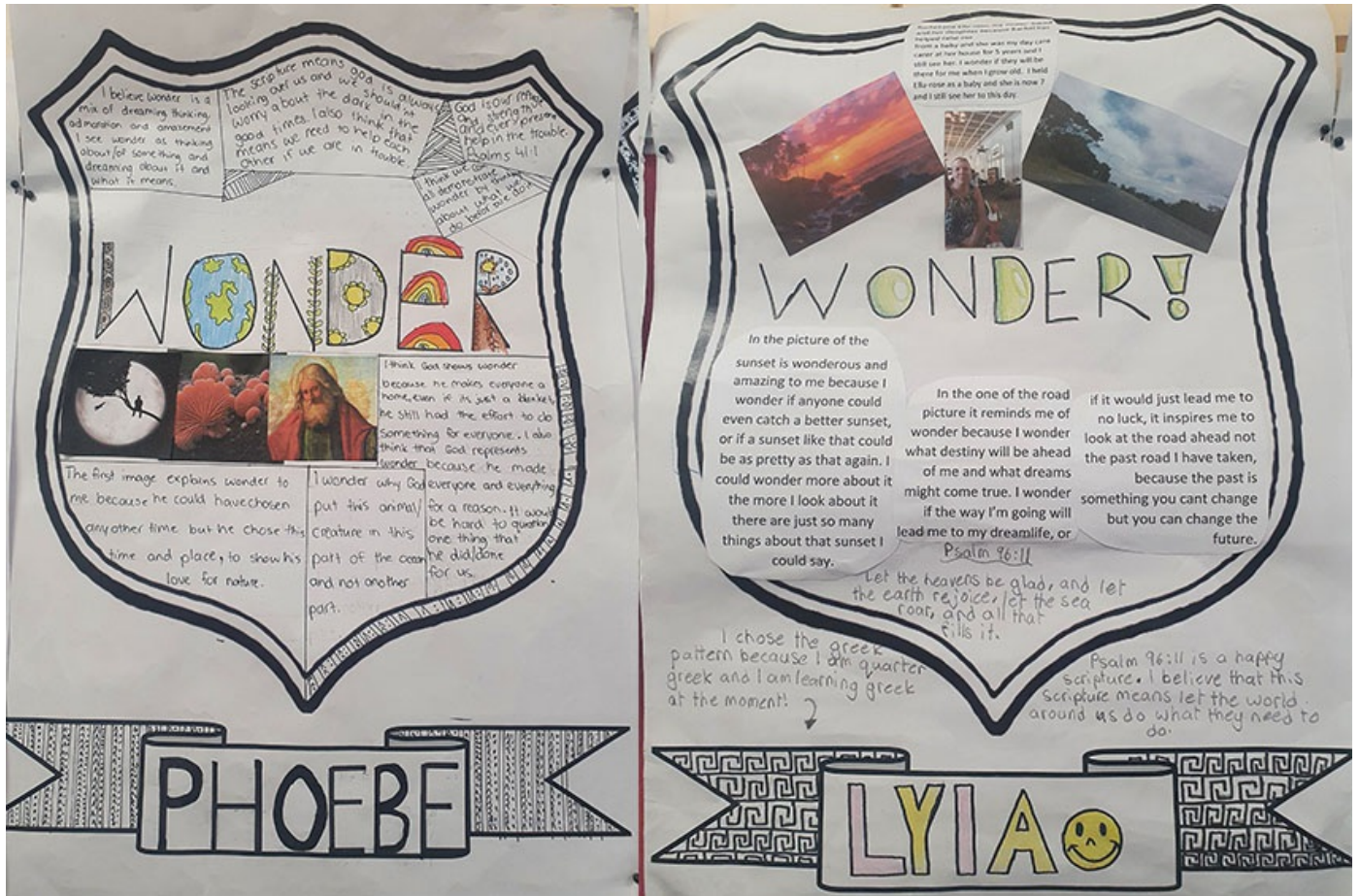
Born in Zimbabwe into a family of Indian origin, Devchand has encountered a range of cultural experiences just to be able to play the game. Through the opportunity to play at a professional level, she has gained an insight into the difficulties of constantly pushing to achieve high performance and what it takes to create a successful, happy life, on and off the field.

New learnings from this session will shape students' choices in what human rights issue they would like to explore and lift their voice to effect change.

Alicia Whitton

09.03.21

Who Shows Wonder?



To celebrate and welcome our year of Wonder, the the Year 7 HUMs students have taken the time to reflect and respond to questions which challenged them to consider who shows Wonder?

- How can you show wonder?
- What can you do in everyday life to show wonder?

We are very proud of the students' efforts and diligence in their Wonder shields.

Carolina Salvo

Learning Leader

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05.03.21

Animal Collage Inspired by Pete Cromer



Over the past few weeks the Year 7 students have been creating animal collages inspired by the quirky and iconic works of Australian Artist, Pete Cromer.

Students had to select their favourite Australian animal and recreate it using Cromer's style.

Students also had to create their own paper using various watercolour techniques, to help create contrast and interest in their works.

Amy Fairweather

Art and Design Teacher



09.03.21

Year 12 Absurd Workshop



Stage 2 Drama is in the full swing of assessment. To commence the year, the students have had the opportunity to engage in a range of workshops conducted by the professional drama practitioners from State Theatre.

Carolina Salvo

Learning Leader

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05.03.21

Scone Competition



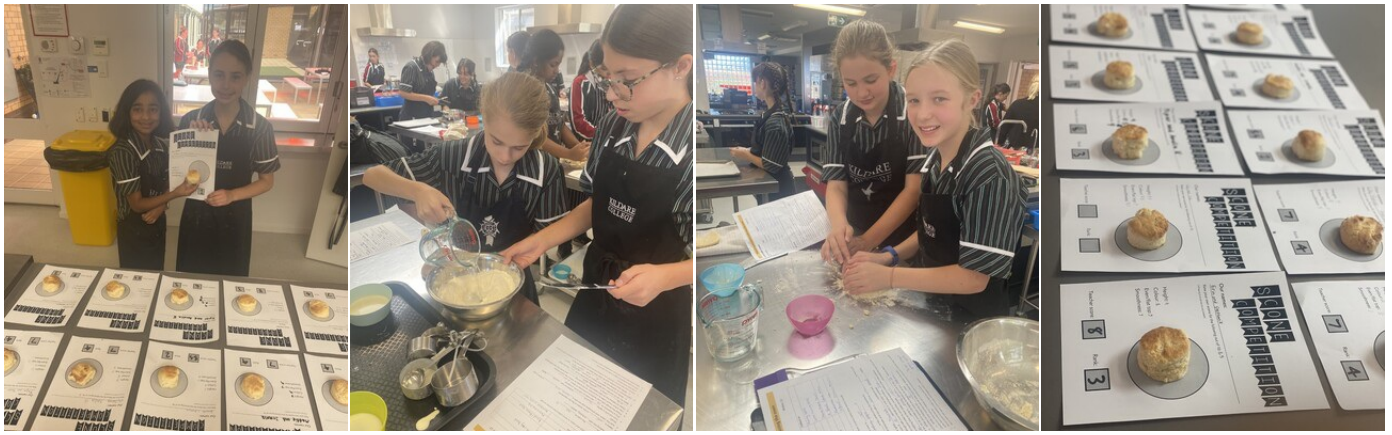
The Year 7 Food Technology classes, while learning about oven safety, made lemonade scones as part of a Scone Competition.

Well done to Hridini and Lyla!

Kara Steward

Hospitality and Design Teacher

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24 Hour Insurance Cover

Kildare College continues to provide 24 hour insurance cover for Students' with a Personal Accident & Disability (School Care) Policy with Catholic Church Insurances. If you have a claim or questions about an particular incident and if it might be covered please go to the following link: <http://ccinsurance.org.au/Insurance/Pages/Student-care-Information.aspx>

SA Ambulance cover is also provided for accidents that may occur during the school day.

There is no charge to families for insurances.



FALCONS



U16 GIRLS WANTED

Payneham Juniors are
looking for girls
turning 16 years old in
2021 to join our girls
football teams

**TRAINING THIS TUESDAY
5-6PM
COME AND TRY**

REGISTER AT PNUFC.COM.AU
OR EMAIL ANY ENQUIRIES TO
JUNIORS@PNUFC.COM.AU



Just a reminder if you need any help at all with your daughter's lunch order, we have a parent support line to help deal with forgotten lunches, QKR problem solving, students that have gone home sick, and all other general canteen related enquiries. The phone is operated from 9:30am to 5:00pm Monday to Friday and is equipped with a message bank for questions outside of these hours. If you have an early morning Qkr! App issue, a team member will preference your enquiry to ensure a suitable solution can be put in place. Please leave your contact name and number and a brief message. Rory's team will deal with emergencies from 9:30am and respond to all other enquiries within 24 hours.

The hotline number is: 0413 575 800.