

From the Principal

Dear Parents and Carers,

I trust this correspondence finds you well as we look towards **Mother's Day on Sunday**.

As we know, mothers play a crucial role in shaping the lives of their children and in building the foundation of a stable, healthy society. A mother's love, care, and guidance is instrumental in developing a child's personality, values, and beliefs. From the earliest days of a child's life, a mother provides a nurturing environment that promotes growth and development. Mothers help to shape their children's worldview, teaching them about the values of compassion, empathy, and respect for others. These align wonderfully well with our MSC values at Chevalier.

In our Catholic faith, Mary, the mother of Jesus, is revered as a symbol of motherhood and offers an incredible example of selfless love. Mary's role in the life of Jesus shows us the importance of nurturing and guiding our children towards a life of purpose and meaning.

Mothers have the privilege and responsibility of shaping the future through the upbringing of our students, their children. Mothers are called to love, teach, and guide their children so they develop a strong moral compass which is so necessary in this rapidly changing world.

With Mother's Day this Sunday, may we be reminded of the vitally important role all mothers, grandmothers and motherly influencers play in shaping a better world for all.

#### **Beautiful – The Musical**

We are currently halfway through six performances of the College musical *Beautiful*. *Beautiful* is based on the life and music of singer-songwriter Carole King. It tells the story of her journey from a teenager writing songs in Brooklyn, to becoming one of the most successful solo acts in popular music history. The show features some of King's greatest hits, such as *Natural Woman*, *You've Got a Friend*, and *I Feel the Earth Move*, and explores themes of love, friendship, and female empowerment.

In my short time as the Principal of Chevalier College, I have already seen firsthand the positive impact that the arts can have on our students, and this production is no exception. Performing in a musical provides our students with a unique opportunity to develop their creativity, teamwork, and communication skills. They learn the value of discipline, dedication, and perseverance as they work together to bring this production to life. Through rehearsals, they will also build a strong sense of community and camaraderie.

In addition to these important life skills, performing in *Beautiful* also exposes our performing arts students to the beauty of Carole King's music. Her songs are not only entertaining but also carry powerful messages of love, self-discovery, and empowerment.

It is easy to understand why the cast, supported by a hard-working crew and a dedicated group of staff led by Director Kate Price, have ensured the production has played to packed houses each evening. The times of applause throughout and at the end of each performance celebrates their hard work, dedication, and talent as they bring *Beautiful* to life.

Well done, one and all!

#### **Capabilities required for a changing world**

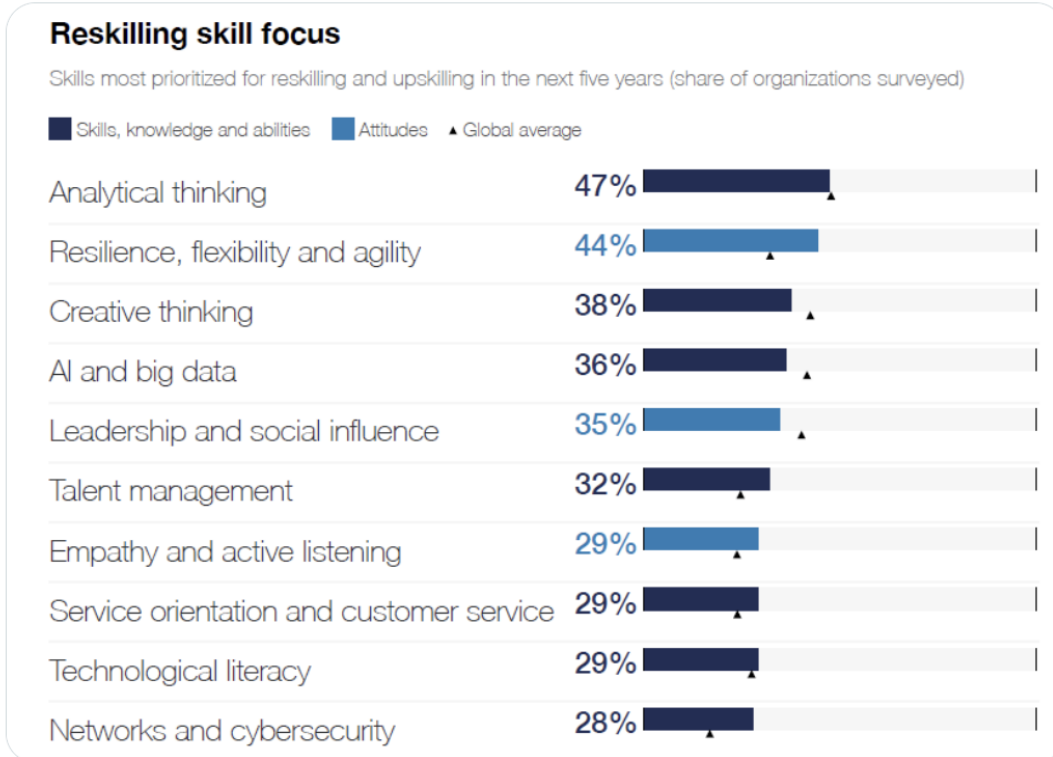
As you know, one focal point for Chevalier into the near future is to develop, source, establish and develop new electives, contemporary assessments, and new credentials to measure student performance, engagement and success which lead the development of a trusted and warranted Chevalier Learner Profile relevant to our rapidly changing world.

The recent release of the World Economic Forum 2023 Jobs Report offers insights into the changing world of work. When looking at its key findings, I feel all schools are compelled to consider the role education needs to take in preparing students for this new world of work. Key findings include:

- Technology adoption will remain a key driver of business transformation in the next five years.
- Within technology adoption, big data, cloud computing, and AI feature highly on likelihood of adoption.
- (Pleasingly) the impact of most technologies on jobs is expected to be a net positive over the next five years.



- Large-scale job growth is expected in education, agriculture, and digital commerce and trade.
- The largest losses are expected in administrative roles and in traditional security, factory, and commerce roles.
- Analytical thinking and creative thinking remain the most important skills for workers in 2023. Other important skills required are:



Please note, the above does not call for an ATAR number, nor a certain level of band results in the New South Wales HSC; although, I would say in the context of skills required, many of them are a focus of work throughout secondary schooling. What is missing are the visualisations, dashboards and profiles which reflect a child’s growth and development in these areas. This will be key piece of our work over the next few years. For the sake of our students, your children, it is a must!

Have a great weekend and best wishes to all our mothers and motherly influencers.

Regards

Greg Miller  
Principal

## Wellbeing

### Sleep Ninja App (Black Dog Institute)

During last week’s school assembly our Student Care Captains, Lily Campbell and George Myers launched the Sleep Ninja App to the student body.

This week in Home Room students were encouraged to download the app and commence a 6 week program in order to enhance their knowledge of the importance of sleep routines, become aware of their habits contributing to poor sleep routines and learn key strategies to change unhelpful sleep patterns.

#### What is the Sleep Ninja App?

Sleep Ninja is a free, evidence-based smartphone app shown to be effective in helping young people with sleep problems. Over 6 weeks, Sleep Ninja teaches skills based on cognitive behavioural therapy for insomnia which promote sleep quality and



healthy sleep habits and reduce signs of depression. Sleep Ninja has been developed in collaboration with young people, their parents and carers, psychologists, counsellors, and sleep experts.

#### What does it involve?

The program involves students completing one training session and tracking their sleep for 3 nights (out of a 7-night period). They will take approximately 6 weeks to complete the Sleep Ninja program (6 training sessions/modules).

In a typical week, the student:

- completes a training session (it takes about 5-10min to complete)
- puts into practice what they are learning
- unlocks the next level by tracking their sleep for a minimum of 3 nights to encourage a healthy sleep routine
- uses the optional functions e.g., relaxation audio and reminder to wind down.

It would be great to see as many of our students engage with this app in order to:

- educate them about the importance of sleep,
- become aware of their habits contributing to poor sleep, and
- learn both behavioural and cognitive strategies to change their unhelpful sleep patterns.

Features of the app include:

- a sleep tracking function
- recommended bedtimes based on sleep guidelines
- reminders to start a wind down routine each night
- clinician-guided relaxation audio to help prepare the mind and body for sleep
- a series of sleep tips and general information about sleep.

We would encourage all parents and carers to have a conversation with their young person about the positivity of engaging with this app.

Kelly Clunn and Natalie LaGarde  
**Assistant Principals – Wellbeing**

## Careers

### **UOW Parent and Student Information Evening**

Join the University of Wollongong for an online Information Evening on **Wednesday 17 May** to find out about studying at UOW. These information nights are valuable for students, parents, and guardians seeking more information about early admission, courses, scholarships, pathways to university, student life, accommodation and more. Follow [this link](#) to the UOW website for further information.

We have also arranged for UOW to talk to current Year 12 students on **Monday 6 June** – your child can access further information at the Careers Office next to SILC.

### **TAFE NSW Virtual Subject Selection Information Session**

TAFE NSW are offering virtual subject selection information sessions for interested students, parents and caregivers.

Below is a schedule of sessions from May to July and the appropriate Microsoft Teams meeting link for each session. There are five identical sessions – anyone can join a session that suits them by clicking on one of the links below.

Topics covered in the sessions will include:

- TVET courses, types of courses and how they relate to the HSC
- Work Placement
- Pathway options to further study and a career
- School based apprenticeships and traineeships
- Attendance at TAFE
- Reporting to schools
- TAFE NSW website – how to navigate the TVET Guide and further information
- Next steps for a TVET or SBAT course in 2024



- Q&A Session

Date	Link
<b>Thursday 25 May 2023 - 7.00pm to 8.00pm</b>	Microsoft Teams meeting <b>Join on your computer, mobile app or room device</b> <a href="#">Click here to join the meeting</a>
<b>Tuesday 6 June 2023 - 7.00pm to 8.00pm</b>	Microsoft Teams meeting <b>Join on your computer, mobile app or room device</b> <a href="#">Click here to join the meeting</a>
<b>Wednesday 21 June 2023 - 7.00pm to 8.00pm</b>	Microsoft Teams meeting <b>Join on your computer, mobile app or room device</b> <a href="#">Click here to join the meeting</a>
<b>Monday 3 July 2023 - 7.00pm to 8.00pm</b>	Microsoft Teams meeting <b>Join on your computer, mobile app or room device</b> <a href="#">Click here to join the meeting</a>
<b>Wednesday 19 July 2023 - 7.00pm to 8.00pm</b>	Microsoft Teams meeting <b>Join on your computer, mobile app or room device</b> <a href="#">Click here to join the meeting</a>

Donna Murchie  
**Careers Facilitator**

#### Extra Curriculum

##### ISA Sport

ISA Round 3 is on this Saturday. Team fixtures and bus information can be found [here](#). All buses will be leaving from the bus zone on Charlotte Street. All students should be dropped off in the JFC carpark.

##### Uniform requirements for Saturday sports travel

The uniform requirements for students **travelling to and from games** on a Saturday are as follows. Please ensure your child arrives at school in the correct uniform before boarding the bus.

- Students must wear their correct team uniform to and from games, with the College tracksuit or College sports fleece jumper if required for warmth.
- The following items **are not permitted** – jewellery, Ugg boots, thongs, slides, Crocs, street wear shoes, skate shoes and non-school hoodies, tracksuits, beanies or hats.

Coach Phillips  
**Extra Curriculum Administrator**

#### Other matters

##### Adult Reader/Writer volunteers for formal exams

The College is seeking adult volunteers to perform Reader/Writer duties during 2023 formal examinations at the College, including Year 12 HSC Trials, Year 11 Preliminary examinations, and Year 12 HSC examinations.

Adults who act as readers and writers:



- do so on a voluntary basis
- will be required to have a volunteer Working with Children Check
- cannot be a relative or friend of the student or have a close relative sitting the same examination.

Readers may be approved for students whose disability prevents them from independently reading and/or comprehending written questions. Writers may be approved for students whose disability prevents them from independently communicating their responses in a handwritten format.

If you are interested in volunteering your time, please [click here](#) to complete a short form, and our Diverse Learning Team will be in touch to discuss the duties further.

The examination periods are listed below. Specific dates and times will be advised closer to the time.

- Year 12 HSC Trials – 7 to 18 August
- Year 11 Preliminary examinations – 11 to 19 September
- Year 12 HSC examinations – 11 October to 3 November

### **New Permission Notes**

The College has partnered with EdSmart to roll out electronic permission notes for student excursions. EdSmart is a cloud-based software product that enables us to handle communications with parents and carers electronically. Initially, we will be using it to send and receive permission notes without the need for paper.

In coming weeks, we will be rolling out these electronic permission notes. Please be aware that permission notes will be sent directly from EdSmart – so you will see an email from @edsmart.com. Within the email, there will be a link to a secure web page version of the permission note for you to complete and submit. These links can be accessed from your phone, tablet, or computer. All the data you submit in the forms is held in a secure database only accessible to authorised school staff and EdSmart personnel.

You can learn more about EdSmart from their website using [this link](#). If you have any questions, please [contact our office](#).

### **Upcoming Events**

- ⇒ Year 12 Wilderness Excursion – 15 – 19 May
- ⇒ Year 11 VET Work Placement – 15 – 26 May
- ⇒ Year 9 Wilderness Excursion – 17 May
- ⇒ Year 12 Chemistry Excursion – 18 May
- ⇒ Year 11 Studies of Religion II Excursion – 19 May
- ⇒ Science and Engineering Challenge Excursion – 22 May
- ⇒ Mufti Fundraising Day – 24 May
- ⇒ School Athletics Carnival – 25 May
- ⇒ National Sorry Day – 26 May
- ⇒ Year 12 Chemistry Excursion – 26 May
- ⇒ Year 11 Biology Excursion – 30 May
- ⇒ Year 11 Retreat – 31 May – 2 June

### **Chev Need to Knows Archives**

[5 May 2023](#)

[28 April 2023](#)

[21 April 2023](#)

[6 April 2023](#)



[31 March 2023](#)

[24 March 2023](#)

[17 March 2023](#)

[10 March 2023](#)

[3 March 2023](#)

[24 February 2023](#)

[17 February 2023](#)