



Term One - 14 February 2024 (No.2)

From the Principal

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

Setting Girls up for Success

Last week the College hosted the annual parent information evening, and it was an opportunity to highlight the importance of the partnership between school and home.

So, as we begin the new school year, let us remind our daughter/s that any school year will be filled with highs and lows. Thus, as parents/guardians and educators too our job is to provide our daughter/s with the support, strategies, and tools to effectively cope with the challenges they will encounter. The societal trend and tendency to 'over protect' and under expose our daughter/s from the experience of failure does not set-up our girls for success nor build their resilience. If our default position is to protect our children continually and consistently from the experience of failure, how will they learn how to effectively cope with the inevitable ups and downs and challenges of life, now and in the future?

FAIL stands for 'First Attempt in Learning'. Failing is not a 'bad' experience, but rather it is a normal part of the human growth experience. It is, in fact, an essential part of learning that helps us grow and improve. If we reflect on our OLSH Pillar of Education 'Pursue Excellence' the aim here is not perfection at all costs but to keep seeking improvement, growing and learning from our mistakes. May this sentiment, expressed with FAIL, inspire all within the OLSH College community to know that real learning occurs when our girls know how to cope and deal with challenges and disappointment. We must teach them to focus on their personal best to 'believe in themselves', 'never give up', 'keep trying', 'to get up', 'have another go', and 'give their best' always.

As parents/guardians I remind you of the importance of working with your daughter/s to be at school, involved and engaged in school life, to establish positive routines and goals, and aspirations for the 2024 school year. Each year presents a new beginning and an opportunity for our girls to flourish. I hope all students and their families enjoy a fantastic year at Our Lady of the Sacred Heart College!

Ash Wednesday

Today the College held the Liturgical Commemoration of Ash Wednesday to mark the beginning of the Season of Lent, as well as launching our Project Compassion Appeal in support of the work of Caritas Australia.

2024 - The Year of Prayer

Pope Francis has declared 2024 to be The Year of Prayer. A year dedicated to "rediscovering the great value and absolute need for prayer, prayer in personal life, in the life of the Church, prayer in the world. This Year of Prayer is a forerunner to the 2025 Jubilee Year which will have the theme "Pilgrims of Hope". There is a particular focus on the Our Father, and this presents us with a great opportunity to go back to the basics of prayer.

Our Father,
Who art in Heaven,
hallowed be Thy name;
Thy Kingdom come,
Thy will be done
on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

Enrolments for 2025 & Invitation to OLSH Open

The College is currently accepting applications for Year 7 enrolments in 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.

Save the date – OLSH College is holding our annual OLSH Open Day on 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*

OLSH OPEN

SUNDAY 17 MARCH

2024 DIARY DATES

TERM 1

15 - 16 Feb	Year 7 Camp
20 - 21 Feb	Year 12 Reflection Days
23 February	Aquatics Carnival
28 February	Opening School Mass
1 March	Year 10 Immunisations
	Senior Formal
7 March	Athletics Carnival
8 March	International Women's Day
10 March	Ramadan Begins
11 March	Adelaide Cup Holiday
13 - 15 March	Year 7 & 9 NAPLAN
17 March	Feast of St Patrick
	OLSH Open 1:00 - 3:00pm
18 March	Student Free Day
	Uniform Sale
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

STUDENT ABSENCES

If your daughter is absent, please contact the Front Office on 8269 8800 or olsh@olsh.catholic.edu.au before 9:15am on the day of the absence to advise office staff. Where no notification has been received from a parent, an sms from the College will be sent at approximately 9:30am. Please respond by calling the Office. If you have not already done so, please save our Front Office number 8269 8800 in your phone.

Congratulations



We extend warmest congratulations to Juliet Rapetti Guzik (OLSH College Teacher) and her husband Chris on the safe and welcomed arrival of their first child

- Eliza Rose Guzik -
born on

Monday 05 February 2024

An OLSH College enrolment application will be placed in the mail for baby Eliza Guzik.

- 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 residence. 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 students. 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.



Catholic School Parents SA is pleased to present:

Middle to High School Cool

presented by Madhavi Nawana Parker

Tuesday March 12 2024
6pm - 8pm (in person or online)

Nazareth Catholic Community
344 Findon Road, Kidman Park

This Parent Engagement Evening, hosted by Catholic School Parent SA, welcomes all parents and carers of children in Catholic schools.

During this period of psychological change and growth, pre-teens and teenagers want to fit in. This practical workshop will give you an insight into the minds of this age group and how best to respond to their social and emotional needs to prepare them for the next stage of their education.

Madhavi Nawana Parker, Director of Positive Minds Australia is one of Australia's leading experts on Mental Health and Wellbeing.

Register via the CESA Registration Centre or go to the Events page on the Catholic School Parents SA Website.

Follow us on Facebook & Instagram



@OLSHCollegeEnfield



@olshcollegeadelaide

2024 Student Leadership Team

We are delighted to share with you, the OLSH College Student Leaders for 2024. Please keep them in your prayers as they undertake their important work on behalf of the OLSH College Community throughout the year. Maria Urbano, Principal



College Captain
Madison



College Vice Captain
Deana



College Vice Captain
Sahib



Arts Captain
Alexis



Social Justice Captain
Nguyet Anh



Sports Captain
Sienna

CHEVALIER



House Captain
Vannamei

HARTZER

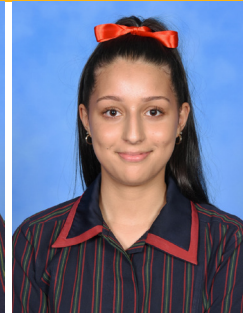


House Captain
Saima

RONCALLI



House Co-Captain
Giorgia



House Co-Captain
Megan

XAVIER



House Captain
Lovleen



Vice Captain
Jayla



Vice Captain
Maria



Vice Captain
Monique



Vice Captain
Michaela

LENT - REFLECTING ON GOD'S DREAM FOR US



Often Lent is described as a yearly second chance.

A period of six weeks where we are invited to discern and look into our hearts, minds, and especially our souls, to see if we are in line with God's dream for us.

The mystics say we are 'spiritual beings trying to be human'. That at the very core of our being, made in the image of God, is that spark of the divine that needs to be paid attention to regularly.

Unfortunately, for many of us, it isn't given much attention.

We pay attention to the body, and the mind, and that is important, but particularly at Lent, our tradition reminds us to spend regular time nourishing the soul. The divine part of us, that needs prayer, meditation, reflection, and time with our loving God.

We are encouraged this Lent to spend some time in daily prayer and each of us need to make the decision to opt in, or out, God does not make us do anything.

The fruits of daily prayer in Lent will be many though, and as a school we live out this call, beginning each day in prayer, incorporating prayer within our classrooms, meetings and gatherings.

May God continue to bless your Lenten journeys.

Damian Creazzo | Assistant Principal - Religious Identity & Mission

SATURDAY MORNING SPORT KICKS OFF



Co-curricular sport is back with the commencement of Term 1 Saturday Morning Sport this weekend.

The very first trainings have begun in our wonderful new gym and the girls are looking forward to learning and developing new skills in their chosen sport as well as making new friends and having a lot of fun. It has been encouraging to see so many girls in our junior year levels put up their hands to participate, particularly from Year 8 and 9. An information session was held last week to inform the girls who are new to OLSH College and playing for the first time, to briefly outline how Saturday Sport operates and of the College's expectations, particularly in the area of commitment.

With this in mind, we ask parents and caregivers to familiarise yourselves with your daughters training schedule and be supportive in making sure your daughter attends each game, arriving 20 minutes before the start time.

I wish each team the best of luck for the first game and no matter what the result, we hope you come away with a smile on your face.

It is also an opportune time to advise that nominations for Term 2 and 3 sport will be available in the coming weeks with the sports of Netball, Soccer and Badminton on offer.

Quin Scacchitti | Co-curricular Sport Coordinator



Collection Notice for parents/guardians 2024 Student Residential Address and Other Information

The Australian Government Department of Education (the department) would like to notify you that we have requested for your child's school to provide residential address and other information.

Under the Australian Education Regulations 2023, the school is required to provide the department with the following information about each student at the school:

- names and residential addresses of the student's parent(s) and/or guardian(s)
- student residential address (**excluding student names**)
- whether the student is a primary or secondary student (education level)
- whether the student is boarding or a day student (boarding status).

The school collects the above information by generating a **unique and unidentifiable** student reference number (SRN) for each student record. The school only uses the SRN for this collection. **The SRN cannot be used for any other purpose.** The number only indicates to the department that each record provided is for one student.

Purpose of the collection

The Student Residential Address and Other Information Collection (the collection) informs Australian Government school education policy and helps ensure funding for non-government schools is based on need.

The information collected is used to inform school funding calculations. It is combined with Australian Bureau of Statistics (ABS) data to calculate a non-government school community's anticipated capacity to contribute to schooling costs.

In 2020, the department introduced a new measure of capacity to contribute: the Direct Measure of Income (DMI). The DMI is based on the median income of non-government school students' parents or guardians using the collection data. For more information see [Direct Measure of Income \(DMI\) Methodology](#).

Use and disclosure of personal information

Your personal information is protected by law under the *Privacy Act 1988* (Cth) (the Privacy Act). Personal information is information or an opinion about an identifiable individual. Personal information includes an individual's name and contact details.

Any use or disclosure of your personal information must occur in accordance with the Privacy Act, the *Australian Education Act 2013* and Australian Education Regulations 2023.

Your personal information provided to the department through the collection may be:

- disclosed to the ABS for the purposes of capacity to contribute calculations and analysis as a part of the Multi-Agency Data Integration Project (MADIP). Find more information about MADIP on the ABS website [MADIP page](#)
- disclosed to a contracted auditor where the department may audit a school's collection submission. The contracted auditor compares the school's submission with the student enrolment information. The contracted auditor will not use the information for any other purpose
- disclosed to our service providers for the purpose of providing the department with information and communications technology support
- used or disclosed where it is otherwise required or authorised by law.

The department does not intend to disclose your personal information to any overseas recipients.

Find the department's privacy policy on the [Department of Education](#) website which includes information on:

- how individuals can access and modify personal information held by the department
- how complaints about potential breaches or breaches of the Privacy Act can be made
- how the department will deal with these complaints.

The department commissioned an independent Privacy Impact Assessment (PIA). The PIA assesses the flows of information under the Collection, compliance with the Privacy Act and measures in place to safeguard the personal information being collected. The current version is available on the [2018 Student Residential Address Collection: Additional Required information Privacy Impact Assessment web page](#).

What do you need to do?

You are not required to do anything. Your school is responsible for providing the department with the requested details; however, you can contact the school to update your family's details.

Contacts for further information

Your school can provide additional information about the collection process.

Alternatively, please visit the [SchoolsHUB Address Collection help and support page](#).

TIKTOK - ITS MORE THAN A SOCIAL MEDIA APP

In today's digital age, social media platforms have become central to the lives of young people, captivating their attention and shaping their interactions. Among the multitude of platforms emerging each week, Snapchat, Instagram, and TikTok stand out as the most popular choices. While these platforms offer opportunities for communication, connection with friends, and self-expression, they also harbor potential risks. TikTok has surged in popularity, captivating young users worldwide. But what exactly is TikTok, and how does it function? This brief guide aims to shed light on TikTok, its usage among young people, and practical tips for parents to ensure your daughters' safe engagement with the platform, if they choose to use it.

What is TikTok? TikTok is a free social media platform where users can create, share, and watch short video clips. It's known for its viral dances, celebrity cameos, and provides a creative and entertaining space for teens.

What Can You Find on TikTok? You'll find short videos up to 60 seconds long featuring everything from popular songs to users dancing, lip-syncing, performing comedy sketches, and more.

Minimum Age for TikTok: According to TikTok's terms and conditions, the minimum age requirement is 13.

How Does TikTok Work? Once signed up and logged in, users can search for popular categories, creators, or known friends. They can also create their own videos. Many users enjoy following content creators for entertainment.

Why Do Teens Love TikTok? TikTok allows teens to express themselves through short-form video clips, gaining followers and building communities around their interests. It offers special effects to make videos unique and allows cross-posting on other platforms like Instagram.

What Should Parents Be Concerned About? After downloading the app, users can access all content without creating an account, although they cannot post, like, or share anything until they've created an account. By default, all accounts are public, meaning anyone on the app can see what your daughter shares. However, only approved followers can send messages. Users can interact with each other by liking/reacting to videos, following accounts, or sending messages, posing a risk of strangers contacting children directly.

Children may take risks to gain more followers or likes, so it's important to discuss what they share and with whom.

If you need to delete an account, go to Me > Tap ... (located on the top right corner) > Tap Manage Account > Delete Account, and follow the instructions in the app.

By staying informed about TikTok's features and potential risks, parents can help their daughters (children) navigate the platform safely and responsibly.

Parents and students are reminded that as per the College's digital citizenship policy and mobile phone policy, students are not permitted to take photographs of themselves and others in their school uniform and post on any social media pages. Filming students and staff without their consent is strictly prohibited.

We share the following Information from the ySafe website: [A Guide to TikTok for Aussie Parents and Guardians](#)

Mohammad Jafari | Assistant Principal - Student Wellbeing

A Guide to TikTok for Aussie Parents and Guardians



Helping your teens manage their online activity is a really important role and one that can feel complicated if you're not familiar with our platform, or the tools that are available to help.

To assist you, we've partnered with ySafe - Australia's leading online safety educators - to develop the [Guardian's Guide](#), which provides a simple overview of TikTok and the many tools and controls we've built into the product to keep teens safe.

It also has a step-by-step guide to Family Pairing, an easy-to-use tool to manage teen online safety.

TikTok's Online Safety Tools

Family Pairing

Link your TikTok account to your teen's to help them manage screen time, privacy and more.

Private By Default

Users aged 13-15 have their accounts set to [private by default](#), enabling teens to make informed choices about what they choose to share, when, and with whom.

Age Restrictions

Direct messaging is only available to those aged 16+, and users must be 18+ to host a LIVE.

Screen Time Tools

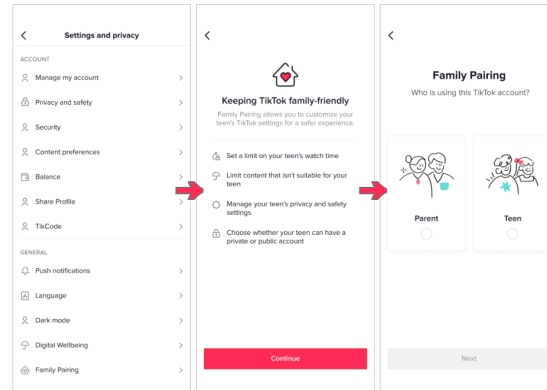
Users under 18 automatically have daily screen time limits of 60-minutes. Once reached, they need to enter a passcode to continue watching, encouraging active decision making to extend that time.

How To Use Family Pairing

1. Download the TikTok app
2. Tap on “Profile”, “Settings and Privacy”, and scroll down to select “Family Pairing”
3. Nominate whether you are the “parent” or “teen”
4. Scan the QR code from your teen’s profile to link accounts

You can now work with your teen to set daily limits for screen time, limit who can send messages to your teen, and manage their privacy settings together.

WATCH HOW ON TIKTOK

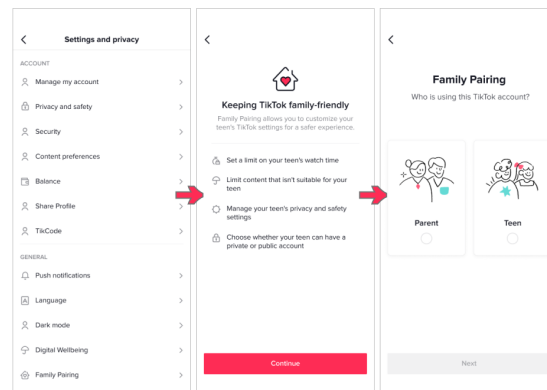


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WATCH HOW ON TIKTOK



Strategies For Communicating With Teens

Here are a set of guidelines from our online safety partner, ySafe to help you communicate the importance of online safety with your teens. For more information, visit [ySafe's online safety hub](https://www.yes.gov.uk/y-safe/online-safety-hub) and [TikTok.com/safety](https://www.tiktok.com/safety).

It starts with understanding the ABC's:

Manage Access

Family Pairing allows parents and guardians to link their accounts with those of their teens and use a variety of privacy and safety tools, such as managing screen time limits, setting a teen's account to private, and deciding who can comment on their videos.

Parents and guardians might also want to consider a [device control](#) to add an additional layer of protection for teens. These tools help you manage what and when teens can access certain platforms, filter inappropriate content both on the device and in-apps, and monitor activity to ensure safety is optimised.

Set Boundaries

Setting boundaries for teens is all about understanding the importance of safe participation. Young people want and need to be allowed freedom and choice, but they also need to understand the confines those choices exist within.

Setting boundaries might look like supporting your teen's use of a platform or tool, but helping them understand that it comes with responsibility. Implementing a [digital device contract](#) to create a sense of formality and responsibility regarding their online time might be appropriate. Or, creating rules and expectations on how they should behave, or what actions they should take when situations occur online that they know aren't right.

Openly Communicate

Communication is about understanding each other's perspectives, and conveying your message in a way that resonates for the other person.

Discussions about the online world need to happen early and occur often, and ensure that your teen knows that no matter what happens online, they can come to you for support and guidance.

RESTORATIVE JUSTICE PRACTICES AT OLSH COLLEGE



Here at Our Lady of the Sacred Heart College (OLSH), we take immense pride in the achievements of our students. Affectionately known as OLSHIEs, our students possess a unique spirit and approach to life, often choosing to navigate their journey in their own distinct way. While this independent streak may occasionally lead to missteps, it is an integral part of their growth and development.

As adolescents, our OLSHies are in a phase where their brains are still maturing, with the pre-frontal cortex - responsible for crucial functions like reasoning, logic, and judgement - not yet fully developed. This can sometimes result in moments of stubbornness or resistance to authority. However, it's important to recognise that this behaviour is a normal aspect of their journey toward maturity.

Our OLSHies are wonderful, they are:

♥ Kind ♥ Curious ♥ Inspired ♥ Brave ♥ Creative ♥ Resilient

We encourage girls to display behaviour positively, do their best in all aspects of College life, respect both class and school expectations, respect all staff, equipment and facilities, each other, and themselves. Always represent themselves and OLSH College positively outside of school and accept responsibility for their actions. We also understand that mistakes are inevitable. That's why, this year, OLSH is placing a renewed emphasis on Restorative Practices as part of our approach to behaviour management.

Restorative Practices involve facilitated conversations aimed at understanding the circumstances leading to conflicts, acknowledging the emotions and perspectives of all involved, and working together to find solutions that repair harm and prevent further issues. Our staff have undergone professional development to ensure they are equipped to facilitate these conversations effectively.

While we believe in providing opportunities for growth and understanding, serious breaches of school expectations will still be addressed with appropriate consequences. However, even in these instances, our priority remains on fostering a culture of support and accountability.

At OLSH College, inclusivity is paramount. Every OLSHie has the right to feel safe, valued, and happy within our school community. As we embark on the journey through 2024, we eagerly anticipate collaborating with our exceptional students and witnessing their continued growth and success.

Mohammad Jafari | Assistant Principal - Student Wellbeing



**Catholic
Education
AWARDS**
SOUTH AUSTRALIA

**NOMINATIONS
NOW OPEN!**

**Do you know someone making
an outstanding contribution to
Catholic Education?**

**The Catholic Education Awards are your
opportunity to shine a light on a teacher,
support person, leader, volunteer or
program making a positive difference!
NOMINATE NOW.**

Nominations close March 8 2024.

awards.cesa.catholic.edu.au

The College is always interested in stories of our students' achievements and their passion pursuits beyond the school gates and to include them in our newsletters. Families and students with a story to share can send it through to their Student Wellbeing Coordinator.

STUDENT SUCCESS STORIES

We congratulate Abigail (11 Aleotti) who became South Australia's first ever 'Youth Responder' for St John Ambulance at the end of 2023. Abigail also became a Corporal in the Youth Division, was awarded the Tea Tree Gully Youth Cadet of the year and also received an award for the most duty hours (178 hours).



"I got involved in St John 5 years ago and I've loved it ever since. It gives me a great sense of community and is very rewarding. As I have gained more experience, I've started to help my division officers by teaching. Last year I also started attending Campbelltown adults division to further expand my knowledge. Through St John I've had the chance to work with SES, CFS, Scout Groups, and SAAS and have volunteered at many community events. I am so thankful for my Youth Leaders who helped me achieve so much and I couldn't have done any of this without their support and training"