

Issue 4 2023
Friday 17 March

Mr Jim Ford | Principal Digital Addiction

A reality for some, a risk for everyone.

This is an area where adults as much as children need to be fully informed. As Brad Huddleston, an expert in these matters explains, "no one is addicted to Microsoft Word." The regular technology of our work place is not the issue. It is excessive gaming and internet specific activities that can and does progressively take over a person's life.

(See the link below for Part 1 of my interview with Brad this week, protecting our kids in this area is hard work.)

<https://youtu.be/QSS2DS6qYtM>

SYMPTOMS OF DIGITAL ADDICTION

- Anger and Aggression
- Anxiety and Depression
- Irritability
- Attention Deficits
- Sleep Loss
- Emotional numbness

HOW TO FIX IT

- Remove tech from bedrooms
- Use traditional alarm clock
- Sleep 7 to 9 hours every night
- Increase exercise
- Talk with friends face-to-face
- Increase spiritual activities

MORE SOLUTIONS

- Join a youth group
- Do a 21-day digital detox with friends
- Find two new non-digital hobbies
- Spend 2 hours a day in nature
- Send someone a nice note

Mr Chris Apelt | Assistant Principal Teaching and Learning Assessment & Reporting

Students are in the busiest part of the term. They will all have assignments to be working on and exams coming up next week. Important assessment dates can be found on both Student Café and Parent Lounge. Families are reminded that if students are absent on a due date for any reason, they are required to make contact with the class teacher and Head of Department via email or phone call, on or before the date.

Results from this round of assessment will be communicated on an interim report card, which will be published on Student Café and Parent Lounge in the first week of the holiday break.

Mrs Jeanette Refalo | AP Mission & Wellbeing Mobile Phones

It is difficult to separate a teenager from his or her mobile phone, the following are the expectations for mobile phone usage at the College.

- Students are required to switch off their phones on entering the College grounds and store them securely in lockers from the start of the school day until they exit the College grounds. However, a mobile phone may be turned on and accessed at the conclusion of the school day to contact parent/guardian with permission from the teacher on duty.
- When emergencies occur, parents or guardians can reach their child by calling the school.
- Non-adherence to these expectations will result in a student needing to hand their phone into Student Reception where it can be collected at the end of the day.



The only exceptions to these expectations will be where students use their mobile phone to monitor health conditions, or where teachers instruct students to bring their phone for a particular classroom activity. At all other times phones must be in lockers.

Mr Dan Scotton | Sports Co-ordinator And the Winners Are!

Imbuna have taken out this year's swimming carnival. Congratulations! Thanks to all involved for a very successful and fun filled event. See our Facebook post for all the action shots. Age Champions were:

12G Paisley Darr, 12B Eddison Rose, 12G Olivia Benson, 13B Michael Smyth, 14G Eva Vernon, 14B Riley Darr



Mrs Kathryn Shannon | Teacher Mrs Indriani's Visit to Year 7



Mrs Shannon's Year 7F English class were fortunate enough to welcome Mrs Indriani to school earlier this term. Students were able to ask open-ended questions to further their understanding of Muslim traditions for women and develop their real-world understanding alongside the novel Parvana. Thank you to Mrs Indriani and Drisa Novri for sharing your Indonesian culture and religious traditions with us.

Mrs Alex Lamb | Head of Department Arts

Did you know

That study of the Arts is extremely beneficial for academic progress in STEM fields? North Carolina State University qualitative studies emphasise that; "We'd like to see more institutional support for the idea that STEM and the Arts can complement each other. This isn't about training professional performers, but about training students from a variety of fields in how to be creative, work well in groups and so on. It is good workforce preparation - and it also makes students happy. That is something which is often overlooked, but it is important." Students at CMC reap these benefits by studying Dance, Drama, Music, Media Arts and Visual Arts throughout both year 7 & 8.



Mrs Caroline Kerrisk | Teacher CMC Rugby League

We are nearing the end of our season and are very excited about the improvements we see from our team each week. The Year 8 players continue to lead the way with their consistent effort and the Year 7 players are rising to the challenge of tackling older opponents.



Mr Adam Richard | Strength & Conditioning Coach

Strength & Conditioning Program

Beginning Monday (3:05 – 4:05pm) of Week 2 Term 2, CMC will be running a weekly Strength and Conditioning Program for students. The Parent Engagement Group recently donated funds from last year's fundraising efforts to purchase equipment to ensure this endeavour is a success.



The students will be performing numerous different exercises including deadlifts, squats, lunges, body rows, pushups, dips, planks, agility ladder drills, cone drills, parachute runs and many other exercises.

This class will be valuable for both athletic students looking to take their physical performance to the next level and for those students who are just beginning their fitness and training journey.

Interested students were given permission forms at the Week 8 Assembly. Forms need to be returned to the Front Office.



A precursor to successful deadlifts and squats is posterior chain (hamstring and glute) flexibility.

If your student is unable to touch their toes while standing with soft knees (Figure 1), they need to work on their flexibility or they will be unable to deadlift and squat properly. Being unable to deadlift and squat properly will severely limit their progress.



Figure 1

See Figure 2 (supine hamstring stretch with foot against a wall) and Figure 3 (spiderman) for 2 great stretches that will help with flexibility.

Also note these stretches are great for not just students but parents and carers as well and that low back pain is correlated to tight hamstrings and glutes.

You can easily perform the supine hamstring stretch while scrolling through social media and the Spiderman stretch while watching Netflix.



Figure 3

Ms Michelle Crossland | Teacher

Year 8 History

We have been studying the Vikings this term, looking at expansion, daily life, religion, and culture. This week, students have been learning about runes, the Viking alphabet, translating messages and creating their own runic designs.



SARA ZAJA - Viking Sword

Picture by Sara Zaja

A Viking sword with message: Into Valhalla

Date Claimers

- Monday 20 March – Berkum - Bake Sale (Bring you money for yummy treats, proceeds to Caritas)
- Wednesday 22 March – CMC March Board Meeting 7:00pm
- Friday 24 March – College Tour 7:30am. RSVP CMC@rok.catholic.edu.au with numbers by Thursday 23 February
- Tuesday 28 March – Year 7 Immunisation
- Friday 31 March – Lenten Mass 9:15am
- Friday 31 March – Cross Country

Collection of Students at CMC

During School Hours – From the front office, Nebo Road Entrance
Before and After School – From the Field St Car Park

Café Convenor | Mrs Frances Deguara



CATHERINE'S CAFE

WEEK 9 & 10 ROSTER

WEEK 9	WEEK 10
TUESDAY 21 MARCH RENAE DEBBIE	TUESDAY 28 MARCH VOLUNTEER NEEDED VOLUNTEER NEEDED
WEDNESDAY 22 MARCH NATASHA VOLUNTEER NEEDED	WEDNESDAY 29 MARCH NERISSA HELENE
THURSDAY 23 MARCH VOLUNTEER NEEDED VOLUNTEER NEEDED	THURSDAY 30 MARCH RENAE VOLUNTEER NEEDED
FRIDAY 24 MARCH LEE-ANNE JAIME	FRIDAY 31 MARCH LETITIA DEANNE

Year 7 Immunisation Update



Queensland Health

HPV vaccination schedule

Change to the National Immunisation Program

Information for parents/guardians of children in year 7

Change to the National Immunisation Program human papillomavirus (HPV) vaccination schedule

The HPV vaccine is free for children in year 7 through the Queensland School Immunisation Program. It provides protection against a range of HPV-related diseases, including cervical cancer, head and neck cancer, genital cancers, and genital warts.

In February 2023, the National Immunisation Program changed the recommended human papillomavirus (HPV) vaccine schedule for year 7 students from two doses to one dose, using the same vaccine.

The expert Australian Technical Advisory Group on Immunisation has reviewed recent international scientific and clinical evidence and determined that a single dose of the HPV vaccine gives comparable protection to two doses.

Beginning in the 2023 school year, the Queensland School Immunisation Program will provide the recommended **one** dose of HPV vaccine.

However, consent forms for the 2023 calendar year will reference two doses of HPV vaccine and one dose of diphtheria-tetanus-pertussis (dTpa) (whooping cough) vaccine. **Please complete, sign, and return this form to your child's school.**

Children will no longer be provided with a second dose of HPV vaccine as part of the School Immunisation Program as it is contrary to the current National Immunisation Program advice.

The consent form can also be downloaded at www.publications.qld.gov.au/dataset/school-based-vaccination-program. Children will not be vaccinated unless a signed consent form has been returned.

Except for young people with certain immunocompromising conditions, students who have received their first HPV vaccine are now considered fully vaccinated and will not require any further doses. For those young people with certain immunocompromising conditions, there is no change to the recommendation of three doses of the HPV vaccine.

For more information, visit the following links:

<https://vaccinate.initiatives.qld.gov.au/when-to-immunise/children-and-adolescents/>
www.health.gov.au/immunisation

Change to the National Immunisation Program



Job Opportunity: Caritas Australia Diocesan Director for Rockhampton

Caritas Australia is seeking a passionate Diocesan Director for the Rockhampton Diocese. This paid role is appointed by Caritas Australia in conjunction with the Bishop of Rockhampton and promotes the work of Caritas Australia through fundraising, advocacy and relationships with schools and parishes.

The role is flexible, working 1 day / 7.6 hours per week on average across the year and involves engaging with communities across the Rockhampton Diocese, supporting Caritas Australia appeals and coordinating volunteers.



Duties include:

- Coordinating Project Compassion including the Diocesan Project Compassion Launch
- Providing a communications pathway between Caritas and the Catholic Diocese of Rockhampton parishes and schools
- General administration tasks

For more information, including a copy of the role description and overview, contact the HR Manager on 4887 3090. To apply for the position, submit your resume and cover letter to hr@rok.catholic.net.au. Diocesan employees are encouraged to apply.

Community Notices



SAVE THE DATE

30 Walk with us
YEAR ANNIVERSARY
EMMAUS COLLEGE
1993 - 2023

EMMAUS COLLEGE 30 YEAR
ANNIVERSARY CELEBRATION
EVENING

INVITING ALL CURRENT & PAST
STAFF AND PARTNERS

SATURDAY 13TH MAY 2023
6:30PM START AT FRENCHVILLE
SPORTS CLUB



VAPING
National Drug Awareness

All Catholic School Parents/Carers & School staff,
please join us for a **FREE WEBINAR** on
Thursday 23 March | 7PM - 8.15PM



TONY PARSONS
Keynote speaker - National Drug Awareness

Tony has a keen interest in the relevancy of vaping amongst today's youth and works to deliver a down-to-earth approach of the harm associated with vaping. Tony regularly speaks to school communities across Australia and overseas to ensure they have relevant and timely drug, alcohol and vaping information.

CLICK ON THE LINK TO REGISTER

<https://www.eventcreate.com/e/vapingwebinar>



CATHOLIC SCHOOL PARENTS
QUEENSLAND

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