Dear Parents and Carers,

It has been a great start to our new academic year with 125 students starting in Year 7 and the total number of students at Mercy reaching 601. I welcome all of our students back and hope they have another happy and fulfilling year.

NEW STAFF:
A special welcome to our new staff:

Mrs Gemma McDermott who takes up a new position that was created this year, the Director of Student Wellbeing. Mrs McDermott comes to us with a wealth of experience in the pastoral care field having worked in a similar position at Loreto College, Normanhurst.

Mrs Sandra Bourke is the College’s new Bursar who will look after all of your school fee accounts.

Mr Mark Strong brings his expertise as an English teacher having worked at a number of schools in the Parramatta diocese, the last one being Patrician Brothers’ College.

Miss Rebecca Abade has been employed for Semester 1 as a History and Religion teacher to job share with Mrs Dorey.

Miss Melissa Phillips is an experienced English teacher, having taught for a number of years in South Australian schools before moving to Sydney last year.

Miss Brooke Lamplough comes to us from Brigidine College. She will be teaching Science and Religion.

Mr Jonathan Bishop our new TAS and Food Technology teacher for this year, who is taking the place of Mrs Trudgeon who is on leave for 2016.

Mrs Reem Suyyagh has been employed as a kitchen assistant for Food Technology.

HSC 2015 RESULTS:
We have a lot to celebrate with last year’s Year 12 students achieving excellent results. Many of you may have seen the Sydney Morning Herald rankings for schools published in December and saw that Mercy College once again was listed in the top 100 schools in NSW. The College was ranked 70 in the State, meaning we are in the 10% of high schools. This is an incredible achievement when there are over 690 high schools in the State.
20% of our students received ATARS of over 90, with another 20% being over 80. This means that 40% of our graduates received an ATAR of 80 or above. Notable achievements of individuals were Ivana I. being the highest ranking student with 99.7 who received a Premier’s All-rounder Award for excellence for receiving Band 6 (90 or above marks) in every subject and Rosemary T. also receiving an All Rounders award.

Congratulations to all our graduates who through their own determination, many hours of hard work and dedicated teachers have achieved such fine results.

**COLLEGE UNIFORM:**
Part of a high quality education is learning how to present yourself to the world and that is what wearing the school uniform is all about. It is important that we work together, parents and teachers, to ensure that our girls understand the importance of wearing the College uniform with pride – pride in them self and pride in being part of the Mercy community.

I ask parents therefore to look at their daughter’s uniform, as some do not conform to the regulation length of being on the knee. Please have the hem taken down or purchase another one if your daughter has grown.

A reminder also about makeup and jewellery, as no makeup should be worn and jewellery is restricted to studs or sleepers in the ears and a watch. The full uniform requirements can be found in the Student Planner.

**MEDICATION POLICY:**
Please take some time to read the Administration of Medication Policy further along in this newsletter. Please note that the staff cannot administer any medication to students unless there is written authority from a medical practitioner.

**P & F COCKTAIL PARTY:**
I encourage you to read the information about the upcoming Cocktail Party hosted by the P&F. It is a great way for new parents to meet each other and for "old" ones to reconnect. The date is the 11 March at the Kirribilli Club. It would be great to see you there. See later in Mercy Voice for the details on how to rsvp.

**POSITIONS VACANT AT MERCY:**
Mercy College is looking for two new employees. Both jobs are part-time and would ideally suit someone who has school age children.
1. Science Laboratory Assistant (22 hour week)
2. Marketing and Promotions Officer (12 hour week)

You will need to have some experience in the area you are applying for.

Further details can be found on the College website or by phoning 9419.2890

Best Wishes

Suzanne Kavanagh
Principal
Message from the Assistant Principal

Welcome back to 2016

A few reminders:

**UNIFORM REGULATIONS:**
- Please ensure your daughters’ uniform is in good repair and the length is correct (on the knee).
- If hair touches the collar, it should be tied back with a ribbon, scrunchie or hairclip in navy, white or black.
- Hair should be a natural colour and of a conservative style.
- The following jewellery may be worn: a watch, **one pair of plain studs or sleepers (gold or silver) in the lower lobe. All other facial piercing is prohibited.** A cross on a chain may be worn but must not be visible when worn with the school uniform.
- Make-up, nail polish, acrylic, gel and shellac nails, plastic earrings are not to be worn.
- Chewing gum is prohibited.

**Summer Uniform:**
- Summer dress (length on the knee)
- Short white, plain ankle socks (no anklets or knee-highs)
- Black, lace-up leather school shoes with no coloured stitching, metal tabs or higher heels.
- The College jumper or blazer may be worn with the summer uniform.

Its pleasing to see most of the students have followed the uniform regulations. Those who do not follow the regulations will receive a detention and their jewellery is confiscated for the term.

Your support is greatly appreciated in ensuring that your daughter takes pride in her appearance as an ambassador for the College.

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**Open day SUNDAY MARCH 6 11-2.00PM—STUDENT ATTENDANCE IS COMPULSORY**

Students are required to be at Open Day on Sunday 6th March from 10.30 – 2pm.

Please mark this date in your diary and on your calendar. More information will be given as we get close to the day.

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**OPAL CARDS**

The Opal cards have arrived and are currently being processed by the office staff. They will be given to the student’s Tutor for despatch on Monday.
Welcome to a New Year

It is with great joy I write this first article introducing myself to the community.

I am Gemma McDermott the Director of Student Wellbeing. In my role I will be working closely with the College Executive and Year Co-ordinators on pastoral programme. Good pastoral care and academic performance are inseparable; you cannot have good performance without great care. For your daughter to flourish she needs to know there are people nurturing her development at school and at home. Together the teachers and parents work in partnership to develop a daughter who is caring, confident and able to cope in times of joy and disappointment. I look forward to working with the staff, students and parents at Mercy in the year ahead in this new role.

The start of the year is always filled with mixed emotions. You daughter was probably excited to see her friends but, at the same time a little anxious about the year ahead, her classes and friendship group. As a parent it is important to take the time to talk to your daughter about how she is going. Do not worry if you only receive one word answers, the most important thing is your daughter knows you care and she is supported and loved.

Over the next two weeks notes will be sent home from your daughter’s Tutor introducing themselves and from your daughter’s Year Co-ordinator about information and events for the year. Take the time to read through the expectations and put the events in your calendar. Your daughter is very fortunate to have a caring and dedicated team of teachers supporting her at Mercy. If you have any concerns and you need some advice, please do not hesitate to email your daughter’s Tutor, Year Co-ordinator or School Counsellor.

Have a good week

Gemma McDermott
Director of Student Wellbeing

The Year Co-ordinators for 2016 are

Year 7  Ms Laura Snel
Year 8  Mr Mark Cuttler
Year 9  Ms Catriona McDonald
Year 10 Ms Tracey Stancliffe
Year 11 Mrs Genine D’Arcy
Year 12 Ms Jessica McKay
French Language, Art and History Study Tour
LAST CHANCE TO REGISTER FOR FRANCE STUDY TOUR 2016

Thank you for those who have already expressed an interest in the France Study Tour 2016, for those that haven't its not too late. The dates are September 25 – October 3 2016, which would be in the Term 3 holiday break.

For the tour to proceed a few more students are needed. So if your daughter is interested in attending the tour please complete the registration form attached or alternatively students can get one from student reception.

Deposits will need to be made by Wednesday 10th February and a decision will be made by Friday 12th February as to the viability of the tour. The approximate cost of the tour 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 tour is available to students in Years 10 and 11 who wish to participate in the study focus of either French language, Art or Modern History.

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

Science News

ConocoPhillips Science Experience

Over the summer holidays, a few students were given the chance to participate in the ConocoPhillips science experience. As part of this programme, we went to a university of our choice and did a 3-5 day science programme along with many Year 9 and 10 students from other schools.

The course at Sydney University consisted of a Sherlock scenario where students had to solve a murder through looking at and examining various pieces of evidence and piecing it all together. The first two days were spent in labs doing experiments in biology, plant and anatomy, chemistry and physics. Afterwards, we had a mock-trial in which we prosecuted the victim we found to be most guilty of committing the crime.

At Macquarie Uni, we were given presentations by lecturers from different fields of science - such as astronomy, geomorphology and computer science- who shared their experiences and described their work. We gained more of an insight into their work during the Career Speed Dating activity, where we could ask them questions in small groups. We also learnt about the key role that the indigenous culture plays in modern science with the presentation on bush medicines and foods. The last day was wrapped up with a science magic show which was both entertaining and educational.

The whole experience was both enjoyable and informative and we would recommend it to any student who is thinking of doing science at university.

BY: Elizabeth, Shanaya, Jade and Anniesha

A Flower after dipping it in Liquid Nitrogen

Using a microfuge to separate the different layers in the DNA extract

Testing soil samples found on the shoes of the suspects and the victim
Student News

Swimming Carnival

On Friday 26 February, the Annual Interhouse Swimming Carnival will be held. Lane Cove Aquatic Centre will host the carnival with students travelling to and from the venue via hired buses. All students must be at school by 8.35am so that rolls can be marked prior to them boarding the bus. Buses will return to the College by 3.10pm.

Students must wear their full sports uniform (including shoes) to school and may then change into more colourful attire. If students do not have a complete sports uniform, the College uniform must be worn to school. For students who live close to the venue and wish to depart from the pool, a signed letter from the parent/carer must be submitted to the student’s Year Co-ordinator at the beginning of the day.

Students will have the opportunity to participate in a variety of swimming strokes throughout the day and if time permits, some novelty events may also be organised. For those students who wish to swim competitively and want to be considered for Age Champion, they will need to participate in the Championship Events. For those who simply want to ‘jump in for a swim’, participation races will also be scheduled. The College encourages all students to swim in at least two events throughout the carnival so they can earn points for their Colour House and be involved in the spirit of the day.

A one piece swimming costume should be worn and sun/rash shirts are also recommended. If a student’s swimsuit is deemed inappropriate by staff, they will have to wear a shirt provided by the College.

Although the kiosk will be operating at specific times throughout the day, students are encouraged to bring their own food and water with them. Sunscreen and first aid will be provided. Additionally, personal medication and protective clothing should be part of every student’s belongings to ensure they enjoy the day.

In the event of poor weather, students are asked to bring wet weather gear such as a raincoat, umbrella, extra towel and plastic bags for their swimmers.

If you have any questions about the Swimming Carnival, please contact Mark Cuttler on mark.cuttler@dbb.catholic.edu.au
MINDFULNESS, MEDITATION AND RELAXATION

This programme is designed to
- Develop concentration, focus and memory skills
- Develop listening skills
- Introduce stress management techniques
- Develop more positive relationships
- Develop resilience
- Increase self-esteem

The sessions are practical and skill-based. The benefits of breathing, gentle exercise, relaxation and meditation are introduced.

When:  
Year 7 – 9    Tuesday  1:30pm – 2pm
Year 10- 12   Wednesday  1:30pm – 2pm

Where: Flexible Learning Space

Cost: $80 per 8 week term

For further information contact Donna D'Silva e: donna.d'silva@dbb.catholic.edu.au or m: 0422 392 901.
Welcome to Season 2016! Some important diary dates coming up – please note:

**GRADING DAYS:**

- Years 10-12 (Cadets) **Wednesday, 10 February, 3:20pm** School Netball Court
- Years 8 & 9 **Thursday, 11 February, 7:15am** School Netball Court
- Year 7 **Monday, 15 February, 7:15am** School Netball Court
- Supplementary Grading if required (Year groups will be notified): **Tuesday, 16 February, 7:15am** School Netball Court

> Grading will be conducted by Mercy College staff. Please be ready in correct sportswear before the scheduled time.

**HAVE YOU REGISTERED?**

- Years 8—12 **Deadline: Friday 5 February**—now due!
  Early Bird Discount extended to Monday 8 February

- Year 7 **Deadline: Friday 12 February**
  Early Bird Discount applicable until deadline

Any difficulties or queries with the new online system, please email: netballmcc@gmail.com

**UNIFORM FITTING & ORDERS**

8am, **Monday 15 February, near the Undercroft**
For anyone in need of a new uniform, please bring $70 cash / cheque (Activities Club MCC) on the day if you have not attended to payment via registration.

Options for **Second Hand Uniforms:**
- Return donated second hand uniforms to Mrs Kellendonk

**COACHING OPPORTUNITIES**

If you would like to coach this season and haven’t indicated interest already, please email netballmcc@gmail.com.
Presentation and Q&A session - New Netball Rules Roll-Out

When: WEDNESDAY, 10 FEBRUARY 2016 from 5pm-7pm
Where: Flex Space at Mercy College, Chatswood
Presenters: Katrina Walker & Margot Paterson
Past & Present NSNA Umpire Convenors

This session is mandatory for all who are umpiring for MCC this year. It will be of significant value to all Coaches, Team Managers and players.

RSVP essential to umpire.netballmcc@gmail.com

This link is a really good summary of the new rules.


Information for Umpires:
All umpires are required to re-sit the AANA exam.

All Australia Netball Umpires Exam

Link: https://learning.netball.asn.au

A pass (70%) in this year is valid for 6 years.
The exam is now online and if you fail, you are able to start again until you pass.
All umpires must hold a valid pass in an exam BEFORE officiating any matches.
To register online to do the exam, you need your My Netball login - you have received this via an email to enable your 2016 MCC registration.

Please ensure you note your association as Northern Suburbs (no abbreviations).

Level 1 Accreditation - If you have not completed this, please do so asap. This is required for Badging (C badge, B badge etc)
This course is now online and costs $25. It is a prerequisite for umpires wishing to obtain national qualifications and it an excellent rules refresher for coaches and players too.

If you would like to umpire for MCC this year, please fill out the MCC Umpire form. You can request a link via umpire.netballmcc@gmail.com or fill it out in Google Forms.
Activities Club—Cricket Team

Register your interest today if you want to be part of the Mercy T20 cricket team in 2016.

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

Canteen Roster

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

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<td>Mon</td>
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<td>L. Coyne Volunteer Required</td>
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<td>Tues</td>
<td>R. Frost Volunteer Required</td>
<td>M. Thomson V. Beattie</td>
<td>L. Pinelli L. Lim</td>
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<td>Wed</td>
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IMPORTANT INFORMATION

The roster for 2016 is being worked on at the moment. If you have any changes i.e. different days, contact number or email addresses please contact Anna, Angela or Nancy in the Canteen ASAP.

There is still days to be filled for volunteers in 2016 if you can spare a few hours to help out please phone the College 9419 2890
In July, six Year 11 Mercy students will partake in a 'life-making journey' as they begin their pilgrimage to World Youth Day in 2016. The pilgrimage will follow in the footsteps of the Saints through Italy and then continue through Poland to Krakow for the World Youth Day celebrations. Please pray for our pilgrims as they embark on this amazing faith journey.

To help with the price of their tickets the girls will be selling raffles tickets at the College on Tuesday February 9 at lunch time. If you wish to support the pilgrims please send money with your daughter on that day. Tickets are $2 each. Alternately, if you are interested in selling a book of tickets please ask your daughter to see Mrs Thomas.

The raffle will be drawn on 20 March, 2016. The prizes for the raffle include:
1st Prize – Car
2nd Prize – European Holiday
3rd Prize – Apple watch
4th Prize – Mini iPad

Mrs Helen Thomas
Youth Minister
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
Parent News

Message from the Parents & Friends President

My name is Phillipa Sobb and I am delighted to be the MCC P & F President for 2016. As a parent of two girls at MCC (Years 8 and 12), I am very grateful for the generosity and enthusiasm that Lee Sternberg gave to this role over the last few years. On behalf of all MCC parents – Thank you Lee.

I would like to welcome new families to the College; both those with daughters starting in Year 7 and those joining other years. I hope your first few days have been wonderful and that your daughter/s are happy and settle really well.

P & F Parent Co-ordinators

If you would like to volunteer to be a new (or continuing) Parent Year Group Co-ordinator this year, I would be grateful if you could contact me. This is not a big job at all and can be shared between a few parents in each Year Group. In conjunction with the P&F, you would help organise and generate enthusiasm for a few parent gatherings throughout the year. Last year, several parent groups met a few times at the Willoughby Hotel for casual catch ups. It would be lovely to offer these (or similar) gatherings again this year.

P & F Meeting

Please consider coming along to the first P & F Meeting on Wednesday 17 February 2016 at 7.00pm—8.00pm in the Flexible Learning Space.

2016 Annual Cocktail Party

The main social event organised by the P & F for MCC parents is coming up very soon – The Annual Cocktail Party. Please consider coming along to this wonderful evening in a fantastic location. This event is not a fundraiser, rather it provides an easy opportunity for you to meet other MCC parents and hopefully catch up with old friends. I particularly encourage parents who currently know no other parents in their daughter’s Year to attend. I was ‘in this boat’ and met some delightful parents at this function last year.

Date: Friday 11th March 2016
Time: 7.00pm – 11.00pm
Venue: Cocktail Foyer – Harbourview Lounge, Kirribilli Club, Lavender Bay
Tickets: $50 per person – includes drinks and open food
Dress: Smart Casual
RSVP: 4 March 2016
Tickets: http://www.trybooking.com/152198
Parent News

P & F Message continued

Open Day

As parents of high school students, we tend to spend less time at their schools than we did when they were at primary school. The MCC Open Day provides an opportunity for you to spend a little bit of time here and contribute to the life of the College. The P & F is seeking volunteers to help on Sunday 6 March 2016. The tasks are easy and fun and include: Set up, BBQ Cooking, Food and Drink Preparation, Transport Information Table, Welcoming Area, Helium Balloon Inflating and then Pack Up. If you can spare an hour or two on this day, I would be grateful if you could contact me.

I look forward to hopefully meeting many of you at the Cocktail party.

Please call me at any time if you have any questions or want to provide ideas or feedback.

With best wishes,
Phillipa Sobb
President P & F
perrysobb@gmail.com
0411 429 629

Tuning into Teens

Emotionally Intelligent Parenting

A 6 week Parenting Course for parents of Teens aged 10-18 years:

- Communicate more effectively with your teenager.
- Understand your teenager better.
- Help your teenager to master emotional intelligence.
- Help your teenager manage emotions.
- Prevent some teenager behaviour problems.
- Help your teenager deal with conflict.

Where: Naremburn Family Centre, 40 Merennurn Ave, Naremburn
When: Every Wednesday 6:30pm—8:30pm 17/02/16–23/3/16
Total Cost: $60

Bookings are essential. To enquire or register for the course please contact us on 8425 8700 or email: naremburnfamilyservice@dbb.org.au
Please note children are not able to attend