Dear Parents and Carers,

Happy Birthday to Our Lady of Dolours Primary School. Last week OLD and Mercy College had a combined birthday party to commemorate our 125th birthday. Mercy College of course has its roots in the primary school as we grew from its beginnings. The day began with a liturgy and Year 1 dramatization of the Gospel reading of the Good Samaritan story and finished with Year 10 and Year 7 running an afternoon of “good old fashioned” games with all the primary school students. Hula hoop, tunnel ball and skipping were the favourites.

VOLUNTEER COCKTAIL PARTY:

The College relies on the generosity of parents, grandparents and friends who volunteer to help in many ways including, the canteen, the MCC Activities Club or at our various functions such as Open Day or the Mothers’ Day Breakfast. To say thank you to all these wonderful people last Tuesday night we held a Volunteers’ Cocktail Party for over 30 people. This gesture was just a small token, which does not fully demonstrate our appreciation. Your daughters benefit, the whole College community benefits from their generosity.

I would like to publicly thank in particular, the P&F Executive for 2015: Mrs Lee Sternberg (President), Mr Andrew Woodlock (Vice President), Mrs Patricia De Pomeroy (Secretary) and Ms Annaliza Oli-va (Treasurer).
PARENTS AND FRIENDS ASSOCIATION:
I am very pleased to announce the new Executive of the P&F for 2016:

President: Phillipa Sobb—Emma Year 11 Lara Year 7
Vice-President: Catherine Walker - Betsy Year 7
Secretary: Meredith Coleman—Phoebe Year 8
Treasurer: Robyn Sullings - Catherine Year 10

ASSISTANT NEEDED FOR FOOD TECHNOLOGY CLASSES:
The College is looking for someone to be an assistant in the Food Technology kitchens. The work entails purchasing food supplies for the practical lessons and keeping the kitchens in order. It is for 15 hours per fortnight spread over 3 days. If you are interested please ring the College on 9419 2890 and speak to Louise Turnbull.

ACADEMIC AWARDS NIGHT:
Just a reminder that our Academic Awards Night is coming up on Wednesday 9 December and that it is compulsory for all girls to attend in full summer uniform. I would encourage you to attend with your daughter as this evening celebrates all the achievements of our students over the past 12 months. I hope to see you there.

Best Wishes

Suzanne Kavanagh
Principal

School Subsidised Transport Scheme 2016
From 2016 student travel passes will be replaced with a School Opal Card. For students who already have a travel pass the new School Opal card will automatically be issued early in 2016. However for all students starting in Year 7 2016, any students who have moved address in the school holidays or who need to change their method of transport will need to apply for a new School Opal card.

Blue manual transport application forms already submitted to the College by 6 November 2015 will be processed by Transport NSW. Any further applications or changed applications will not be accepted unless they are made on the online form.

For further information there are two information leaflets available at the College office and online there is a useful series of Frequently Asked Questions and answers on the Transport NSW website at https://apps.transport.nsw.gov.au/ssts/faqs. More information please refer to page 9

ENROLMENTS
Sibling Enrolments - Year 7, 2017
Places are limited for the Year 7, 2017 intake and whilst preference is given to families with daughters already attending the College, we MUST receive a completed enrolment application form for your daughter by Friday 4 December, 2015. Due to increased demand for placement any sibling applications received after this date may be waitlisted.

Year 7, 2018
Applications for placement in Year 7, 2018 are open and should be received by the College office no later than 26 April 2016. The interview process for entry into the Year 7, 2018 cohort will commence in Term 4, 2016.
For more information, or to download an enrolment application form please follow the links under the ‘Enrolment Contacts’ tab on the College website (www.mercychatswood.nsw.edu.au.).
Nicole S Year 12 was selected for the Futsal NSW U/19 Women’s Squad. She will represent NSW at the Football Federation Australia National Futsal Championships in January 2016. This tournament allows her to play at National level against the top players representing their respective States and Territories.

Claire H Year 7 represented Gymnastics NSW in the Australian Classic. She performed in the Vault, Floor, Bars and Beam routines and was very successful in the Vault where she was ranked 3rd overall in Australia for her level. Additionally, Claire was placed 12th overall in her level which is an amazing feat, given that over 40 other gymnasts were all competing against each other. She trains 26 hours per week and is looking forward to having two weeks off over the Christmas period. Congratulations Claire.

Lara P Year 7 cut off 35cm of her hair to donate to the wig makers for children with cancer the same as her friend Angela M did recently (through the Variety Club).
It’s not too late to register your interest for the proposed study tour to France in 2016. The dates are September 25 – October 3 2016, which would be in the Term 3 holiday break. The approximate cost of the excursion is $7300. However, this is only an estimate as the exact cost will be determined by final student numbers and factors such as the Australian dollar taken into account. The focus of the excursion will be for students to immerse themselves in the culture, art and history of France. The excursion will be particularly relevant to students studying Visual Arts, French or Modern History in 2016 but will also be available to students in Years 10 or 11 who wish to participate in the study tour focus of either French language, Art or Modern History.

Please complete the registration form attached or alternatively students can get one from student reception.

A deposit will be due by December 4 to secure your daughter’s place on the excursion.

If you have any queries please feel free to contact me at jane.lennon@dbb.catholic.edu.au or by phone 9419 2890.

Jane Lennon
Creative Arts Co-ordinator

Student News
Last week, we were fortunate to celebrate 125 years of Mercy education in Chatswood with Our Lady of Dolours Primary School.

We combined our talents and shared a special time together as we remembered the work of Catherine McAuley through the North Sydney Sisters of Mercy in our schools over the last 125 years.

Both schools reflected on what it meant to live out the Gospel values and to show mercy and compassion to our neighbours. Along with some student reflections, a Gospel dramatisation and a liturgical movement, each Principal shared something of what has been their journey at a Mercy school. The choirs from both schools led us in song as we sang some familiar hymns and some new ones as well.

Both staff and students agreed that sharing a liturgy together was a special experience and something that we would definitely enjoy doing again.

Genine D’Arcy
Liturgy Co-ordinator
Managing HSC Stress: A Guide for Students

It is widely acknowledged that Year 12 can be a very stressful time for students. Managing HSC Stress is a one-hour presentation based on cognitive-behavioural therapy (CBT), which is widely supported in the literature as an effective intervention for stress management. The presentation is delivered by clinical psychologists experienced in working with adolescents.

The following content is covered in the talk:

- Sources of stress for students
- The fight-or-flight response
- The three step approach to managing stress:
  1. Identify and challenge unhelpful thinking (cognitive therapy skills)
  2. Take an action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
  3. Looking after yourself (diet, exercise, time out, sleep strategies)
- Keeping it in perspective
- Sources of further help

For more information

Phone: 9514 4077
Email: Health.Psychology@uts.edu.au
Visit us at: Ground floor, 174 Pacific Hwy St Leonards 2065

Managing HSC Stress
HOLIDAY PROGRAM

Are you feeling worried about how you are going to manage all the demands of your HSC year? Are you finding yourself starting to get stressed about how you are going to manage it all and perform at your best?

The Managing HSC Stress program is a group program that assists students to better manage the stress of the HSC by teaching a broad range of skills that can be helpful in any stressful situation.

Students also have the opportunity to learn from and assist each other. The program can also be useful for students who are struggling with anxiety, low self-esteem or low mood.

Come along and enjoy all of the benefits of the 4 week program in one day!!
Activities Club

Please see Mrs Kellendonk in the Library if you are interested in playing Cricket

BASKETBALL UPDATE

**Congratulations**

To the U16 & U19 basketball teams who have made the playoff/finals this coming Friday the 27th November. The U16 team finished 3rd and will play finals at 6.30pm and the U19 finished 4th and will play at 7.30pm. Both teams play at the Crows Nest Indoor Sports Centre at Hume street Crows Nest. Everyone is welcome to come and cheer the teams on. If either team wins they will then play the Grand Finals on Friday 4th December. We wish them both GOOD LUCK.

Sharon Houston
Basketball Convenor

Canteen Roster

If you are unable to attend Canteen on your rostered day please try and swap with another volunteer.

<table>
<thead>
<tr>
<th></th>
<th>30/11—4/12</th>
<th>7/12—11/12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Volunteer Required</td>
<td>Mon</td>
</tr>
<tr>
<td></td>
<td>Volunteer Required</td>
<td>Volunteer Required</td>
</tr>
<tr>
<td>Tues</td>
<td>R. Frost</td>
<td>Tue</td>
</tr>
<tr>
<td></td>
<td>Volunteer Required</td>
<td>Volunteer Required</td>
</tr>
<tr>
<td>Wed</td>
<td>H. Johnson</td>
<td>Wed</td>
</tr>
<tr>
<td></td>
<td>Volunteer Required</td>
<td>C. Daniels</td>
</tr>
<tr>
<td>Thurs</td>
<td>P. Macri A. Wesley</td>
<td>Thurs</td>
</tr>
<tr>
<td></td>
<td>Volunteer Required</td>
<td>Volunteer Required</td>
</tr>
<tr>
<td>Fri</td>
<td>G. Haydock A. Ning</td>
<td>Fri</td>
</tr>
<tr>
<td></td>
<td>Volunteer Required</td>
<td>L. Shih D. Sheehan</td>
</tr>
</tbody>
</table>
The Diocesan Schools Policy, relating to the ‘Administration of Medications in Schools’, has been revised.

Mercy College is committed to supporting students’ health and wellbeing. We would appreciate parents / carers providing the school with any relevant health information that is required to support the student at school. While this information is collected at enrolment it needs to be updated regularly, or in circumstances when a new health condition develops.

Information about medically diagnosed conditions such as allergies, asthma, diabetes, epilepsy and other health conditions that may require school staff to provide support to students, (including administering medication and performing health procedures) will need to be provided to the school in writing and signed by both the parent / carer and a medical practitioner or a prescribing health practitioner.

Additionally, any student health care need or plan that may impact on school activities such as sports, excursions (including camps) must be provided in writing and supported by a medical practitioner / prescribing or qualified health practitioner’s advice. This must then be discussed with the school.

Please ensure you inform the school office staff of any changes to contact details including the contact details of the people nominated as emergency contacts.

We thank you for your assistance in this matter. All information is kept confidential and only disclosed to the relevant staff who are supporting your child.

For any enquiries, please contact the school office on telephone the school on 9419 2890.
Transport for NSW

Fact sheet: The School Opal card

Who’s eligible?
To be eligible for a School Opal card, students need to be NSW residents and may need to live a minimum distance away from their school:
- Years K-2 (Infants) there’s no minimum distance.
- Years 3-6 (Primary) 1.6km straight line distance or 2.3km walking or further.
- Years 7-12 (Secondary) 2.0km straight line distance or 2.9km walking or further.
Students completing secondary studies at TAFE, boarding school students and students temporarily in Australia may also be eligible for a School Opal card. The eligibility criteria for these students is available at transportnsw.info/school-students.

A School Opal card is provided to eligible students who need to travel within the Opal network. Paper travel passes are issued to eligible students who need to travel outside the Opal network.

Who needs to apply?
Most students or parents won’t need to apply for the School Opal card. The School Opal card will be sent to a student’s school automatically at the beginning of the new school year in 2016.
However, a new application is required if:
- The student is just starting school or has not had a pass for travel before.
- The student is progressing from Year 2 to 3, or Year 6 to 7.
- The student is changing schools, including going between primary and secondary school.
- The student’s personal details have changed (e.g. address).
Applications must be made by a parent or guardian for children aged 15 years and under. Applications must be made by the student if aged 16 years or older.

How to apply
Step 1 Complete the application at transportnsw.info/school-students.
Step 2 Print, sign and submit the form to the school for endorsement.
Step 3 The school will then forward the application to Transport for NSW for processing. Once approved, Transport for NSW sends the School Opal card to the home address given in the application.
The application may take several weeks and the applicant’s email address is required.

If the student doesn’t qualify for free travel
They may be eligible for a Term Bus Pass which offers travel on buses between home and school at a discounted rate for the whole school term.
Apply at transportnsw.info/school-students.

Find out more
For more information on the School Opal card and the School Student Travel Scheme (SSTS), please visit transportnsw.info/school-students.
18 November 2015

Dear School Admin Manager,

I’m writing to you in advance of the 2016 school year to advise of changes to the three-digit route numbers of School Special bus services to your school.

From the start of Term 1, most School Special bus services will be renumbered to eliminate any duplication of route numbers that may have caused confusion to students in the past.

Please note these changes do not impact the level of service provided to your school or the route taken by these services. The only change is to the three-digit route number of these services.

Detailed information regarding these changes is available on the Sydney Buses website: www.sydneybuses.info.

We ask that you promote the changes specific to your school in your bulletins, newsletters and at assemblies to ensure students are aware of their school route numbers prior to school vacation.

If you have any questions or require further information regarding bus services to your school, please don’t hesitate to contact me directly on 9941 6885.

Yours sincerely,

Michael Perrone
Regional Traffic & Service Manager
Western Region Operations
St John of God Institute of Counselling & Life Skills Course
Course Established 1969
Director: Rash van Herk BTh, Post Grad Cert Workplace Counselling

Want to communicate better?
Like helping people? What about listening?
JOIN US AT THE COUNSELLING COURSE TO DEVELOP THESE SKILLS:

- Learn about yourself
- Learn about others
- Get on in the Workplace
- Talk effectively with friends, family, teenagers
- Learn some Counselling Skills and Techniques
- Enjoy better Relationships
- Feel more confident & happy

A 2 YEAR CYCFLIC COURSE WHICH HAS BENEFITTED PARENTS, TEACHERS, NURSES, SIBLINGS, FAMILIES, MANAGERS, FRIENDS, WORKERS ETC.

Starts: 1st Tuesday in February - Any Year
When: Tuesdays in Term time, 7.30 - 9.45pm
At: Holy Cross College Ryde
517 Victoria Rd, Ryde 2112

For enquiries contact:
Michael Hill
0410 774 432
Mon - Fri
7.00 - 9.00 p.m.

Carol Harding
0408 705 848
Anytime

Jannelle Carliile
0421 598 004
Mon - Fri
5.30 - 8.30 p.m.

Or email us: counselling1969@gmail.com
Parent News

Final Parent Get Together

We had a great turn out at the Willoughby Hotel on Thursday 19th November. If the noise level was anything to go by, everyone had a great time!

Thank you to all those who attended, your support is appreciated. A big thank you to Catherine Walker, our Parent Co-Ordinator for Year 7, for her assistance in organising the evening. Catherine has also accepted the role of P&F Vice President for 2016, congratulations Catherine!

I wish every family a safe and happy Christmas break.

Lee Sternberg
Career News

Information Day
Tuesday 5 January - 9.00am - 4.00pm
UNSW Kensington

An invitation to attend an Info Day and have an opportunity to speak with current students, academics and UNSW staff before close of UAC preferences.
Please visit https://futurestudents.unsw.edu.au/info-day

National Institute of Education
Simulated UMAT Day Workshop

- Thursday 14 January
- Saturday 19 March
- Saturday 28 May
- Thursday 14 July

Workshops are designed to cover the various types of UMAT style questions to be encountered and how to tackle them. During the intensive one day course, students will spend time with teachers as they go through Logical Reasoning, Understanding People and Non-Verbal Reasoning sections of the exam. Visit http://nie.edu.au/simulated-umat-day-workshop for more detailed information.

University Admissions Centre
Participating Institutions Information

This site includes institution-specific information about all institutions that you can apply for through UAC. This information includes admission requirements, special requirements, bridging courses, charges and fees, student services, and facilities. Please visit http://www.uac.edu.au/undergraduate/institutions/

Summer School

Year 11  Monday 18 January  Friday 22 January
Year 12  Wednesday 6 January  Friday 22 January

Students will cover the first half of the preliminary or HSC course, gain exposure to examination style questions, and begin developing the problem solving skills that are required to secure higher subject marks. http://www.tsfx.com.au/
Career News

School Enrichment Programme

ANU’s School Enrichment Program allows students in Years 7 – 11 to experience the university by participating in workshops across the university’s academic colleges. Schools may book a workshop for their students by contacting student recruitment. For more information please contact student.recruitment@anu.edu.au or visit http://www.anu.edu.au/files/resource/SRA15568%20Schools%20Enrichment%20v5_FA.pdf

Accommodation Applications Now Open

ANU accommodation applications for 2016 are now open, this process is separate to the UAC process so if a student wants to apply for accommodation they must do so before 6 January 2016. One application covers all residences, there is no cost to apply and is obligation free. Please visit http://www.anu.edu.au/study/accommodation

Equity Scholarships

Love Undergraduate Scholarship
Available for 2015 school leavers from disadvantaged backgrounds. $50,000 over five years.

The Poppy Undergraduate Scholarship
Available for prospective domestic ANU students who are in financial need and who will be studying either Sociology, Economics, Commerce or Law at ANU. $5,000 a year for three years.

The Bachelor Undergraduate Science Scholarship
Available for refugees who are in financial need and who intend to study Science (excluding Medical Science) at ANU. $5,000 a year for three years. For further details please check http://www.anu.edu.au/students/scholarships-support

Become an anaesthetist

Become an Psychiatrist

Summer Courses

NIDA
NIDA will be holding a number of courses for school students this summer holidays. Anyone looking to undertake a course in January is urged to book before December 4 to secure a discount. https://www.open.nida.edu.au/
Career News

Now is the time to start searching for casual and part time jobs that can complement tertiary studies or provide money for a Gap Year. Many retailers and fast food chains accept online applications and expressions of interest.


wowcareers/woolworths/home/

Community News

Share's ambassador is Hayden Quinn, former Master-Chef contestant and co-star of the new Surfing the Menu series.

Hayden, a former St John's student, has become an inspirational role model for the school community, supporting the book through his patronage as well as submitting his very own recipe. Look out for his Vegetarian Summer Rolls!

Our AMAZING cook book Share was released to the public with a great article in the Manly Daily, featuring ex-student and cook book ambassador Hayden Quinn. Cook Books can now be ordered online at www.stjohnscookbook.com or by calling in to the school office.