

O'LOUGHLIN CATHOLIC COLLEGE

Newsletter

9 June 2023

Make Us One In Christ



From The Principal, MEGAN EVANS

Principal's Corner: Celebrating Unity and Reconciliation at O'Loughlin Catholic College

Dear O'Loughlin Catholic College families,

I am delighted to share with you the tremendous community spirit that was displayed at our recent events, the Reconciliation Week Assembly and Athletics Day. Both events showcased the exceptional sense of community that exists within our school.

During the Reconciliation Week Assembly, I was moved by the profound respect, understanding, and unity. Our students and staff actively engaged in learning about and celebrating Aboriginal and Torres Strait Islander cultures. This was an opportunity for us to thank Kerry McCarthy and Todd Montgomery for the beautiful cross that hangs in our administration office. The stories shared by Imogen and Brydie were truly inspiring, fostering a genuine spirit of reconciliation among our O'Loughlin family.

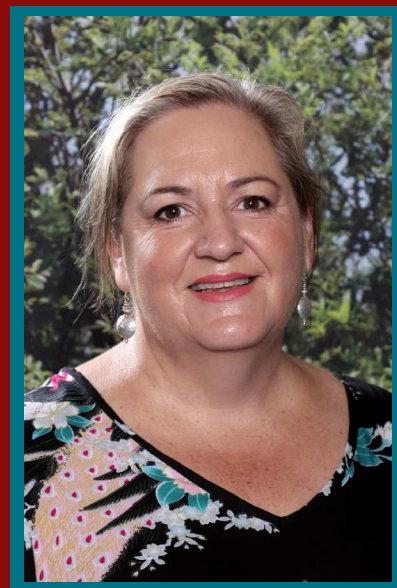
Following this uplifting event, we witnessed the same passion and camaraderie at our Athletics Day. It was heartening to see students from all year levels come together, cheering each other on and embracing healthy competition. The unwavering support and encouragement shown by our community exemplify the values we hold dear at O'Loughlin.

I would like to extend my heartfelt congratulations to every student, teacher, and staff member who contributed to the success of these events. It is through such unity and respect that we continue to nurture an inclusive environment that promotes reconciliation and celebrates diversity.

Let us remember that the spirit of community does not end here; it is a lifelong commitment. Together, let us continue to build bridges, foster understanding, and work towards a more inclusive and harmonious future.

Yours sincerely,

Megan Evans
Principal, O'Loughlin Catholic College



Upcoming Events:

- | | |
|-----------------|--|
| • Jun 12 | Kings Birthday Public Holiday |
| • Jun 14 | Catholic Cup Rugby |
| • Jun 15 | Middle School Soccer |
| • Jun 16 | Senior School Soccer |
| • Jun 19-21 | Year 12 Retreat |
| • Jun 23 | Last Day of Term |
| • Jun 24-Jul 17 | School Holidays Semester Break |
| • Jul 17-18 | Pupil Free Days |
| • Jul 19 | Students Return for Term 3 |
| • Jul 24-28 | Stage 1 ODE Hike |
| • Jul 25 | Darwin Region Athletics |
| • Jul 27 | Year 9 into Senior Information Evening |
| • Jul 28 | Darwin Show Public Holiday |
| • Jul 31-Aug 3 | Year 8 Camp - Group 1 |
| • Jul 31-Aug 5 | Year 10 Work Experience |
| • Aug 2-5 | Year 8 Camp - Group 2 |
| • Aug 3 | Senior Information Evening |
| • Aug 7 | Picnic Day Holiday |

<https://www.oloughlin.nt.edu.au/> 'Our Events'

In This Issue:

- | | |
|-----------|-------------------|
| Pg 2: | College Prayer |
| Pg 3-7: | Executive Team |
| Pg 8: | Year 7 Enrolments |
| Pg 9: | College Tours |
| Pg 10-12: | Senior School |
| Pg 13-16: | Middle School |
| Pg 17-24: | Faculty News |
| Pg 25: | The Library |
| Pg 26: | Office News |



FOLLOW US ON FACEBOOK!

<https://www.facebook.com/O'Loughlin-Catholic-College-1397508203804585>
For updates and events within our O'Loughlin Community

O'Loughlin Catholic College, along with the Catholic Diocese of Darwin, is committed to promoting the safeguarding of all children and young people. Consistent with gospel values and our Mission Statement, we follow the example of Jesus in respecting the dignity of each child, young person and vulnerable adult.

COLLEGE PRAYER

Saying Sorry

Holy Father, God of Love,
You are the Creator of all things.
We acknowledge the pain and shame of our history
and the sufferings of peoples, across generations,
and for this we ask your forgiveness.
We thank you for the survival of Indigenous cultures.

Our hope is in you because you gave your Son Jesus
to reconcile the world to you.
We pray for your strength and grace to forgive, accept and love
one another, as you love us and forgive and accept us.

Give us the courage to accept the realities of our history so that
we may build a better future for our Nation.
Teach us to respect all cultures.
Teach us to care for our land and waters.

Help us to bring about spiritual and social change to improve
the quality of life for all groups in our communities. May your
power and love be the foundations on which we build our
families, our communities and our Nation, through Jesus Christ
our Lord.

Amen



At our Sorry Day assembly, we acknowledged the beautiful work of our College Property Manager Todd Montgomery and local artist and College parent Kerry McCarthy. Kerry was commissioned by the College to paint an image that captured our College motto 'Make us One in Christ' upon the wooden cross that Todd had lovingly prepared. Holy Family Parish Priest, Father Bords was on hand to bless this stunning and now sacred piece of art which now hangs proudly in our Front Office for all to see. Kerry shared these words with us as she shared some of her journey...

...I knew prayer was going to be key here, and pray I did. I sensed Holy Spirit had shown me images, dot on dot on dot, and a foreboding feeling on the lower part of the cross representing ... the struggles that God's people endured and still endure

...Moving up the cross the different versions of gold represents the presence of Holy Spirit, the fires inside of God's people, their relationships with The Father, Lord Jesus Christ and Holy Spirit and their daily walk with him

...Jesus not only saved the Jews but also many people from many nations. On the middle bar of the cross there are some flags that signify the many nations from around the world, nations as examples to represent those here at O'Loughlin Catholic College and the diverse ethnic background here in Darwin.

[Our] motto is 'make us one', in John 17 Jesus speaks about being one with God's people, and Jesus with the Father, and the Father in Jesus. The cross also speaks about the many opportunities that Jesus gives us to come to him when we are heavily laden, to seek out the great love and mercy of God. Kerry McCarthy 2023.

"We apologise for the laws and policies of successive Parliaments and governments that have inflicted profound grief, suffering and loss on these our fellow Australians"

Kevin Rudd, Prime Minister of Australia
Quote taken from the National Apology to Indigenous Peoples
13th February 2008

The 26th of May is National Sorry Day. This is a day when we remember and acknowledge the hurt and damage caused in the past by our governments when they forcibly removed Aboriginal and Torres Strait Islander children from their families, communities and cultures.

We reflect on the sad and painful stories of the Stolen Generations, recognise the resilience of Aboriginal and Torres Strait Islander peoples and acknowledge the power and importance of saying we are sorry for these wrongs. It's also a day when we recognise that Aboriginal and Torres Strait Islander people continue to suffer from the effects of these policies.

The first National Sorry Day was observed in 1998, but there was no formal apology from the Government until when Kevin Rudd was Prime Minister in 2008. Prime Minister Rudd's unreserved apology that really struck a chord in the hearts of Australians. It was his Parliament that adopted the goals of the "Closing the Gap" movement, which focused on the health and equality of indigenous peoples of all generations.



O'LOUGHLIN CATHOLIC COLLEGE

Senior Leadership Team

Acting Deputy Principal
Miranda Colquhoun



miranda.colquhoun@nt.catholic.edu.au

Dear O'Loughlin Catholic College community,

This term and semester we have joined together, celebrated and acknowledged many events. On the 26th May we joined as a College community to commemorate National Sorry Day which remembers and honours the Stolen Generations and Reconciliation Week which commemorates two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively. During our Sorry Day assembly, the College heard from both Brydie Williams and Imogen Skelton on their family history, both girls spoke extremely well and should be extremely proud.

We had our Athletics Carnival on Friday, and it was great to see so many students participating in events and enjoying themselves with their friends. Well done to MacKillop for taking out the carnival for the third time in a row.



We are excited to announce that from the start of Semester Two we will be implementing to our families *Consent2Go*, a digital solution that easily enables you to keep your child's health records accurate and provide consent for school events, excursions and camps in a secure and timely manner.

We are always looking for ways to enhance our student care and after careful evaluation of our requirements, and of providers in the market, we have made the decision to use *Consent2Go*. *Consent2Go* is a direct provider of services to the school and as such is required to comply with our Privacy policy.

Consent2Go is used in many other schools across Australia and New Zealand and is proven to be highly effective.

We are working through our implementation schedule currently and are looking to introduce the new system next term.

You will receive further information closer to this time and provide you with further instructions on using the new system.

I hope everyone enjoys their break coming up and has a well-earned rest. I look forward to seeing everyone back at the beginning of the Term 3 ready for a fantastic second half of the year.

Kind regards
Miranda Colquhoun
Acting Deputy Principal

O'LOUGHLIN CATHOLIC COLLEGE

Senior Leadership Team

Director of Teaching and Learning Siobhan Shaikh



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Teaching and Learning

As the semester draws to a close it is rewarding to see the pace of teaching and learning remain consistently high. Students and teachers are working hard to finalise assessments and grade feedback which will be reported at the end of the semester.

Reports

Academic reports will be made available through SEQTA in the first week of the semester break. This formal document is a record of grades achieved for individual assessments and overall subject grade, performance indicators, attendance, and a Homeroom comment.

Please note the College works within a Real-Time Reporting model. Therefore, at any time the following can be accessed:

- A-E grades awarded to individual assessment items
- Rubrics communicating the level of achievement standards
- Written feedback identifying strengths, future goals and strategies
- Overall A-E grade in real-time for each learning area

Turnitin

In Semester 2, we will roll out the use of Turnitin software across the College.

Thousands of institutions around the world use Turnitin everyday to support the academic integrity of student submissions by ensuring students are submitting their own, original work. In fact, over 90% of universities in Australia and New Zealand put their trust in Turnitin, as do many TAFEs, RTOs and other further education providers. By utilising Turnitin at O'Loughlin Catholic College, we're not just preserving the academic integrity of our assessments, we're also setting our students up for success in their future studies and careers.

By using Turnitin Originality Check for our written assessments, our students will be empowered to:

- Identify unintentional plagiarism in their writing
- Remove unintentional plagiarism through improved paraphrasing, synthesising and citation skills
- Avoid plagiarism in the future through improved academic writing skills and an increased understanding of what it means to write with integrity
- Progress to tertiary or further education equipped with the academic writing skills they need to succeed

Our teaching staff will be empowered to:

- Compare the text in student submissions to a vast repository of past student submissions, internet content and academic publications
- Detect intentional and unintentional plagiarism and turn it into a teachable moment; ensuring students grow from their mistakes

Turnitin Originality Check will be integrated with SEQTA, our learning management system, to ensure the process of submission and the reviewing of Turnitin's Similarity Report is easy and efficient.

Parent information sessions will be offered in Term 3 to learn more about how we will use Turnitin.



O'LOUGHLIN CATHOLIC COLLEGE

Senior Leadership Team

Acting Head of Senior School
Jake Barnes



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Hello again O'Loughlin! It's so great to be writing to you as the weather is lovely and cool and the dry season is in full swing! Just last week it was great to be out at the Sports Precinct on Wednesday morning with a crowd watching competitors from across the school compete in the 1500m run before the Athletics Carnival. It was most definitely a dis moment for me and a number of other staff.

The last few weeks have seen lots happening across the Senior School, with our Year 10s going to Street Smart High and our own John Ndayizeye winning a \$100 voucher from one of the surveys completed after the event. Year 10s also had the Pelvic Pain Foundation of Australia deliver talks to the whole cohort. Year 11s had the chance to listen to a presentation run by the Pat Cronin Foundation and took valuable lessons about stop, think, act and Be Wise. It was great to see our students conduct themselves with great maturity and respect in all of these sessions. Year 12s have their retreat coming up on the 19th till the 21st of June at Riyalla, which will be a great time, especially with this cooler weather.

With the end of the term fast approaching it's important that students continue to manage their time well, particularly as assessments will be due before the holidays. This can be tricky balancing events during the dry season, work schedules, sporting events and social commitments. Please ensure you are looking after yourself and making time for yourself. Have a great holidays and I look forward to continuing to work with all of our students, families and staff in the second semester.

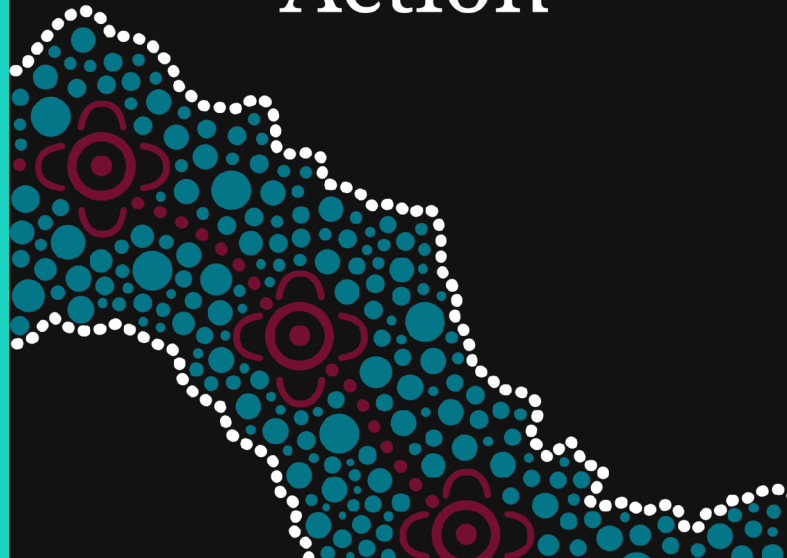
Mr Barnes



O'Loughlin
Catholic College
Darwin

2023

Together
Arise To Take
Action



O'LOUGHLIN CATHOLIC COLLEGE

Senior Leadership Team

Acting Head of Middle School
Joanne Green



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Where has the term gone... Week 8 already!!

The year 6 Open Day was a few weeks ago now - but students are still talking about it! And it was a fantastic day. We had massive interest in this year's event, over 160 eager and enthusiastic year 6 students came to OCC to try us on and see what life is like at Middle School, and more importantly, at O'Loughlin. The students were blown away by the size of the college and had an amazing time visiting different rooms and subjects. They were well supported too. I was overwhelmed by the number of year 7's who volunteered to help out on the day. Over 40 year 7 students gave up their study day to be here and help out - what an amazing group of students we have!!

The Open Day was closed off by an Information Evening attended by new prospective parents. Again, I was touched by the stories shared by 3 of our new students Matilda Udon, Jonathan O'Brien Keenan and Anha Charan. Their real and authentic journeys showed a unique perspective of OCC life. Similar were two current year 12 students, Chloe Hitzke and Meena Suresh - their high school chapter is winding up, and they shared beautiful accounts of their personal trials, troubles and triumphs of their journey at OCC. Big thanks to all the 7's and 12's that helped out - including Jules Gabour and Geliane Vagara who MC'd the evening.

A few weeks ago, the year 7 and 8 students were audience members for the annual Musica Viva in Schools performance. This year's show is titled WYNISS - they are a Torres Strait song and dance group. Their performance showcased traditional song and dance and was a beautiful demonstration of how culture and history are passed on through song, dance, and childhood games like elastics and spinning tops.



The dry season is definitely here, we have had many cooler days already. Please ensure you purchase a school jacket as these are only permitted to be worn by students in school. It has been a busy and productive term, and I hope you all enjoy a restful holiday break.

All the best

Ms Green
Acting Head of Middle School



O'LOUGHLIN CATHOLIC COLLEGE

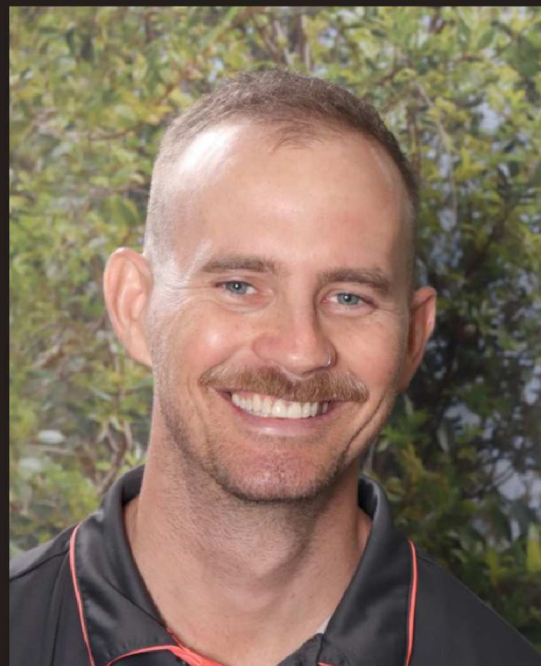
SAFEGUARDING CONTACT PERSONS



Megan Evans
Principal
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Miranda Colquhoun
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Jake Barnes
Acting Head of Senior School
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The Safeguarding Contact Persons are nominated by the school to promote the safety and wellbeing of children and young people. You might talk to a Safeguarding Contact Person if you:

- Are worried about a child, young person or family
- Are worried about the behaviour of an adult in the school toward children or young people
- Are a child or young person who wants help or support
- Want to know more about supporting children and young people
- Want to know more about what your school and Catholic Education Northern Territory have in place to safeguard and support
- Want to know more about children's rights - including those of your own children, or your rights if you are a child or young person
- Have ideas about how our school can make things even better for children and young people - especially if you are a child or young person yourself!



P: 8945 1277

E: secretary.oloughlin@nt.catholic.edu.au



DARWIN

OLOUGHLIN CATHOLIC COLLEGE

Enrolments 2024



**Enrolments
are open for
Year 7
2024**

**'Make us One in
Christ'**

**Enrolment packs are
available online or from
the College.**

www.oloughlin.nt.edu.au/enrolments/
Ph: 8945 1277



College Tours

O'Loughlin Catholic College invites potential students and their families to discover the unique opportunities we have to offer and see how your child will immerse themselves in the 'Make us one in Christ' educational journey.

PASTORAL CARE



CUSTOM FACILITIES



Commencing

24 May
2023

Wednesday
3.30-4.30pm



SPECIALISED LEARNING



PROFESSIONAL TEACHERS

Book here for one of our three
tours: 24 May, 14 June, 19 July!

O'Loughlin Catholic College
70 Mueller Road

We can't wait to meet you.



YEAR 12

YEAR LEVEL CO-ORDINATOR

MS. WARD

12.1 HOMEROOM TEACHER

MR. BEATTY

12.2 HOMEROOM TEACHER

MS. KATE

12.3 HOMEROOM TEACHER

MS. PEARSON



U18 GIRLS NT ACADEMY

Three Year 12 students were selected in the U18 Girls NT Academy squad to compete in the 2023 Coates League.

Kierra Zerafa (12.1), Alyssa Caruana (12.1) Emma Stark (12.3) and OCC 2022 Graduate, Emma Clifton, were in the squad.

Ms. Ward also travelled as an Assistant Coach.

The girls' played three games against Gippsland Power (21/5), Bendigo Pioneers (28/5) and Geelong Falcons (4/6). An excellent effort!

YEAR 12 MERCHANDISE ARRIVED!!

Another thank you to Mahli Seden (12.1) for her Indigenous design on the Year 12 merchandise polo shirt.

The company, Reform, have asked permission to include the creation as a sample on their digital catalogue.

Georgia Morrissey (12.1 - left) and Mahli Seden (12.1 - right) model the polo and jersey.



ATHLETICS DAY BBQ

The Year 12 students had a fantastic day at the recent Athletics Day. The students ran the BBQ and sold over 300 sausages! They also had the Shave Ice van that was extremely popular. All proceeds will be going to the Year 12 Graduation later this year.



YOUTH VOICE PEAK GROUP

All members attended a two-day meeting (17th-18th May) in Darwin to re-connect as a group, provide key feedback on priority pieces for the Department and undertake some exciting professional development with Amy Hetherington. Jules Gabor (12.2) is doing great things this year with her leadership.



U18 GIRLS HOCKEY NT SQUAD

Mikayla Borg (12.3) has recently been selected in the U18 Girls NT Hockey squad to compete in the upcoming 2023 National League. Mikayla is busy training each week. We look forward to her success in the upcoming competition.



YEAR 11



Max Jones - Year 11 Coordinator
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Good afternoon all,

The Year 11 cohort is entering a busy time of the semester with final tasks, tests and exams due. This is an important challenge as this will reflect the nature of Stage 2 courses and expectations next year. I encourage all students to approach this challenge energetically and positively knowing they have our full support and guidance.

As a College we do track student's progress academically and pastorally; however, as always, whenever there are concerns or significant challenges, we always appreciate knowing in a timely manner to be proactive in supporting students. Please feel free to make contact with the student's Homeroom teacher, myself or Mr Barnes (Head of Senior School) whenever possible to address these concerns.

Again, another relevant resource is the 'Imperfects' podcast (see cover image below) presented by The Resilience Project. A couple of recent episodes I have enjoyed are 'How (and Why) Ryan Dumped His iPhone' and 'Dr Emily - How Anger Affects Us All', both of these provided a refreshing take on technology and emotion.

Please see the 'Imperfects' podcast cover page below, and a number of student quotes reflecting on how their study skills and mindset have improved through Semester 1 this year.

Thanks,
Max Jones



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11.3 stephanie.sfouggaristos@nt.catholic.edu.au



11.4 liza.bowers@nt.catholic.edu.au



A highlight for Personal Development lessons recently was the Pat Cronin Foundation talk about safety and violence prevention. Please discuss this at home and see their website for further information:
<https://patcroninfoundation.org.au/>.

the imperfects

hosted by
hugh van cuyenburg
ryan shelton
& josh van cuyenburg



<https://open.spotify.com/show/6ZmSCzsv0W2ZZAPFCbqhOd?si=73e010d5d5ff4727>

"Not leaving work till last minute, this helped me be less stressed and have a positive mindset on doing my work."

"I have learnt how to overcome tough situations and stay more calm under pressure."

"I have been procrastinating less and have been giving myself more time to study for tests."

"I've improved my studies by keeping everything organised in a book with the due dates. Whilst completing a little bit of homework a day"

YEAR 10



Nicholas Lohmeyer - Year 10 Coordinator
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Dear O'Loughlin Catholic College community,

It's hard to believe that the first semester of the school year is almost behind us, and we are amazed at what our Year 10 students have achieved over these past months. of their accomplishments.

One of the recent highlights was the Periods, Pain, and Endometriosis Program (PPEP), which was offered to our Year 10 students in two separate groups. This program provided information, support, and practical strategies to help our students manage menstrual health and pain, including endometriosis. The program has been offered in the past few years now and was once again a resounding success. We are proud of how our students embraced the opportunity to learn about this important health issue and we are sure it will lead to a greater sense of empathy and understanding in our cohort.

Another standout event for the Year 10s was the Athletics Carnival. Our students displayed incredible sportsmanship and determination, and it was inspiring to see them compete in a range of events. Whether they were running, jumping, or throwing, they gave it their all and demonstrated a true commitment to their respective houses and school.

Overall, the first semester has been a fine start to senior school life for our Year 10 students. They have demonstrated resilience, perseverance, and a willingness to learn and grow, and we are excited to see what the rest of the year holds.

Thanks,
Nick



YEAR 9



Maree Hammer - Year 9 Coordinator
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The Importance of Sleep -

According to The Sleep Foundation teenagers need between 8 and 10 hours of sleep per night as part of their physical and mental development.

Unfortunately, research is showing that this is not the case for many teenagers who get far less than this.

Getting a good night's sleep can help students with the following:

- Thinking and Academic Achievement
- Emotional Health
- Physical Health and Development
- Decision Making
- Avoiding Accidents and Injuries

For most of Term 2 the Year 9 students have been researching and creating a campaign to help teach the rest of the college about the importance of sleep. Students have been very surprised by the facts they have discovered and the campaigns they have produced are very engaging.



7 Ways To Sleep Better

1. Take a moment to unwind

Reading an excellent book and unwinding It's important to unwind before bed, whether it's by having a warm bath, reading a book, or listening to calming music. About half of Austrians experience sleep issues brought on by stress. Some people find that making a to-do list before night might help them stop stressing about everything, they have to do the next day.

2. Get into routine

Having a routine every night will help you sleep better and it will make it peaceful the first few nights may be hard but continually doing your routine at night will help you sleep better.

3. Avoid technology

Avoiding technology will help you sleep way better, make sure to put your phone on Do not disturb and peacefully go to sleep. If you don't avoid ur phone you will keep on scrolling until its very late at night.

4. Restful environment

Having a restful and calm environment will help you to sleep without being stressed and tired. Having a restful environment is a room with no noise and no distractions and trust you will sleep like a baby.

5. Don't clock watch

Watching the clock is very distracting for you to go sleep, don't watch the clock as the time gets more late you will keep stressing out and it will get later and later. I recommend not having a clock in site to prevent this issue.

6. Foods to avoid

Having foods with energy will not help you sleep. Avoid caffeine, energy drinks or sugar otherwise you will be up all night.

7. Darkness

Having a pitch-black room will help you go sleep straight away because even if your eyes are open it will seem like there closed so make sure room is pitch black.

HOW TO GET A GOOD NIGHT'S SLEEP & WHY IT'S IMPORTANT



5 TIPS ON HOW TO HAVE THE BEST POSSIBLE REST, AND FALL ASLEEP QUICKER

EXERCISE

Frequent exercise is a great way to improve sleep. Evidence proves that it increases the amount of slow waves sent to your brain. These are what put you in a deep sleep, which is what helps heal the body.



WHY IS SLEEP SO IMPORTANT?

Sleeping is one of the most important things a teenager can do. It helps the body repair and recover after a long day as well as help brain development. Sleeping can also help increase memory and mood. Teenagers should be getting at least 8-10 hours of sleep every night. If you don't get enough sleep it can change your face by giving you puffy eyes and eye bags.

KEEP IT COMFORTABLE

Keeping yourself comfortable is crucial to beneficial sleeping. Make sure you are in an environment that helps you calm down. Some ways you can do this is keeping your room dark and removing yourself from devices for 15 minutes before sleep.



START A SLEEP ROUTINE

When trying to get a good night sleep, having a routine can help. If you do the same thing every night your brain will start to realize when its time to sleep.

SLEEP TIPS

3 TIPS FOR BETTER SLEEP



Tip one

Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends



Tip two

Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom to enshrine that you don't go on it



Tip three

Avoid large meals, caffeine, and alcohol before bedtime to make sure you get a good nights rest

FOR MORE HELP
GO TO



Sleep help foundation



03 7067 6932



admin@sleephealthfoundation.org.au





Tara Branco
Year Level Coordinator
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Year 8

Pastoral Care Teachers:

- 8.1 – Christine Woods
- 8.2 – John Byrne
- 8.3 – Ariel Araos
- 8.4 – Dom Virdun
- 8.5 – Rahul De Sylva
- 8.6 – Matthew Holt



Athletics Carnival

The students had a wonderful time at the Athletics Carnival and during Pre-Carnival events, where they participated in a range of sporting events such as, Triple Jump, Long Jump, High Jump, Shot Put, Discus, Javelin, Track and Relays. It was pleasing to see them all cheering on their peers and having a go at these events. Well done to Mackillop for achieving the winning title for 2023!



Music in my Suitcase

In the last article, I mentioned that the Torres Strait song and dance group, 'Wyniss' were going to perform at the College in Week 5, and the students absolutely loved it! They got to learn about the groups' culture and traditions, while thinking and comparing them to their own. The students represented the College with pride by participating and listening to the group's instructions. We hope to have another group from 'Musica Viva' here again next year.



PD Lessons



Over the last five weeks, we have had many amazing PD lessons.

Week 3 - We had a session on music, where the students watched video clips, listened to audio tracks, had class discussions and then participated in a few movement/rhythm activities.

Week 4 - A session was organised by Cassie Henderson, our Camp Coordinator. This was our first camp meeting to go over all the details relating to the location, activities, what students need to bring and homeroom arrangements. A friendly reminder to refer to your emails regarding the date changes for Year 8 Camp.

Week 5 - We had a session on racism run by the IEW team. The boys and girls were split in order for students to comfortably express and explore the issues and possible solutions around this important topic.

Week 6 - We had an assembly for 'Sorry Day' to acknowledge the strength of Stolen Generations survivors and reflect on how we can all assist in healing.

Week 7 - This was an exciting day for students and staff to gather as a community to enjoy and participate in a range of sporting events, while also acknowledging the achievements of those who had trained and performed well. What a great time it was!



YEAR 7



Tony Judd - Year 7 Coordinator
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It's the right time of the year to reflect on an amazing two terms with the 'Year 7 cohort. From my perspective as coordinator they have been a fantastic group to work with and yes at times that is not without challenges.

Importantly though secondary schooling, multiple teachers and timetables just to mention a few of the adjustments made from primary school are now a thing of the past.

As a year group they have participated fully in O'loughlin activities with many giving their time to welcome prospective new students at our recent open day. The recently completed athletics carnival was yet another example of their willingness to participate and give back to the school and the Houses they belong to.

Our last major event for the Term will be an excursion to the Darwin Cathedral on Friday the 9th of June. Mr Bourke, our religious Education leader will coordinate this special event.

Finally, I will be away week 10 of Term 2 and week 1 of Term 3. Please contact Head of Middle School Ms Joanne Green on any matters relating to Year 7 during this time. I have immense gratitude and respect for this year 7 group and their teachers. I wish you all a happy and safe term break.

Anthony (Tony) Judd



CREATIVE ARTS



Kate Smith - Head of Creative Arts and the Technologies
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Stop Cyberbullying!

What is Cyberbullying?
Cyberbullying is the act of harassing someone by sending mean messages

Physical effects of cyberbullying

- Lack of sleep
- Social Isolation
- Acting out violently
- Grades Dropping
- Avoiding using their phone

Mental Effects of Cyberbullying

- Depression
- Low self-esteem
- Anxiety
- Attempted Suicide
- Loneliness

What would you do if:

- You were being cyberbullying- Report it, Block it, or Tell a trusted person.
- You saw someone being cyberbullied- Stand up for them, Comfort them and tell them to tell a trusted adult

Cyber bullying

What is cyber bullying
Cyberbullying is when a person gets verbally Threatened/bullied, people usually send mean, harmful and false information about other people, cyber bullying can also involve sending mean things to another person.



What it looks like



what are the Emotional effects of cyberbullying?

3 examples of the emotional effects of cyberbullying involve having more stress, and anxiety, and also causing depression, these are all effects of cyberbullying and cannot be reversed so do not cyberbully.

By George.Stathopoulos

TIPS TO OVERCOME CYBERBULLYING

What is cyberbullying?

Cyber bullying may take place via SMS, text, and applications, as well as social media, forums, and games where individuals can see, engage in, or exchange content. Cyber bullying is defined as sending, spreading, or spreading using, changing, false, or humiliating content about another person. It might involve disclosing personal or private information about another individual, which causes shame or humiliation.

What it looks like?

Cyber bullying is defined as sending, spreading, or spreading using, changing, false, or humiliating content about another person. On any type of social media such as text, messages and Instagram.

What are the emotional effects cyber bullying?

Cyber bullying can affect emotional mental health such as depression, anxiety and low self-esteem or self-harm.

What could you do if you witness or feel victim of cyberbullying?

You can save screenshots and reports, ask the person being bullied if they are okay, share any ideas they can use.

Year 7 ICT - Amrutha Rajasekar, George Stathopoulos and Shreyeska Odari



Yr 9 ART - Some terrific skateboard designs coming from our Year 9 artists after following an extensive design process and learning about various painting techniques and styles.



Stage 1 and 2 Drama – Darwin Fringe Festival Show

The combined stage 1 and 2 drama classes are presenting a kids show for their major performance piece this year. Drawing on the incredible world of Clowning, these young theatre makers have divided a hilarious theatre pieces for Darwin audiences 4 – 9 years old (and of course all of us young at heart!!)



Dates: Friday 21st July
Saturday 22nd July

Location: Brown's Mart Theatre,
18 Smith Street Darwin City

PURCHASE YOUR
TICKETS HERE



CREATIVE ARTS



Kate Smith - Head of Creative Arts and the Technologies
kate.smith@nt.catholic.edu.au

STAGE 2 ARTS TRIP – SYDNEY

Stage 2 Art students had an incredible educational and art making adventure in Sydney. Students got to visit Gallery NSW, Sydney Uni, Brett Whitely Meusum, The Opera House, White Rabbit Gallery, see backstage at STC (Sydney Theatre Company) and participate in a workshop at the MCA. Students saw live theatre at the opera House and Griffin Theatre. They experience the sites and sounds of this magnificent city. Alongside this we were able to rub shoulders with Dave ... from the Umbilical Brothers AND, Darwin's very own Shari Sebbens. It was a full five days of back-to-back immersive art experience which none of us will forget!



Year 11 Creative Arts class have designed and made new posters for the College. These posters are themed around Having fun, Friendship, Belonging and Determination. Students work through the design process; research, analyse, planning/trail/testing and then produce 2 original artworks for large format printing.

FOOD AND HOSPITALITY THIS TERM.

Year 7 has been creating their Healthy Hamburgers this term and they sure smell good. Year 8's has been learning about food labelling and have produce some very professional labels. Year 9 have just put an Aussie Twist on International Cuisines and Year 10 learning about how to avoid allergies or cater to food intolerance. As we come to the middle of term, I thought I would share some photos, aimed at making your mouth water....

We have made curries and sauces, dehydrated fruit, and meats for Outdoor Ed. Catered for the staff for a thankyou Morning Tea. We hope some of our treats made it home to you.



HEALTH & PE



Luke Beatty - Head of Health & Physical Education
luke.beatty@nt.catholic.edu.au



School Sports

It sure has been a busy semester for sports at OCC. Well Done to all the students who have represented the college at the different Gala Days so far this year. These include:

- Netball (Middle & Senior)
- 3x3 Basketball (Senior)
- Basketball NT Schools Championship
- Volleyball (Senior)
- Beach Volleyball (Senior)
- Hockey (Middle)
- AFL (Middle)

Still to come in Term 2

- Catholic Cup v Mackillop (Rugby League)
- Soccer (Middle & Senior)

Health & Physical Education

Some of the topics covered by our HPE classes this semester include:

- Nutrition & Racquet Skills (Year 7)
- Lifestyle Diseases & Athletics (Year 8)
- Drug Education & Oztag (Year 9)
- Coaching (Year 10)
- Golf & Self Defence (Year 9 Sport & Rec)
- Training Principles (Year 9 PE Elective)
- F45 Fitness Training (Year 10 Sport & Rec)
- Energy Systems (Year 11 PE)
- Skill Acquisition (Year 12 PE)



ATHLETIC'S CARNIVAL



House Points

1st - MacKillop (1462)

2nd - Hunter (1265)

3rd - Gsell (1138)

4th - Collins (907)



**Congratulations MacKillop!!!
on your third consecutive
Athletic's Carnival win**

Age Champions

	Boys	Girls
12 Years	Leslie Monai-Lowah	Isabella Smith
13 Years	Michael Kortesis	Maddison Kennedy
14 Years	Kairyce Monai-Lowah	Peggy Rock
15 Years	Charles Bowden	Niesha Casimiro
16 Years	Brady Lewis	Shakaila Gardiner-Dunn
17 Years	Ari Cousens	Emma Stark
Opens	Dylan Mende	Matilda Wilson



OCC HISTORY WEEK



This term we have been celebrating the subject of History in the Humanities faculty. Week 5 marked the inaugural OCC History Week with schoolwide activities plus focused teaching and learning in classrooms to promote the importance of History as a field of study.

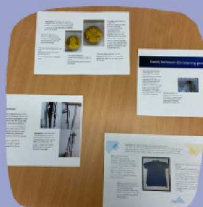


Some of the special activities that took place at lunch included history quizzes and Lego building competitions.

Across the faculty, teachers delivered special lessons in their classes including history scavenger hunts, building Medieval villages with Minecraft, sharing stories of family heirlooms, history bingo, debates on key issues impacting Australian law currently and Boomerang making.



Year 12 History students painted a section of the Berlin Wall on the library door.



We are pleased to share these images with you to showcase some of the amazing work by both students and staff. It was great to see students so deeply engaged in these activities and lessons and their feedback on History Week has been overwhelmingly positive. A huge thank you to all the teachers who created these special lessons! The study of history plays a crucial role in shaping the future and we would like to encourage students at OCC to consider history in senior school should it complement their pathway.



STEM



John Bament - Head of STEM
john.bament@nt.catholic.edu.au

The May12 initiative is supported by several organisations for women in mathematics.

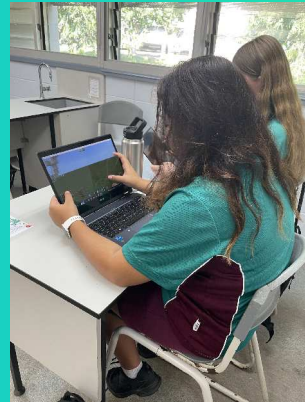


On Friday 12 May 2023, O'Loughlin Maths teachers and invited female students from year 7 to year 12 enjoyed a morning tea in recognition of International Women in Maths Day. This day celebrates the achievements of female mathematicians annually in honour of mathematician Maryam Mirzakhani, the first woman to be awarded the Fields Medal for Mathematics.

Rube Goldberg -

This term Year 8 students have been busily working in Science classes to construct a Rube Goldberg Machine. A Rube Goldberg Machine uses a chain reaction to carry out a simple task and it is a great way for our students to display their knowledge of how energy is transferred or transformed and never created or destroyed. Year 8 teachers have been so impressed with the cohort's enthusiasm and determination during the design and build of their machines.

Mrs Maree hammer



Dr Karl Talk -

During Week 2 of the term a group of students, Ms Watts and Ms Hammer all attended a talk by the famous Science Communicator Dr Karl. The main focus of the talk was good Science news and future pathways in Science. It was great for the students to discover that Scientists do have solutions for many global problems and with more research and funding the world is not doomed. It was also good for students to see the roles they can play in the future of Science and the many pathways they can take.

Mrs Maree Hammer

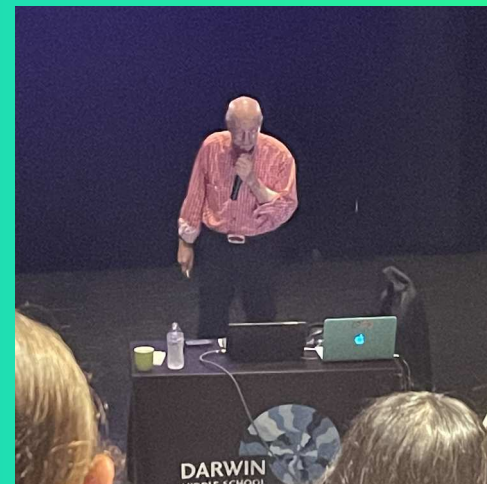


Maryam Mirzakhani was an Iranian mathematician and a professor of mathematics at Stanford University. Her research topics included Teichmüller theory, hyperbolic geometry, ergodic theory, and symplectic geometry. On 13 August 2014, Mirzakhani was honored with the Fields Medal, the most prestigious award in mathematics, becoming the first Iranian to be honored with the award and the first of only two women to date. The award committee cited her work in "the dynamics and geometry of Riemann surfaces and their moduli spaces". (https://en.wikipedia.org/wiki/Maryam_Mirzakhani)

Year 12 student Emma Stark shared with younger students her journey and love of Maths, followed by Ms. Courtney, Mrs Sales and Mrs. Colquhoun. Ms. Courtney prepared a scrumptious morning tea which everyone enjoyed very much.

Thank you Mr. Bament for inviting us all to share in this special day.

Mrs Estia Sales



VET



Nicholas Jack - Careers Practitioner
nicholas.jack@nt.catholic.edu.au

Bond University

On Tuesday the 24th the College was very happy to welcome Bond University to speak to the year 11 and 12 students about the amazing opportunities at Bond including scholarships and pathways. Bond offers students the ability to finish their degree earlier than most universities by having three semesters a year. They have also developed excellent relationships with Business and Government for placement while studying.

Parents and students who want to know more or wanting to apply for 2024 please contact me at the College



"Big Day In" IT careers Day

On Thursday 25th the Stage 1 and Year 10 IT students joined me at the Darwin Hilton for the annual ICT careers conference for students in Years 9-12. Students heard from leading speakers from a variety of organisations including Australian Space Agency, Defence Force Recruiting, Australian Signals Directorate, Geek Culture Collective, Kinetic IT, NEC & more to come, all talking about the future of technology & how students can get involved in shaping the future.



Young Indigenous Women's STEM Academy

The Young Indigenous Women's STEM Academy (the Academy) is part of the \$25 million Indigenous Science, Technology, Engineering and Mathematics (STEM) Fund, announced by the Commonwealth Government as part of the 1967 Referendum - 50th Anniversary Indigenous Education Package.

CSIRO, in collaboration with CareerTrackers, have been provided \$20 million to design and deliver a national 10-year Young Indigenous Women's STEM Academy program for high achieving Aboriginal and/or Torres Strait Islander female students from Year 8 through to higher education and graduate employment.

The high school program element will also include:

- Regional STEM camps and access to additional STEM camps in Year 10
- Access to STEM extension activities such as PULSE@Parkes, Bebras Computational Thinking Challenge, Creativity in Research, Engineering, Science and Technology (CREST) projects from Year 9 to Year 12
- Quarterly online virtual assemblies
- STEM work placement opportunities



Gap year opportunity for Year 12 Students

The Department of Home Affairs is pleased to present an opportunity for current Year 12 and 13 students who are exploring the option of a 'Gap Year' in 2024.

The Home Affairs Gap Year program will commence in February 2024 with positions offered in dynamic teams where they will have the opportunity to do interesting and meaningful work that affects many parts of Australian Life. Successful applicants will be employed on a 12-month temporary contract and gain valuable experience supporting the processing and administration of essential business areas with excellent working conditions and remuneration.

Applications are NOW OPEN.

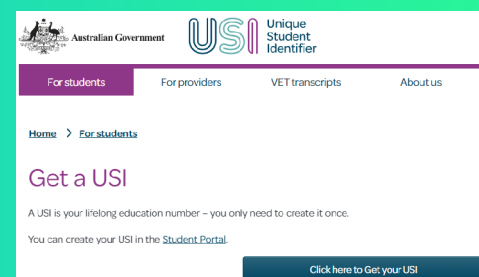
Upcoming University presentations:

The College is excited to offer the following University Information sessions for year 11 and 12 students.

- Melbourne University Information evening - Hilton Hotel Wednesday June 7th 6-8pm
- Adelaide University - Thursday, 22nd of June: Lunchtime in the library
- Flinders University - Tuesday 15 of August: Lunchtime in the library
- Monash University - Thursday 17th August: location TBC

For more information on any of the topics discussed in this newsletter please see Mr. Jack on 0889451277 or via email at Nicholas.Jack@nt.catholic.edu.au

Students that need an USI or would like to find out what their USI is can do so through <https://www.usi.gov.au/students/get-a-usi>



OCC Youth Ministry

UPDATE

Insta - occ.life

The OCC Youth Ministry Instagram is up and running and has been a fun and relatable way to engage students with the life of the college. Featuring encouraging words and insights into the life of teachers, students have been following along (quite literally) to hopefully be inspired and feel more connected to staff and the college. Many more exciting things are yet to come in this space, so give it a follow and keep up with life at OCC.

Senior school lunch group

Every Thursday, in MW2, all senior school students are invited to gather to be inspired by a guest speaker, learn more about life and faith, and take action. Consistently, each week, 20-25 students have been gathering to share food and go deeper. There are few chances to ask the bigger questions in life, to make a difference in others lives too, and to receive inspiration and hope from incredibly gifted speakers wanting to help this generation, so for all in year 10 to 12, this opportunity is a special one not to be missed. Find me for more information :)



Class Masses

This term, we have begun 'Class Masses', where once a week, a singular homeroom goes to Holy Family Parish to join in with the Parish' daily Mass. So far, four of our Year 8s have had a chance to participate and we have had amazing feedback from parishioners about how impressed they are by our students. This experience will hopefully give students a more intimate experience of the Mass and a chance to ask questions as Mr Bourke (APRE) and I accompany them.

Breakaway Youth Camp

Once a year, students from all over the NT gather to have 3 days of fun, friendship and faith. The goal of Breakaway is for students from Yr 7 - 12 to come together, and find a place that is enjoyable, safe and meaningful. With youth leaders from all over the NT helping to lead this camp, you can trust there will be a quality experience for your child. Included is live music, complete catering covered, accommodation (cabin or camping), games, activities, sessions and much more. They are guaranteed to walk away with no regrets.

For more information and to ask any questions, feel free to contact me at shania.allen@nt.catholic.edu.au

Register with this link:

<https://www.trybooking.com/events/landing/1016635?eid=1016635&>

Or here, with this QR code:



Thank you for reading!
- Shania Wolbers

LIBRARY

The fresh Damibila air has brought some new energy to the Library. This term we have celebrated History Week by hosting a Lego Masters Competition, History Quizzes and Dress Ups! All activities were really enjoyed by staff and students alike. There were a number of History and Historical Fiction books on display for borrowing as well.

As always, there are regular activities on in the Library at lunchtime. Ms Kate has enjoyed learning to play chess on Thursdays and Chill Wednesdays have been popular with calming music and quiet activities - including jewelry making and completing a 1000 piece puzzle.



As we near the end of the term, we ask that students and families have a look around their home to see if there are any books that need returning to the Library. This is also a great opportunity to check out some great holiday reading - as always, we have a great selection to choose from!

We are also hoping to have parents and family members speak to students in the Library to celebrate Oral Literacy. If you or a family member have a story to tell, get in touch!



Coming up:
Weeks 7 - 9: Reconciliation Week activity - Serpent building and painting.
Week 10: Library closed in preparation for painting over the break.
Term 3, Weeks 5 & 6: Literacy Week and Celebrations



See you in the Library soon,
Ms Kate and Ms Ashleigh.

CHILDREN'S
BOOK WEEK
19 to 25 AUGUST
HCBKA2013



READ
GROW
Inspire



OFFICE NEWS

School Fees

Dear caregivers,

Statements have been emailed to all families.

If you haven't yet received your statement or made a payment toward Term 1 fees, please make contact to our Finance Department via finance.oloughlin@nt.catholic.edu.au

Kind regards
Finance Team

School Holiday Office Hours

24 June to 18 July - 9:00am to 3:00pm

19 July onwards, normal office hours
Monday - Thursday 8:00am to 4:00pm
Friday 8:00am to 3:30pm

I.T. News

The way student devices connect to the internet will soon be undergoing an important upgrade.

This will provide increased security and allow for better connectivity.

More information will be released by the IT Department in the next newsletter for when this will be scheduled to occur.

Mr Kushal Gurung
IT Manager

Homework Centre

O'Loughlin Catholic College operates a Homework Centre on Monday and Wednesday from 3pm to 4pm in the Library (RC 2)

We encourage students to attend Homework Centre to seek help and support to get their Homework and assignments completed with the support of staff.

Homework Centre will resume in Week 2 of Term 3. New students can register through:

<https://www.oloughlin.nt.edu.au/students/homework-and-resource-centre/>



Sign up

Email Lilla Wallington
musicwithamadeus@gmail.com

'Where words fail, music speaks'

Amadeus Music is in partnership with O'Loughlin Catholic College to provide private music tutoring to students

INSTRUMENTS

Guitar: Acoustic, electric, bass, classical
Piano: Learning to read notation and/or by ear training
Vocal: Pitch, technique and performance coaching
Drumming lessons now available!

Music Tutoring

Amadeus Music School are happy to provide private music tutoring to O'Loughlin students. Lessons are held two days a week on campus.

Instruments

Guitar: Acoustic, electric, bass, classical
Piano: Learning to read notation and/or by ear training
Vocal: Pitch, technique and performance coaching

Drumming lessons are now available!

Expressions of interest can be emailed through to Lilla at musicwithamadeus@gmail.com

2Go

for schools

Consent2Go



Consent2Go allows parents/guardian's to provide the School with their child's up to date personal health and permission (consents) information in an accurate, timely and confidential manner as well as a quick and easy way for parents to grant excursion, event and camp permissions.

