



High Notes

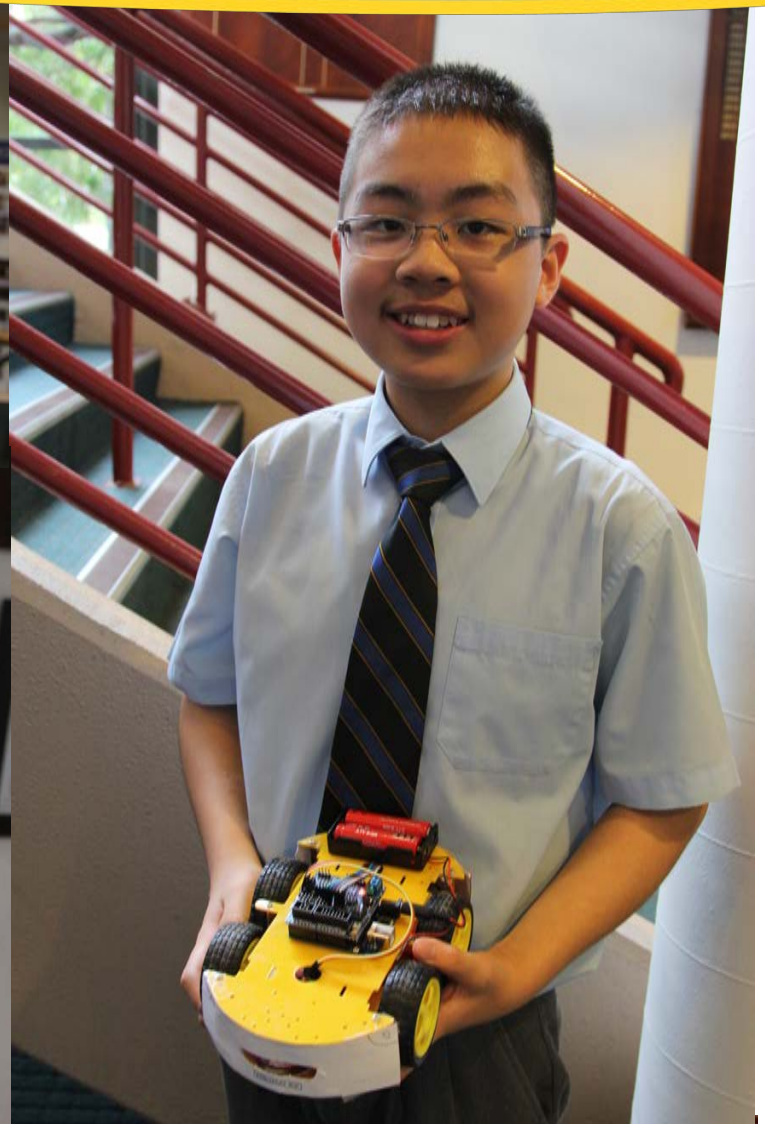
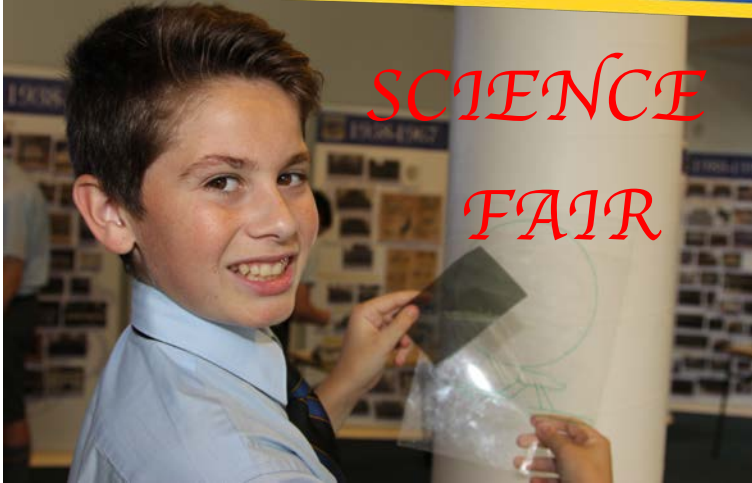
Marist College North Shore news

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SCIENCE FAIR



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FROM THE HEADMASTER

Dear Parents, Students and Friends,

OUTSTANDING CONTRIBUTION TO MARIST EDUCATION

Last Friday evening at a Marist Dinner Carolyn O'Brien received the award for *Outstanding Contribution to Marist Education*. This is an annual gathering of the Marists from New South Wales schools. The following is the citation that I read that recognises her work as a Marist Educator at this College.



Carolyn is in her 30th year of service at Marist College North Shore. She is a passionate Marist Educator whose competence and creativity is widely acknowledged by both her colleagues and her students. Having had a strong connection with the Marist world since her high school years at Marist Sisters Woolwich, Carolyn brings to her many roles a strong and uncompromising commitment to the core values of education in the manner of Champagnat. She is very much a 'hands-on' contributor to a wide variety of activities within the school community, including leading the annual student Immersion to India, coordinating the extensive music tuition program, attending to much of the behind-the-scenes demands of the annual College Musical, taking photographs at school events and preparing countless videos for school assemblies.

Carolyn is actively involved in initiating staff wellbeing projects and is an enthusiastic participant in such initiatives as the Year 12 retreats, the Marist Pilgrimage, staff spirituality events and Association gatherings.

More than adequately meeting the required criteria, Carolyn is a well-deserved nominee for

the award of appreciation for her "Outstanding Contribution to Marist Education".

PARENTS AND FRIENDS ASSOCIATION

Our AGM for the P&F is at 7.30pm tomorrow, Wednesday evening. I have spoken to a number of parent groups since the beginning of this year about the need that we have for parents to take on responsibility for this parent association.

Over recent years the P&F have had a reputation for organising very successful functions and for being the voice of parents in the College. There are a number of parents finishing their time at the College this year and we need good parents who are willing to take up the challenge of bringing the Marist parent community together.

SUMMER UNIFORM

The dual moral purpose of our College is Religious Education and Learning. The uniform is only a symbol. But as a symbol it is very powerful. The uniform worn properly gives the message that we are serious at this College.

The College staff have been working actively this term to encourage our students to wear the summer uniform properly. Boys are wearing their ties up and shirts in but it is the socks that are letting us down. I have been looking at the socks over this term and I believe that many boys need to be wearing garters in order to have their socks up. I have asked the House Coordinators to issue garters to boys who are most in need. The cost of these will be added to the school fees. Really, the most effective way for this is for parents to provide their sons with garters if they see that the socks are not staying up. We need your help in this drive to improve our performance.

Tony Duncan
Headmaster

FROM THE DEPUTY HEADMASTER

FAITH, STRENGTH AND SACRIFICE

I distinctly remember, from when I was a student in Year 9, the story of Saint Maximilian Kolbe. I remember the comic style book that depicted his story. Saint Maximilian Kolbe was a Polish Franciscan priest. During the Second World War he sheltered over 3000 refugees from Nazi persecution. He was arrested by the Gestapo in 1941 and was imprisoned in Auschwitz. In August 1941. A prisoner escaped, therefore resulting in the Commander of the prison to choose 10 people to put to death in a starvation chamber. Franciszek Gajowniczek was one of the 10 chosen. He pleaded for mercy as a father and husband. Maximilian Kolbe volunteered to take his place. He provided comfort and support through prayer for those who were with him in the death chamber. Eventually, they were murdered through injection. Maximilian Kolbe was beatified by Pope Paul VI in 1971 and was canonised by Pope John Paul II on October 10 1982. He is the patron saint of drug addicts, political prisoners, families, journalists, prisoners and the pro life movement. In this week where we recognise and pray for saints I wondered why Saint Maximilian Kolbe was someone I remembered and was intrigued by. His story is one of many things but no greater than that of faith, strength and sacrifice. Our young men in their search of their connection to faith need stories. Stories of life, which provide reflection and hope. Faith is linked to sacrifice, not in terms of Father Kolbe's ultimate sacrifice, but the sacrifice of some of our time. Time to pause and reflect on our communion. Stories from our Saints are very real and provide examples of our unwavering commitment in the faith of our God through prayer.

For the record:

Franciszek Gajowniczek died in 1995, aged 95 years old, 53 years after Father Kolbe took his place. On return to his hometown he was reunited with his wife but found that his sons had been killed in war. Each year he returned to a shrine built at Auschwitz to honour the man who had saved his life.

David Forrester
Deputy Headmaster

SPOTLIGHT ON STAFF

GABRIELLE NICHOLSON



Gabrielle Nicholson started at Marist College North Shore in 2014. She teaches in both the Creative Arts and HSIE faculties. In HSIE, Gabrielle teaches Stage 4 and Stage 5 History and job shares with Karen McRae. Over the course of the year, Gabrielle has proven herself to be an exceptional practitioner in HSIE whose meticulous preparation and positive attitude towards the students have made her an asset to the College. Behind the scenes, Gabrielle works tirelessly producing quality assessment tasks and lesson plans. She has been heavily involved in History programming and works collaboratively with other members of the HSIE Department.

Michael Latham
HSIE Leader of Learning

FROM THE SCIENCE DEPARTMENT

MCNS SCIENCE FAIR

Around the middle of Term 1, I made an announcement that would help to define 2015 for myself, the Science Department, and many students. That announcement was that the Science Department would be holding a Science Fair at the College in 2015, open to students at the College. Originally planned for the middle of Term 3, it was delayed to Friday 6th November, 2015 in order to allow participating students the greatest amount of time to complete their projects.

The result was the 2015 Marist College North Shore Science Fair, a display of fascinating scientific ideas and activities done by students for students. Held in the La Valla Foyer and La Valla Conference Room, it was an engaging and entertaining event for all involved. In the La Valla Foyer, there were many activities related to, and displays of, scientific concepts relating to light, forces, the Solar System. These included making smartphone holograms, sticky tape art (with some help from polarised light), nail polish rainbows, and even one of the weirdest paper planes you may yet see - the Tube. These were presented by a group of students who, though they had not completed projects for the Science Fair, had still demonstrated an interest in the Science Fair and had participated in related activities throughout the year.



The stars of the show, however, were far and away those boys who had prepared projects for the Science Fair. Michael Gribben, who investigated how electrical stimulation affected E Coli, had done a great deal of work to prepare and carry out his investigation, including overcoming a few experimental mistakes. Frederick Krisman, also overcoming mistakes, investigated whether microbes could

act as ice nucleators, and therefore be a key component of cloud formation.



Regular readers of High Notes will already be familiar with Jack Davenport, Zachary Mitchell-Knight, and Sam Silcock, who had featured last term after entering their project - Project Boomerang - into the Young Scientist Awards. They, having refined their project on the spaceplane design, also participated in the Science Fair.



Michael, Frederick, Jack, Zach and Sam had a willing audience in the form of Year 5 and 6 students from St Mary's Primary School, as well as the opportunity to present to other members of the College and staff. At the end of the day, Frederick, with his stellar report, won first place in the Science Fair. Michael Gribben's thoroughness earned him a well-deserved second, and Sam, Zach, and Jack landed in third. All of these young men are to be congratulated on their work in completing their projects and presenting their reports. The quality of their work prompted Ms Vicky Drivilas, one of the judges, to remark that they were amongst the best she had seen in her entire teaching career.

FROM THE SCIENCE DEPARTMENT

I would like to extend my most sincere thanks to Ms Vicky Drivilas, Mr Sian Welch, and Mr Greg Quinn, who acted as judges, to Mr Tony Duncan and all the members of staff who came down and supported the Science Fair, the staff and students of St Mary's Primary School for their support, and to the parents who came along to support the day as well. I would also like to thank the boys who helped to present the many displays in the foyer - Joseph Bellia, Matthew Capetta, Angel Marin-Cortes, Nicholas Johnson, Patrick Nercessian, Felix Powling, Aidan Wardlaw, Callum Wardlaw, and Lewis Watts. Last, but definitely not least, I would like to thank Michael, Frederick, Zach, Sam and Jack for their participation. Without them, the Science Fair as it was would not be possible.

We will be back next year, bigger and better, and in order to support this, I am pleased to announce... the **Marist College North Shore Science Club**.

which aren't necessarily covered in class). Flexible membership, regular meetings, and rank progression allows students to develop their abilities in the direction that they want at a level appropriate to their skills.

An information meeting will also be held on Monday 16th November in Room 20 at recess. Any students interesting in joining the Science Club are asked to attend this meeting. Any students unable to attend are asked to contact Mr Liam Wells, the Science Club Coordinator, who will provide further information on the Science Club.

Liam Wells
Science Teacher



As this year has progressed and the Science Fair took shape, it became ever more apparent that a structured form of support is needed for students to complete extensive projects and investigations like those done for this year's Science Fair. The MCNS Science Club has been founded to meet this need, as well as to allow students to enrich and extend their knowledge of science, technology, engineering, and mathematics topics, including those covered in class, and those that interest the student (but



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9th November 2015

Dear Parents/Guardians,

This year in English we have embarked on a new initiative in the teaching and learning opportunities of our students. We are trialling Project Based Learning in the last 8 weeks of term 4. The areas of investigation have been chosen in line with our Marist values and concerns. Students will be working in groups to create their own unique projects in their designated areas. We have allocated the 2nd of December for Year 10 to exhibit and celebrate the completion of the projects.

In year 10 we have chosen the area of domestic violence to align with some of the end of year activities such as White Ribbon Day that the students are involved in.

At present, students are very busy planning and creating their projects. We have a level of interest and activity from the students that is exciting and promising. This initiative allows the students to work collaboratively and to consider the importance, implications and policies involved in these areas of importance and to then create a project that results from their research.

We would like to invite you to come and participate in this exciting new moment here at Marist College. The College will be open to you to come and celebrate the projects. Entrance to the exhibits will begin from 9:30am until 11am. All student projects will be exhibited in the O'Mara Plaza and the LaValla hall.

Should you have any enquiries please contact me at the College on 9957 5000 or by email: janette.durand@syd.catholic.edu.au

Yours sincerely

Ms Janette Durand
Head of English

Tony Duncan
Headmaster

SOLIDARITY

IMMERSION 2016

Thank you to all Year 10 students that applied for Immersion 2016. Interviews of applicants have taken place and we were truly impressed by the considerate, thoughtful, and motivating answers given by our applicants in this process. We are fortunate to have more students than required apply however this does make it difficult to select only 27 students given the high calibre of students we interview. Over the next week, students will be informed if they were successful in their application and some students will be on a reserve list and we thank those students in their understanding of this process.

HUMMINGSONG CHOIR

Recently, in support of my lovely aunty-in-law, I attended a women's community choir concert. Hummingsong has 6 community choirs on the lower north shore and northern beaches who came together for a concert called "A Night of Rhythm & Song" at the Concourse, Chatswood. Apart from the amazing singing and entertainment, this community organisation supports and donates to the Delvena and Bringa women and children refuges in this very area. At a time where there is considerable coverage of domestic violence, this is a great cause to bring to light. Though I was there with family, it was lovely to see on stage a couple of Marist College North Shore mothers also in these local community choirs!

Please use this link to read about this great community initiative and to see if you can donate items or presents to Delvena and Bringa particularly in the lead up to Christmas: <http://hummingsong.com.au/s/>

Katie Lynch
Solidarity Coordinator

A MESSAGE FROM THE ACCOUNTS DEPARTMENT

Reminder that those on three Fee Instalment Payment Plans had their payment due mid September. Those on monthly plans have their second last instalment due mid October. Reminder SMS and Statements have been sent out within the last seven (7) days. The College work appreciate your payment

RYDA

DRIVER EDUCATION



On Wednesday 28th of October, students from Year 11 experienced a day at RYDA, a workshop that aims to change the way young people think about road safety. When we arrived, we split up into our house groups. Over the course of the day each group undertook 6 x 30 minute seminars, which explained the hazards of driving, how to apply breaks correctly and how to be aware of hazards when driving. To reinforce the message, we met a car crash victim, who suffered multiple injuries including brain damage and was confined to a wheelchair. This was very confronting for each group. The message I took away from the day was to exercise caution and common sense when behind the wheel. I would like to thank the teachers who joined us on the day - Mr Ivanov, Mrs Drivilas, Mrs Dunne, Mr Dela Paz, Mr Watts, Mr Pedicini and Ms McGrath, along with the RYDA staff for an informative and potentially life saving presentation.

David Sykes
Year 11

ART EXPRESS NOMINATION

SAMUEL JOHNSON

Congratulations to Samuel Johnson with his Body of Work photographs titled "The Unconscious Mind of the Daily Commuter" being nominated for possible Art Express selection. Samuel and his Visual Arts classmates have worked in a collaborative and dedicated manner to achieve outstanding Body of Works. I wish the Visual Arts class and all the 2016 HSC cohort all the best with their future endeavours.

Carolyn O'Brien
CAPA Leader of Learning



SPORT

VARUN MEHROTRA

Congratulations to Year 8 Salta student, Varun Mehrotra on his amazing achievement in Brazilian Ju Jitsu.

Last month, in Melbourne, Varun competed at the largest and most prestigious BJJ event, the Pan Pacific Championships. Despite going up a weight division, Varun still managed to secure the Gold Medal.

Varun is reportedly thrilled with his medal and we are thrilled for him. We look forward to reporting on more of Varun's successes in the future.



YEAR 8 FRENCH

French Year 8 have been studying "The Gastronomic Meal" and the differences between French and Aussie cuisine. Each culture ritualises the pleasure of eating and being together with friends and family, but there are many differences in the way this is carried out. All Year 8 students were asked this week to write a piece of creative writing to showcase what they've learnt. We hope you enjoy these highlights.

Madame Jensen & Madame Lynch

The type of food in France is absolutely amazing. They are so sophisticated when it comes to food. They have amazing cuisine. Their markets are filled with bustling crowds trying to get the best food possible for their meal. "We take a lot of pride in our food." said François, a local chief, and I must say that they do. When having a big meal called Gastronomic meal there are up to sixteen courses, some of which are meat, cheese and fruit. Each courses fills a little bit of the plate because everybody needs to eat and they also make it so everybody gets the exact same amount of food.

The Aussies though, we handle things differently. "We don't have time to prepare sixteen course meals chuck a few bangers on the barby and you'll be golden. I mean we gotta enjoy the sun by playing some cricket and watching the Sunday footy," said local Jim. The Aussies have a shallow but rich food history covered with bangas and mash coming from my sources back home in America. But still the Aussie food is like the French only a little more savage. In France It's equal amounts of food for everyone whereas in Australia it's first come first served. So all in all, I think that Aussie food is the tops.

Freddy Vodden

To put things aside first, I personally think both of these meals or gatherings have their good points and their bad points. They are also very interesting in many different ways.

I would like to first start with the French 'Gastronomic' Meal. I feel like this type of celebration has so much to offer and is much more interesting in my opinion. I admire how they all gather and do their own part of the meal and even the kids join in with the process of gathering the food and making the meals. Going back to the Great Aussie Barbecue, I still love the idea and how everyone gathers

around, but I have been exposed to this for many years of my life and now to see something different has opened my eyes even more. The Aussie Barbecue still offers great things essentially when the neighbourhood comes over and everyone spends time together.

To give my overall opinion I would pick the French Gastronomic Meal. This is because there is much more creation involved in the French Gastronomic Meal, more thinking and getting involved. The Great Aussie Barbecue is still great, but I don't think there is much creativity as you don't spend much time cooking and preparing the food and making your own master piece. I am really a creative person and love to see and try new things when I can.

Zach Hills

The French gastronomic meal out does the Great Aussie Barbeque tremendously. The French gastronomic meal is an art form and a cultural experience that does not deserve to be compared to the Great Aussie Barbeque, as the Great Aussie Barbeque is simple and lacks character. Don't get me wrong I enjoy a good barbeque and much prefer to spend less time cooking my meal, but I wouldn't pass up a French gastronomic meal prepared for me.

The French gastronomic meal involves food, family and friends. The food is treated with much respect and it is carefully served as a beautiful art form. The Great Aussie Barbecue on the other hand, is rugged and chard but is also shared with family and friends with an outdoor setting and canned drink in hand rather than a beautiful French table setting with three glasses per person.

Paul Hogan may offer to "throw an extra shrimp on the barbie" for you in Australia but that doesn't cut the cheese like the French do, so that you get just the right of amount of soft part and rind equally shared amongst guests. French gastronomic meals are customary for celebrating important moments such as weddings, birthdays and anniversaries whereas the Great Aussie Barbeque is a backyard occasion.

Therefore, serve up a French gastronomic meal and I'll be there with my Sunday best on passing up the good old backyard Great Aussie Barbeque leaving my thongs and sunblock at home.

Perry Xirocostas

ATHLETICS

Over the course of this year Marist College North Shore has had a number of impressive performances in Athletics. On the 20th of August the school's athletics team competed in the MCC carnival. We were lucky enough to achieve second place overall. We had a number of boys produce impressive performances and as such they then qualified to compete for the MCC at the CCC athletics carnival held at SOPAC on the 11th of September. The results from both carnivals can be found in the table below.

MCC Carnival Results	CCC Carnival results
Under 12	
<ul style="list-style-type: none"> ● Ratchaphak Prekpanarut 1st in the 100m and 200m ● Jordi Tidor 1st in the 400m ● Robert Mueller 1st in the 1500m 	<ul style="list-style-type: none"> Ratchaphak Prekpanarut 9th 100m and 200m Jordi Tidor 2nd 400m Robert Mueller 5th 1500m
Under 14	
<ul style="list-style-type: none"> ● Luke Hurley 1st in the 1500m 	<ul style="list-style-type: none"> ● Luke Hurley 6th in the 1500m
Under 15	
<ul style="list-style-type: none"> ● Nathan Culhane 1st in the 400m ● Nathaniel Panozzo 1st in the Discus 	<ul style="list-style-type: none"> ● Nathaniel Panozzo 7th in the Discus
Under 16	
<ul style="list-style-type: none"> ● Austin Hake: 1st 400m 2nd 200m ● Josh Phillips 1st 800m and 1500m 	<ul style="list-style-type: none"> ● Austin Hake: 1st 400m ● Josh Phillips: 1st in the 800m 1st and 1st in the 1500m in a CCC record time
Opens	
<ul style="list-style-type: none"> ● Jae Morgan 1st High Jump 	<ul style="list-style-type: none"> ● Jae Morgan 4th High Jump
Relays MCC Carnival Only	
<ul style="list-style-type: none"> ● 1st in the U12 Relay: Ratchaphak Prekpanarut, Lucas Parsons, Dylan Shackell and Jack Dickson ● 1st in the U14 Relay: Sebastian Herbert, Aldwin Arambulo, Lachlan Kenny and Lachlan Don ● 1st in the U16 Relay: Austin Hake, Tim Ferrero, Jason Ko, and Ryan Thompson 	

VOLUNTEER ROSTERS

CANTEEN

- Nov 11:** Leanne Bishop, Anne Catanzariti, Margie Morgan, Katharine Watts
- Nov 12:** Julie Clear, Michelle Cook, Michaela Bondoc, Illya Shackell, Leonie Blackensee
- Nov 13:** Melanie Lindquist, Susan Mayall, Michelle Mulligan, Jennifer Vahldieck, Alison Cappetta, Rebecca Dwyer
- Nov 16:** Annette Bradford, Donald Brown, Rosalind Elliot, Grace Ooi
- Nov 17:** Louise Frith, Nina Stowers-Kahui, Cristina Gutierrez, Julia Wright
- Nov 18:** Joyce Aimond, Dianne Pastuskak, Janet Pereira, Cindy Van Kampen, Melissa Stephens
- Nov 19:** Sally Engerman, Marg Mitchell, Margaret Weller, Karen Whitehead
- Nov 20:** Brid Bowers, Sue Rennie, Vicki Robinson, Teresa Ukrainetz, Shann Curtin
- Nov 23:** Jennifer Sheldon, Tara Smith, Matthew Farmer, Corinne Madden
- Nov 24:** Sandra Fitzgerald, Kirsty Hudson, Natasha Byars, Sarah Walls, Jason Smith

UNIFORM SHOP

- Nov 11:** Karen Whitehead, Margie Weller, Melissa Papikian, Cristina Gutierrez
- Nov 18:** Ann Haron, Angie Ong, Gemma Metzker, Sharni Brown, Karen Caswell

LOOKING AHEAD

- 13 Nov:** Pupil Free Day
- 16 Nov:** Year 9 Assessment Week
Solidarity Night Patrol
- 18 Nov:** Solidarity – Matthew Talbot
- 20 Nov:** Solidarity: Street Level Café
- 21 Nov:** Year 7 2016 Uniform Shop Open
- 23 Nov:** Year 7 and 8 Assessment Week
- 27 Nov:** Year 10 Social with Mt St Benedict
P&F Christmas Drinks
- 30 Nov:** Year 10 Choicez Manhood and Sexuality Presentation
Solidarity Night Patrol
- 1 Dec:** Year 10 RYDA Day
- 2 Dec:** Solidarity Mathew Talbot
- 3 Dec:** Champagnat Gold – Yrs 10-11
- 4 Dec:** Solidarity: Street Level Café
- 7 Dec:** Last Day for Year 10
Year 10 Farewell Assembly
- 10 Dec:** Champagnat Gold (Years 7-9)
- 11 Dec:** Final Day for Year 11
- 14 Dec:** Final Day for Years 7-9
Solidarity Night Patrol
Student Christmas Liturgy



HOLIDAY STUDY SKILLS COURSES AT CHATSWOOD HIGH SCHOOL CENTENNIAL AVE, CHATSWOOD

Study Skills Courses will run in the January **Holidays**
The course for **YEARS 10, 11 & 12** will be held on
19 & 20 January, 2016 (Tuesday & Wednesday),
9am – 1pm, both days.

The Course for **YEARS 7, 8 & 9** will be held on
21 & 22 January, 2016 Thursday & Friday),
9am – 1pm, both days

Each course comes with the Skills Booklet and
Relevant Handouts.

Content aims to help students to be organised, motivated
And to manage their time and subject skills effectively.

For a course outline, enrolment and enquires contact:

Mrs Ann Cook, author and course convenor on

Phone: 9818 2575 or visit website

www.studiesforfuturechoice.com for enrolment