

From the Principal



Dear Parents / Guardians, Friends, Staff and Students of OLSH College,

International Women's Day

International Women's Day (IWD) is universally celebrated on March 08, and our Student Leaders supported by Ms Rebecca Donnon, Deputy Principal led a number of in-school activities throughout the week leading up to the day.

The day was made particularly special for the OLSH College Community as we learnt on the eve of IWD that alumnae, Kbora Ali (Class of 2015) was awarded University of Adelaide Rising Star Award. This is part of The Advertiser Sunday Mail SkyCity Woman of the Year Awards which honours achievers across six categories. The Rising Star Award placed Kbora in contention for the overall prize of Woman of the Year Award and we were thrilled to learn this too was awarded to Kbora! Congratulations Kbora.

You may have read newspaper articles that were written or heard the radio interview that aired on 5AA Radio about Kbora Ali. She is the first woman of Afghan descent to serve in the Australian Defence Force and the youngest winner of the main award, Woman of the Year, aged just 26. As an OLSHie, we are immensely proud of Kbora.

Unexpectedly, last Friday afternoon we welcomed Kbora back to OLSH College. She visited as many classes as possible and was introduced to students and staff. Students were shocked, star struck, in awe or all three. While staff beamed with great pride, warm welcome, big embraces and congratulations. There was great sense of excitement and buzz around the College because of Kbora's unplanned visit. She was enthusiastically welcomed as she visited her alma mater.

Contemplating what it means to be awarded Woman of the Year, and what an enormous title it is, one thing I am certain about, is that Kbora is an exceptional role model, an inspiration and a young woman of integrity and influence for current and future OLSHies. Personally, I am confident all OLSH staff were touched by Kbora's visit to the College on Friday afternoon, and sharing her win with us. It was an uplifting finish to IWD as we headed into the long weekend.

In Kbora's acknowledgement speech she thanked her parents and hoped to inspire other young women. Humbled by her win she said **"This is amazing and such an honour. A girl like me could not have dreamt of such an honour like this."**

In her final words she said, **"Being a woman is so empowering – we're multi-taskers, we are go-getters and we are unstoppable."**

Once again, the OLSH College Community takes great joy and immense pride in congratulating Kbora Ali on her award, Woman of the Year. She is indeed an inspiration to our OLSH girls and is bringing to life the familiar phrase we impress upon our girls often, 'You Can't Be What You Can't See.'

OLSH girls are inspiring, resilient, brave and unstoppable when given the suitable space and opportunities to stretch, challenge, and discover themselves. Let us harness Kbora's energy and spirit to empower all OLSH girls.

Enrolments for 2025 & Beyond

The College is currently accepting applications for Year 7 enrolments for 2025 and beyond. If you are aware of a family including siblings, friends, or neighbours wanting to attend OLSH College I ask you to encourage them to submit their [Application for Admission](#) as soon as possible to avoid disappointment. Enrolments for Year 7, 2025 and 2026 are open and interviews have commenced.

Invitation to OLSH Open

Save the date – OLSH College is holding our annual OLSH Open Day THIS WEEKEND, Sunday 17 March from 1:00 – 3:00pm. I encourage you to bring this event to the attention of your friends and extended family who have daughters currently in Years 3, 4, 5, and 6. It is a wonderful opportunity to tour our facilities and learning spaces, meet staff and students, ask questions and learn more about our scholarships. Prospective families can register [here](#) and/or lodge an online [Application for Admission](#) to reserve your daughter's position on our database.

*May the Sacred Heart of Jesus be Everywhere Loved,
Maria Urbano, Principal*

2024 DIARY DATES

TERM 1

13 - 15 March	Year 7 & 9 NAPLAN
17 March	Feast of St Patrick OLSH Open 1:00 - 3:00pm
18 March	Student Free Day Winter Uniform Sale
19 March	Feast of St Joseph
19 - 22 March	Year 7 & 9 NAPLAN
25 March	Year 7 & 9 NAPLAN
28 March	Easter Liturgy
29 March	Good Friday
30 March	Easter Saturday
31 March	Easter Sunday
1 April	Easter Monday
4 April	Year 7, 8, 9 Folio Day
7 April	Daylight Savings Ends
8 April	Ramadan Ends
9 April	Eid al-Fitr
10 April	Year 11 Reflection Day
12 April	End of Term 1
29 April	Term 2 begins

SECURE A PLACE FOR YOUR DAUGHTER AT OLSH COLLEGE

Do you have a daughter wanting to come to OLSH College who has not yet enrolled? All future students, including siblings are required to submit an Application for Admission Form to commence the enrolment process. Interviews for students commencing in 2025 and 2026 are now underway. We encourage you to visit or contact the Front Office to collect an Application for Admission Form, or phone 8269 8800 to secure a place for your daughter.

NEED TO SET UP A PAYMENT PLAN FOR YOUR SCHOOL FEES?

A reminder for all families that school fees are due by 12 April 2024 unless you have an existing payment arrangement.

If you need to set up a payment plan, please contact the Finance Team accounts@olsh.catholic.edu.au or call 8269 8800. Families can pay fees via cash, cheque, QKR (app available from the app store), direct debit, EFTPOS, credit card or Centrelink payments.

- REMINDER - PARKING AROUND THE COLLEGE

Dear Families,

We ask that you are mindful of the following when dropping off or picking up your daughters;

- Please use Corralyn Terrace, Ragless Avenue and surrounding streets at the rear of the school to drop off or pick up your daughter. Traffic needs to be able to flow both ways along all roads and cars should not obstruct the flow of traffic. When parking, please be mindful of the local community who may be trying to exit their driveways or use the street to go to and from their residences. Drivers should not obstruct the driveways of local residents and adhere to any parking management signs for the safety of all members of our community.
- The carpark for Workskil and Konekt (490 Regency Rd) is not to be used by OLSH students or families for parking, dropping off or picking up. Please note this is not an OLSH College Carpark.
- Parking is also not available in the front and rear carparks of OLSH College as these are designated staff carparks. The front carpark off Regency Road has 4 designated carparks for visitors who are coming in for enrolment enquiries, appointments and guest speakers.

We thank you for your co-operation and helping to keep our staff, students, families and our local community safe.

REMINDER WINTER UNIFORM SALE



ORGANISING YOUR WINTER UNIFORM FOR TERM 2

Our Winter Uniform Sale is on Monday 18 March from 9:00am - 2:00pm in the Uniform Shop. Families are able to purchase new and second hand uniforms on the day. It's a great opportunity for families to be ready for their daughter to wear winter uniform in Term 2 & Term 3.

If you are unable to make it on this date, please note that our Uniform Shop is open Monday to Friday 8:30am to 12:30pm during term times only, via the Front Office.

OLSH OPEN 2024

This week we put the final preparations in place for 2024 OLSH Open. This is not only a wonderful opportunity to showcase the OLSH community and our teaching, learning and wellbeing programs to potential future students but a time for all of us to take a moment and reflect on the OLSH College community and the many wonderful opportunities all girls at the College get to experience. If you know friends, families or colleagues who are looking for a high school for their daughter, please encourage them to attend this important day so they can see why Our Lady of the Sacred Heart College should be the school of choice for their daughter.

I am immensely proud of the fact that over a third of the student body volunteers to be a tour guide or volunteer for this event and would like to thank every student and staff member for their wonderful support and contribution in preparation for this important day. I am hoping the weather cools for us a little so we can have a wonderful day celebrating all aspects of our College.

Sonia Venour | Assistant Principal - Leading Learning & Innovation



OLSH OPEN

SUNDAY 17 MARCH

OLSH
OUR LADY OF THE SACRED HEART COLLEGE

BOOK NOW

FROM THE APRIM : THE VALUE OF THE GOSPEL IN THE 21st CENTURY



Recently, I was privileged to be engaged in some professional development about the value of Mark's Gospel in a 21st century setting. I chose to focus on the start of Mark's Gospel which he opens with 'The beginning of the good news'. John the Baptist then appears in the "wilderness, proclaiming a baptism of repentance for the forgiveness of sins".

The 'wilderness' is used both positively (as a place of communion with God) and negatively (as a place of struggle, aloneness, and temptation). This is applicable to many who struggle with their own 'wilderness'.

The notion of 'sin' is a difficult topic to address because of the preconceived notion of what it is. Making people feel bad when they have stumbled does not sit comfortably for many. A key to 'hearing' this message in 2024 is to construe sin in a way that is more authentic to its biblical (Greek) derivation. In its original archery context, it is akin to missing the mark or falling short of the ideal, which of course, is a part of the human condition. The idea that God constantly calls us back out of our 'wilderness', our suffering, our falling short of the ideal is a life-giving message that resonates with people.

Similarly, the idea of repentance can speak to us in these times. Repentance went far beyond the notion of simply being sorry for one's sins. Repentance (metanoia in Greek) means a change of mind or heart to return to one's 'former relationship with God'. It must replace a 'hardness of heart'.

Cultivating a metanoia in contrast to a 'hardness of heart' is a challenge for us all. How do we deal with family who do not conform to our expectations? With children who do not fulfill our expectations? With people who do not share our religious or political beliefs? These situations require a radical change of heart or metanoia that leads us to act with "the goodness, the tenderness of God. God is not a bad father, an unkind father. No. He is tender." (Pope Francis homily)

We are called, as far as possible, to be more tender with each other. In doing this, we repent, meaning, we avoid a 'hardness of heart' and reorient our lives to seeking what is authentic and good for ourselves and others. The idea of acknowledging with humility when we fall short (sin) and entrusting our brokenness to be redeemed by a tender and loving God, is the 'good news' many seek.

Damian Creazzo | Assistant Principal - Religious Identity & Mission

SENIOR FORMAL



The Senior School Formal, with its theme of 'Glitz and Glamour', was a night to remember for all who attended. Amidst the sparkling and dazzling dresses, senior students came together to leave their stress behind and immerse themselves in an evening of pure fun, laughter, dancing, and music.

The atmosphere was electric as students arrived looking fabulous, ready to make memories that would last a lifetime. From elegant gowns to sharp suits, everyone embraced the glamour of the occasion, adding to the enchanting ambiance of the night.

As the night progressed, the dance floor remained packed as students danced the night away, creating memories that would be cherished for years to come. The dance floor was the place to be with students breaking out their best moves to the latest hits, everyone embraced the joy of the moment, united in celebration.

One highlight of the evening was the announcement of awards. Teresa stole the show with her infectious energy and vibrant personality, earning her the well-deserved title of 'Life of the Party'. Her presence on the dance floor was undeniable, and she lit up the room with her enthusiasm.

Meanwhile, Maria wowed everyone with her graceful moves and undeniable talent, earning her the title of 'Dancing Queen'. Her passion for dance was evident as she glided across the floor, captivating all those around her with her skill and poise.

Monique wowed everyone with her impeccable style and attention to detail, earning her the title of 'Best Dressed' for Year 11. Meanwhile, Oriella turned heads with her sophistication and grace, winning the 'Best Dressed' award for Year 12.

But the accolades didn't stop there, Michaela was crowned 'Princess of the Night' with her charm and charisma lighting up the room wherever she went. Sahib stole the show as she was named 'Queen of the Night', her regal presence captivating all those around her. Safia was crowned 'Miss Elegant', her grace and poise shining brightly throughout the evening.

The night would not have been possible without the dedication and support of the amazing Student Wellbeing Coordinators, Leadership Team, the wonderful Senior Campus Home Class Teachers, and all staff who attended the night. On behalf of the senior students, I extend heartfelt gratitude to each and every one of them for their hard work in organising and overseeing the event. Their commitment ensured that the Senior School Formal was a resounding success, creating a night to remember for our seniors.

The Senior School Formal was not just a night of glitz and glamour; it was a night of camaraderie and friendship, where bonds were strengthened, and new connections were made. It was a testament to the spirit of the senior students who came together to create a truly unforgettable evening.

As the final notes of the music faded away and the night came to a close, students left with smiles on their faces and hearts full of joy. The Senior School Formal may have been just one night, but its memories will last a lifetime, reminding us of all of the magic that can be found in coming together to celebrate in style.

Mohammad Jafari | Assistant Principal – Student Wellbeing | Year 11/12 Student Wellbeing Coordinator





NURTURING SUCCESS: A GUIDE TO HEALTHY SLEEP HABITS FOR YOUR DAUGHTER

As your daughters take on the challenges of academics, extracurricular activities, and social responsibilities, addressing a crucial aspect of their well-being becomes increasingly important: sleep hygiene.

In the whirlwind of adolescence, ensuring your high school daughters get adequate and quality sleep might seem like a daunting task. However, the benefits of a good night's sleep extend far beyond mere rest; they contribute significantly to physical health, mental well-being, and academic success.

Understanding the Importance of Sleep for Teens

Teenagers typically require 8-10 hours of sleep each night for optimal functioning. Adequate sleep is vital for:

1. **Cognitive Performance:** Quality sleep enhances memory, concentration, and cognitive abilities. This is particularly crucial during high school when academic demands are high.
2. **Emotional Well-being:** Sufficient sleep is crucial for regulating mood and emotions. It helps manage stress, reduce irritability, and foster a positive mental outlook.
3. **Physical Health:** Sleep is essential for growth, immune system function, and overall physical well-being. It plays a crucial role in regulating appetite and reducing cravings for unhealthy, sugary foods. Sufficient sleep helps prevent a spectrum of health issues and fosters a balanced and nourished lifestyle for your daughters.
4. **Safety:** Well-rested teens are more alert and less prone to accidents on the road and in daily activities.

Tips for Encouraging Healthy Sleep Habits

1. **Initiate a sleep discussion:**
Discuss your daughter's sleep habits with her. Point out some potential motivations that may encourage her to change, such as being better at a sport or getting higher marks at school.
2. **Establish a 'Lights Out' agreement:**
Negotiate with your daughter to set a reasonable bedtime, ensuring consistency. Give your support by helping organise the timing of evening activities. Encourage your daughters to go to bed and wake up simultaneously every day, even on weekends. Consistency helps regulate their internal body clock.
3. **Create a Relaxing Bedtime Routine:**
Work with your daughter to create a relaxing 'winding down' routine that starts 45 minutes before bedtime. No screens. No schoolwork. Conduct the routine away from the bedroom, exploring various relaxation methods such as enjoying a warm drink, listening to soothing music, taking a bath or shower (at least 20 minutes before bedtime), and practising yoga or meditation. Consistency in timing and order helps condition the brain for impending sleep. The routine should be done at the same time and in the same order each night. A routine slowly trains the brain that 'sleep is coming soon'.
4. **Bed is for sleeping only:**
Instil the association of the bed with sleep exclusively. Convince your daughter to reserve her bed solely for sleeping, discouraging other activities like homework, screen time, listening to music, or reading.
5. **Limit Screen Time Before Bed:**
Screens emit blue light, which can interfere with the production of the sleep hormone melatonin. Set a technology curfew at least an hour before bedtime.
6. **Design a Comfortable Sleep Environment:**
Ensure the bedroom is optimised for sleep by maintaining a cool, dark, and quiet atmosphere.
7. **Encourage Regular Exercise:**
Physical activity promotes better sleep, so encourage your daughter to exercise regularly. However, it's advisable to finish vigorous workouts a few hours before bedtime.
8. **Watch Caffeine Intake:** Limit the consumption of caffeinated beverages, especially in the afternoon and evening.

The Role of Parental Support

As parents, your guidance is pivotal in helping your daughter adopt healthy sleep habits. Open communication about the importance of sleep, its impact on well-being, and the specific strategies mentioned above can go a long way. Emphasise that prioritising sleep is not a luxury but a fundamental component of their success and happiness. Demonstrating healthy sleep practices through leading by example serves as a powerful way to instil these habits into your family's daily routine.

Adapting to new sleep habits may be challenging, depending on your family's current routines. I recommend selecting one manageable adjustment, starting small and achievable. Once accomplished, you can progressively incorporate additional changes. Remember that even minor alterations in sleep habits can bring noteworthy benefits. Introducing positive sleep hygiene practices today equips your daughter with the tools to navigate high school with resilience, focus, and a positive mindset.

I wish you and your family restful nights and energised days ahead!

Nicole Marinos | Senior Psychology Teacher





SATURDAY MORNING SPORT



The Adelaide Cup long weekend provided our girls (and parents) with the opportunity to take a well earned rest and escape the blistering temperatures. With 3 rounds completed, things are starting to take shape with our Saturday morning co-curricular Volleyball teams.

Prior to round 3, there were some concerns about our Senior OLSH 1 Volleyball team and their coach, as they had an early 8:00am start after the Senior Formal, however there was no need to worry because despite the girls being tired, they posted a good win against Marryatville and remain undefeated. Great effort girls! Unfortunately the Senior OLSH 2 team lost their first game of the season. Not to worry girls, I'm sure you will bounce back in your next game.

Moving on to our younger teams, there was good news from our Year 8/9 OLSH 2 team who recorded their first win of the season with a straight sets (3 - 0) win against St Ignatius much to the delight of the girls. Unfortunately the Year 8/9 OLSH 1 team narrowly lost their game, this time to Kildare. It has been a frustrating season so far for the girls as each of their games have been narrow losses, however I'm sure the elusive first win is just round the corner. Suffering their first loss of the season was our Year 8/9 OLSH 3 team who were simply outclassed by their Nazareth opponents.

A special event took place last week as a Round 4 fixture was brought forward between the Year 8/9 OLSH 1 team and the Year 8/9 OLSH 2 team. The game created OLSH history as it was the first official game played in the Sacre Coeur Centre gymnasium. The rivalry between the teams was evident in the lead up to the game. Students and staff were invited to attend and there was a big audience cheering and supporting the girls with every point played. No doubt there would have been many nerves for the girls who would not have played in front of such a large audience but they did so well. The first set was close, with OLSH 2 taking the honours, OLSH 2 then stepped it up and OLSH 1 crumbled in the second set. OLSH 1 made a good comeback in the third set but it wasn't enough and the OLSH 2 team won the game. The event was a huge success and we hope it is the first of many games we will see in the Sacre Coeur Centre.

Finally I ask that any students wishing to play Badminton, Soccer or Netball in Terms 2 and 3 get their nominations in no later than this Friday 15 March.

Keep cool!

Quin Scacchitti | Co-curricular Sport Coordinator

2024 ATHLETICS CARNIVAL



Athletics Carnival House Cheers Winners - Roncalli



Athletics Carnival & Overall 2024 House Winners - Chevalier

Last Thursday (07 March), the College held the annual Athletics Day on what was an unusually hot Autumn day but this did not stop students and staff enjoying and making the best of the day. Healthy, house rivalry was evident in both the team and individual events and of course at the end of the day with the House team cheers - Chevalier (Red), Hartzer (Blue), Roncalli (Yellow) and Xavier (Green). Once again, I congratulate the entire PE Learning Area for their energy, enthusiasm and of course, hard work. We thank Mrs Lyndia Cavanagh (Leader of Learning - Human and Sports Science) for her tireless leadership of this enormous event, thank you to Mr Jake Somerfield, Ms Hayley Stavrou, Mr Stuart Mullord, Mr Mohammad Jafari, Ms Neisha Perkins, Mr Quin Scacchitti, our Sports Captain, Sienna and student House Leaders for all their commitment and good work. Finally, a big, hearty congratulations to all the students who participated and were involved and all OLSH College staff for making it a most successful day despite the heat. I am certain there were many exhausted students at the end of this day.

Maria Urbano | Principal



Year 7 Champion
Victoria



Year 8 & Overall
Champion - Eleena



Year 9 Champion
Eliza



Year 10 Champion
Cleo



Year 11 Champion
Adit



Year 12 Champion
Sienna





INTRODUCING OUR 2024 STUDENT LEADERS

We are very blessed at OLSH College to have exceptional young women in the roles of Student Leaders. This Newsletter features our Sports Captain by way of introduction to the wider OLSH community.

Sienna (Year 12) Sports Captain

Most influential and/or inspiring person in your life and why: The most influential people in my life would be my friends who constantly support me, remind me of my worth and push me to be the best version of myself I can be.

Favourite subjects: My favourite subjects would have to be Physical Education, Biology, and Psychology.

Future career aspirations: I am interested in studying medicine at University, to become a general practitioner or specialist in the area of sports medicine. I am also considering physiotherapy.

Favourite food: My favourite foods would have to be acai, cold rolls, and sushi.

3 things I like best about OLSH College: The three things I like best about OLSH College would have to be the opportunities for everyone to get involved in a variety of different things, the relationship between the juniors and seniors, and the supportive teachers. I love how every girl has an opportunity to showcase her talents, and try new things to discover her passions. The teachers also play such a big role in our school life, they are always so willing to help and support us whenever we need it.

What are you most looking forward to at OLSH college in 2024? As Sports Captain, it's probably no surprise that I was most looking forward to our 2024 Aquatics and Athletics Carnivals! These events are always so much fun as everyone has a chance to participate, it's a day where house spirit is at its absolute best, and we get to see everyone's true competitive spirit shine through.

If you could travel back in time, what advice would you give your Year 7 self about being a secondary school student? As much as I didn't believe it when I was told high school was going to go fast, the last few years have absolutely flown by and so the advice I would give my Year 7 self would be to live in the moment, and cherish every moment of it, because in the blink of an eye it will all be over.



St Patrick's Irish Blessing

May your days be many and your troubles be few.
May all God's blessings descend upon you.
May peace be within you, may your heart be strong.
May you find what you're seeking wherever you roam.
May the strength of God pilot us,
may the wisdom of God instruct us.
May the hand of God protect us,
may the word of God direct us.
May thy Salvation, O Lord,
be always ours this day and for evermore.
Amen.

St Patrick's Day, Sunday 17 March 2024

USING QKR! TO PLACE ORDERS AND MAKE PAYMENTS

Qkr! is a mobile payment platform that enables parents to pay for school fees, canteen orders and school uniform items (new and secondhand) directly from their smart device. It is easy to instal on your computer or smart device.



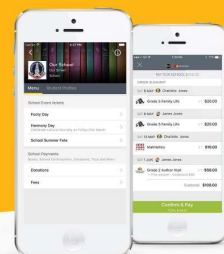
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Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

If you have made a purchase you can select our school from 'Previous Location'

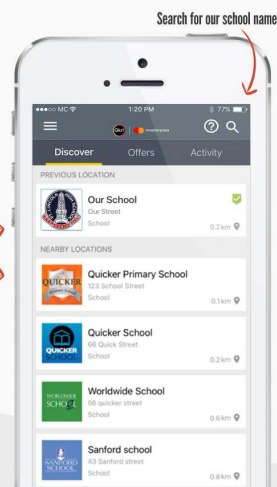
Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'



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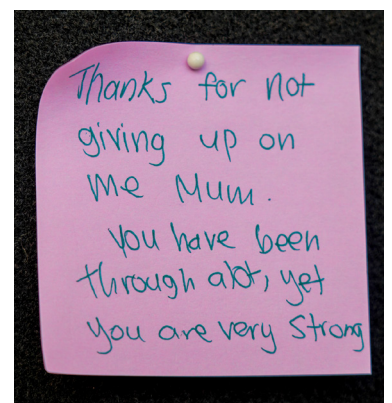


@OLSHCollegeEnfield



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A WEEK OF INTERNATIONAL WOMEN'S DAY CELEBRATIONS



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FOR
All
GIRLS

KAYAKING AT GARDEN ISLAND



In preparation for their kayak camp in Week 9, the Stage 2 Outdoor Education class ventured to Garden Island in Port Adelaide for a practice paddle. With perfect conditions the students paddled along to Port River to check out Ship's Graveyard where they paddled amongst ships left abandoned and dating back to as early as 1856. After lunch, the students continued working on their paddling skills with a squeeze paddle through some mangrove creeks. In the creeks they learned to control their crafts as well as work on turning and stopping but also learned some interesting facts about the mangroves and how the land was originally used by the Kaurna people. We were also fortunate to spot some dolphins in the distance!

The students should be commended on their teamwork and preparation for the excursion and we are looking forward to three days paddling in the Riverland later this term.

Hayley Stavrou | Outdoor Education Teacher

