Dear Parents and Carers,

The College is holding its Open Day this coming Sunday, 6 March; a day when the students and staff demonstrate the learning that is occurring in the classroom, plus all the other amazing co-curricular activities that are on offer at Mercy College. It’s a day of great excitement as the students are proud to “show off” to visitors what they have achieved.

Pass the word around to friends and neighbours to come along and see the Mercy Spirit in action from 11am to 2pm. Students are expected to be at school by 10.30am.

INTERNATIONAL WOMEN’S DAY:
I’m sure if I asked you whether you wanted your daughter to be accepted and treated equally as others are, you would say yes. If I asked you whether you would want her to have the same opportunities as men to enter management positions in business/politics, you would say yes. And, if I asked you, should she receive the same pay rate as a man doing the same/similar job, you would say yes.

Yet, the World Economic Forum predicted in 2014 that it would take until 2095 to achieve global gender parity.

Worldwide, women continue to contribute towards social, economic, cultural and political achievement and yet they are still behind men in terms of pay, and not just in less developed countries, but here in Australia.

Australian Bureau of Statistics figures show that, in 2013, women working full-time earnt, on average, 17.5 per cent less than men working full-time.

Next Tuesday 8 March, is International Women’s Day, with the theme "Planet 50-50 by 2030: Step It Up for Gender Equality".

Everyone - men and women - can pledge to take a concrete step to help achieve gender parity more quickly - whether to help women and girls achieve their ambitions, call for gender-balanced leadership, respect and value difference, develop more inclusive and flexible cultures or root out workplace bias. Each of us can be a leader within our own spheres of influence and commit to take pragmatic action to accelerate gender parity.

So what can you do so that your daughter grows up in a society where there is gender parity?

1. Encourage and help your daughter to achieve her ambitions, to break through the glass ceiling.

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6TH MARCH OPEN DAY
COMPULSORY STUDENT ATTENDANCE 10.30 TO 2.00PM
FULL SUMMER UNIFORM TO BE WORN
2. Challenge conscious and unconscious bias in the home, social setting and at work. "Women -- you can't live with them, and you can't live without them." This male quip captures something essential about the face of sexism: an ambivalence, or double-edged way of thinking, in which women are sometimes treated with contempt and sometimes adored.

3. Value everyone's contributions equally. Is what your son, male friend or male colleague says more valued than what your daughter, wife or female colleague says?

What is most important is that a woman (your daughter) is accepted for who they are as a person, what skills and talents they have, what they can contribute, rather than being dismissed as they are "merely female".

Change your sphere of influence, change the world.

I hope to see a lot of you on Open Day and at the Cocktail Party. Don't forget to book your spot.

Best Wishes

Suzanne Kavanagh

Principal
Message from the Director of Student Wellbeing

Reflection

At school we often talk to the girls about smiling. A smile is free, yet it means a lot because it makes those receiving the smile feel happiness and joy. Mother Teresa said “peace begins with a smile”. With all the conflict in the world it is important we are grateful for where we live and the life we have and therefore, act in a way that shows compassion and brings only joy and not hurt to those around us.

Why technology needs to be out of bedrooms
Article by Collett Smart – psychologist at FamilySmart  www.familysmart.com.au

Children are now more connected than ever before, with anyone, anywhere around the world. So apps for social media sites, such as Snapchat, Instagram, Twitter, Kik, Facebook and Ask.fm are easily available to your child, and every other child – in Sydney, New York, Harare, Johannesburg or Jakarta.

My message anywhere around the world?
We need to assist our children to live in the world they are in. By banning technology in our homes we will not give them the skills to grow into Ethical Digital Citizens. Our message to children should not be, “don’t use technology”, because they will anyway. Our message should be, “Use technology thoughtfully, with knowledge and awareness.” And that can only be done with a parent guiding and talking, often a one off conversation does not help grow digital literacy.

My number one piece of advice?
Get technology out of bedrooms and into public areas at home. That goes for tablets and phones too.

Why?
Due to the heartbreaking suicide of a teenager, posting on facebook, Ask.fm* and Kik have been in the news. Ask.fm (as an example) is a social networking site little known to parents, but has 65 million users, with half of them being under 18. Users of this website generally post anonymous questions. Ask.fm users have reportedly encouraged nine vulnerable teenagers to commit suicide. I am not implying that every child is a suicide risk, or that every parent needs to hang over their child’s shoulder all afternoon.

However, every child will have access to some form of bullying behaviour, other online content and myriad discussions, yet no one knows your children like you do. You can monitor body language, conversations and content, far better in the lounge room than when hidden behind a closed door.

Yes, there may be times when a specific homework project needs to be done, away from the family mayhem. But this should be done, in an area that can still be monitored. i.e. not in a study room in the top corner of the house.

Protecting your child’s privacy?
To a teenager, ‘privacy’ means ‘privacy from mum and dad’. No one else. The internet is not private. It is important parents do not allow everyone else to monitor/follow/keep up with their child, and not them.

There are certainly times that we should allow for independence and privacy, as teens grow e.g. knocking before entering a teen’s bedroom or bathroom, allowing your daughter and her friend (who is over) to talk on their own in her room, encouraging your daughter to go for a walk to the shops.

I also strongly recommend that parents know all passwords to devices and social media sites.

Parents need to ask around and find out about new popular apps, and then check-in on these conversations from time to time. Not through spying or secrecy, but as a form of open protection. Use the time to chat about conversations people are having online about others, behaviours and topics. Lots of life lessons can happen through these discussions.
Message from the Director of Student Wellbeing ..continued

**Sleep hygiene is another reason.**
Children and teens need between 9 to 10 hours of sleep a night. One of the biggest reasons for poor school and sporting performance is due to sleep deprivation. Too many teenagers are woken multiple times at night, with the ‘beep beep beep’ of Facebook or email alerts. “But I need my alarm on my phone!”, is not a strong enough reason for teens to keep devices in their bedrooms. (Yes there is the capability of locking out all other apps at night – if a parent can remember to do this every night). I recommend purchasing a small alarm clock from the local $2 shop and placing all devices on charge, in a public space at night.

**Other thoughts**
Additionally, I would like to stress that nothing is fail safe, because nothing is ever private online. Vigilance and education are the key aspects to keeping children safe. As a parent this is not an easy task. However, it’s part of a parent’s role to help your children along, in the process of learning and growing into ethical digital citizens. This does not happen by throwing them into the deep end of cyber space and yelling, ‘swim!’, as you walk out the door.

*What is Ask.fm? – Ask.fm is a social networking platform where users create profiles with photos and information about themselves. Users ask each other questions but you don’t have to be a member to ask a question or browse profiles. Users can block their identity and ask questions anonymously. Users can limit who they accept questions from or can leave themselves open to questions from anyone, including anonymous users. Ask.FM’s Terms of Use state that users must be 13 years or older. It advises people not to share personal information and to block and report users who break the Terms of Service. It advises that ‘if the person keeps bothering you, report abuse to us by pressing the Report button and to law enforcement’.

Have a good week

Gemma McDermott
Director of Student Wellbeing

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**Student News**

**Public Speaking.**

On Friday evening after the Swimming Carnival, a number of students and their parents ventured out to Catherine McAuley College, Westmead to represent the College in the Catholic Schools Debating Association Public Speaking Competition.

The competition allows for only two speakers for each year group. Each round is an elimination round. The girls were asked to prepare and present a speech, which engaged with set topics. Our students seemed to enjoy “hashtag”, “be afraid, be very afraid”, “remember” and “women’s agenda”. Three speakers were successful and will compete again on March 4th. We wish Isabella S and Betsy W of Year 8, and Tara B of Year 7 all the best.

We also congratulate our other very talented speakers who unfortunately did not progress in the competition: Sophie L (7), Claire F (9), Sarah B (9), Jacinta R-M (10) and Jemma L (11). I am very proud of their efforts and abilities, just as they should be also.

Rachel Morgan
English Co-ordinator
Student News

A Red Storm Reigns Supreme

Although Cyndi Lauper, Olivia Newton-John and Madonna are all retired, their doppelgangers arrived in full strength at Lane Cove Aquatic Centre to celebrate the 2016 Swimming Carnival. An 1980’s theme was embraced by the College with fluoro shirts, daggy pants, leg warmers and headbands being pre-requisite attire for many students (and staff).

Aside from the colour, music and hype, over 100 students swam in Championship Events in the hope of earning extra points for their House. In these races, 5 College records were broken and many students achieved personal best times for their individual events. Additionally, students were also encouraged to partake in participation races that were not timed but still contributed to House points.

Throughout the carnival, more than 270 swimmers participated in these races which highlighted the enthusiasm and spirit present in many students. Unfortunately, due to the sheer number of races, more participation events were not able to be held in the time frame available.

Once again, the much anticipated House Cheers did not disappoint with some very creative interpretations of the 80’s making their way into the student performances. After some close scrutiny by the non-biased judges, Coolock were justly rewarded as winners for their montage of 80’s music, movies and computer games.

However, the day belonged to the formidable Stormanston House who not only produced 3 Age Champions, but who also managed to outsore their next rival by almost 100 points. It is clear that their domination is becoming a force that all other Houses are keen to conquer, but, for the time being, their glory is well-deserved and all House members should cherish their success.

Congratulations and thanks must go to all students for their valued contribution and positive attitude in ensuring the carnival was a success. Additionally, thank you to all staff who not only ravaged through their cupboards to find some outstanding outfits, but who also performed their duties with enthusiasm.

Champion House: Stormanston

Champion Swimmer: Caitlin Montgomery

New Records:

Caitlin Montgomery – 200m Individual Medley, 50m Breaststroke, 100m Freestyle

Kristen Sales – 200m Individual Medley, 50m Backstroke

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<tr>
<th>Age Champion</th>
<th>Under 12</th>
<th>Under 13</th>
<th>Under 14</th>
<th>Under 15</th>
<th>Under 16</th>
<th>17+</th>
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<tr>
<td>Caitlin Montgomery</td>
<td>Gabrielle Kirwan</td>
<td>Lauren Hilder</td>
<td>Lexie Keir</td>
<td>Zoe Coyne</td>
<td>Kristen Sales</td>
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<td>Annabel Lee</td>
<td>Genevieve O’Brien</td>
<td>Catherine Ho</td>
<td>Aoife McCloskey</td>
<td>Mary-Ann Heaney</td>
<td>Karina Brown</td>
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<tr>
<td>Olivia Thomson</td>
<td>Ariann Kirwan</td>
<td>Ainslie Brown</td>
<td>Lauren Brown</td>
<td>Taylah Shawcross</td>
<td>Tasha Maikin</td>
<td>Sophie Bernes</td>
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Student News

Year 10 News – Cyber Shorts Workshop

Bamboo Theatre is a small company that specialises in short, dramatic performances that help educate and engage young people in real life problems. On Tuesday, the 23rd of February, Year 10 had the pleasure of watching a few short skits focussing on social media issues. These skits allowed Year 10 to see two characters in different situations, whether it be making a fake Facebook account accidentally allowing a few unwanted photos to get out. As it was an active performance, Year 10 had to identify the problem, think what each character was thinking and explain their reactions and how the problem could’ve been prevented.

In one skit, a girl’s best friend had apologised for flirting with her boyfriend at a party, and saying she was sorry when he had flirted back. This friend had then talked about a boy called ‘Callum’ on Facebook who had popped up, and her eventual plans to go out to the movies with him on Saturday. When the friend had arrived at the movies, she found that ‘Callum’ was her best friend who had set up this account to get back at her for flirting with her boyfriend. We had to see if the situation warranted this girl’s reaction, which, in this case, we decided it didn’t; what laws the girl had broken, such as identity theft; and, who could’ve stopped everything happening in the first place. There was a girl, a friend of the person behind the fake profile, who was aware of what was happening and decided to steer clear of it. If she had spoken up and stopped the teasing, this girl would not have been expelled from her school or be accused of identity theft, and could have potentially been able to save their friendship.

We were also taught us about ‘Geotags,’ which are used to tag photos from where they were uploaded, which had everyone, including the teachers, making sure all their location services were off when they were supposed to be. If you’d like to learn more, a website of links to many Social Media Safety Centres can be found at https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres

Cassie P
Year 10 Creative Arts & Media Rep
Have you got your ticket for STORIES IN THE DARK???

Tickets are selling fast for our first junior production ‘Stories in the Dark’. With over 50 students from Years 9 and 10 involved, including a wonderful group of boys from St. Pius. This is one play you don’t want to miss.

In the play a terrified 12-year-old boy finds himself separated from his family in the unfamiliar streets of a war torn city. He takes refuge in a bombed-out house and in the total blackness his bravado crumbles into tears.

Into his life steps Anna – older, street smart and scornful of his crying. As a way of quieting the boy, she starts to tell him a story that she vaguely remembers from her own childhood.

Cassie Parker steps into the role as Anna. Cassie writes, “As this is my first production, it’s been a real shock to the system to learn all the lines and know all my cues but I’ve loved every minute of it. Being apart of the play has helped me understand ‘stage business,’ such as the responsibility of knowing what you have to do, what your character is thinking, doing and why they are saying what they are. Anna is a very fierce and upfront character but she does make herself seem stronger than she is. I have loved playing the role of Anna and look forward to participating in more productions in the future.”

Book your tickets online today at http://www.trybooking.com/182702. (NB: Friday night is already close to capacity so make sure you don’t miss out!)
Mercy Catholic College presents

Stories in the Dark

by Debra Oswald

28th - 29th April 2016,
6.30pm
Sarto Centre, Chatswood
Tickets $15
Book Now: http://www.trybooking.com/182702
World Youth Day 2016 – Krakow -177 days to go

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 pilgrimage the girls will be selling raffles tickets at the College. If you wish to support the pilgrims please send money with your daughter. Tickets are $2 each. Alternatively, 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
Parent News

Message from the Parents & Friends President

2016 Annual Cocktail Party

We have 55 people coming to this event. If you have not bought your ticket as yet, we still have room for you. This is the main social event organised by the P & F for MCC parents and provides a lovely opportunity for you to meet other parents. I especially welcome and invite new parents to MCC.

**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](http://www.trybooking.com/152198)

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**Open Day - 6 March 2016**

Thank you to those parents who have offered to help on this day (all 56 of you). I have been overwhelmed with the number of volunteers—particularly those offering to work for most of the day.  
*I look forward to meeting you then.*

**P & F Parent Co-ordinators**

Thank you Jane H who generously offered to take on this role for the Year 10 families. If you are interested in the role for Years 9 & 11—it is yours!

- **Year 7**  
  Fiona H
- **Year 8**  
  Deborah B / Catherine W
- **Year 9**  
  Vacant
- **Year 10**  
  Jane H
- **Year 11**  
  Vacant
- **Year 12**  
  Phillipa S

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 casual parent gatherings throughout the year.
### Year Group Lists

Thank you to those parents who have forwarded details. It is never too late to send them in. If you are happy for your contact details to be distributed to your daughter/s Year Group (or would like to update them on a current list), please complete the information below for each daughter at MCC.

Details can be emailed to me, or printed, signed and sent via the school office.

Your contact details will only be used by your Year Group Co-ordinator to provide information regarding Year Group Gatherings, or by me regarding P&F matters. It will not be forwarded to other parties and will not be used for marketing.

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<tr>
<th>Daughter’s Name</th>
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<tr>
<td>Daughter’s Year in 2016</td>
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<td>Mother’s Name</td>
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<td>Mother’s Mobile Number</td>
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<td>Mother’s Email Address</td>
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<td>Father’s Name</td>
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<td>Fathers’ Mobile Number</td>
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<td>Father’s Email Address</td>
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*Parent/Carer Authorisation Signature (if sending information via MCC Office)*

**Signature | Date**

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<th>Parent/Carer Authorisation Signature (if sending information via MCC Office)</th>
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<tr>
<td>**Signature</td>
<td>Date**</td>
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I look forward to seeing you at the Open Day and the Cocktail party.

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

With best wishes,

Phillipa Sobb
President P & F
[perrysobb@gmail.com](mailto:perrysobb@gmail.com)
0411 429 629
PRAISEFEST

"OUR FATHER OF MERCY"

at Our Lady of Good Counsel Church, Forestville

FRI 11 MARCH 2016
FROM 6PM
DINNER / MUSIC / MASS / FRIENDS + MORE
ALL INVITED!

WWW.DBB.ORG.AU/YOUTH
“The St John’s Narraweena community have produced a stunning family cook book, with over 100 recipes from families and ex-student and celebrity chef, Hayden Quinn. Professionally photographed and designed, Share can be purchased online at www.sharecookbook.com”
Team Lists

Team lists have been posted on the Activities Club Notice Board and were emailed to home addresses last week. Queries: see Mrs Kellendonk or email netballmcc@gmail.com

Team Training and Kit Collection

Training will start the week commencing Monday, 14 March. Team Managers will be emailed re kit collection, coach appointment, training day/time later this week / early next week. No Team Manager, no kit, no training! If you haven’t received a team email confirming who your Team Manager is, the vacancy still exists...

Team Grading / Game Times

Clubs are required to lodge teams and grade requests with the NSNA by the end of this week. Grades will be released mid March with fixtures thereafter. Information will be relayed to Team Managers as it comes to hand.

Red Robin Clinics

Umpire sessions:
Sat, 12 March 9-12pm
Sat, 12 March 1-4pm
Sun, 13 March 1-4pm

New Rules Session for Coaches:
Sun, 13 Mar, 10-12pm

Compulsory for all MCC umpires and coaches due to the introduction of new rules this season.

As an intending umpire or coach, if you have not had a place confirmed by Jacquie Parker (umpire.netballmcc@gmail.com) or myself (netballmcc@gmail.com), please contact us ASAP as registrations close 5pm, Friday 4 March.

First Game

Round 1: Saturday 2 April

Have you checked out these sites?

NSNA: http://nsna.nsw.netball.com.au

New Rules of Netball Snapshot - a good ‘snapshot’ of main changes that will affect the match at the Junior level.

Wanting more detail? Watch the videos

Canteen Roster

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

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IMPORTANT INFORMATION

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
Career News

Light Years Ahead Exhibition
7 March - 23 May 2016
10:00am - 5:00pm
Macquarie University Art Gallery

The exhibition showcases the different ways artists have used light. Australian artists Ian Milliss, Paula Dawson and Vernon Treweeke are featured as their works experiment with light. For further information please visit http://www.mq.edu.au/about/events/view/light-years-ahead-paula-dawson-ian-milliss-and-vernon-treweeke-exhibition/

Friday Art Tours
11 March
1:00pm - 2:00pm
Macquarie University Art Gallery

The Art Gallery runs guided tours on the second Friday of each month. The tour includes the Australian History Museum, Paula Dawson Holograms, Sculpture Park and Heritage Walk. http://www.mq.edu.au/about/events/view/friday-art-tours-march/

The Quantum Future
Powering the Next Technological Revolution
2 March - 5:45pm - 7:00pm
Messel Lecture Theatre - Sydney Nanoscience Hub

This presentation by Associate Professor Michael J Biercuk looks at quantum mechanics and its role in powering everyday items and explores potential future uses for it. Please visit http://sydney.edu.au/science/outreach/whats-on/forum/2016/the-quantum-future.shtml

Dr Karl’s Short Back and Science
6 April - 5:45pm - 7:00pm
York Lecture Theatre  Seymour Centre

Dr Karl Kruszelnicki will explore various science questions throughout the lecture. Some of these include looking at the Galapagos Islands and how radioactive you are. For further information please check http://sydney.edu.au/science/outreach/whats-on/forum/2016/short-back-and-science.shtml
Career News

Industrial Design Workshops for High School students
13 March 2016 - 30 May 2016

Numerous one day workshops for students in years 10, 11 and 12 will be run by UNSW Built Environment. The workshops include Industrial Design, Computational Design, Interior Architecture, City Planning and Architecture. To find out about the detailed dates for a particular workshop, please visit http://www.be.unsw.edu.au/events/1-day-workshops-high-school-students-%E2%80%93-year-10-11-12

Year 12 Medicine Information Evening
24 March 2016 - 6:00pm - 8:00pm
Sir John Clancy Auditorium - UNSW Kensington

During the evening information will be provided on the UNSW Medicine degree, regarding application, admissions and tips for the UMAT exam. Registrations open 29 February at 5:00pm. https://www.futurestudents.unsw.edu.au/year-12-medicine-information-evening

The Academy Scholarships

The Academy at UWS offers substantial financial support for high-achieving students who are committed to academic excellence and to making a contribution to their community. Scholarships include the VC Leadership Scholarship, valued at $10 000 per year, and the Dean’s Scholarship and Academic Excellence Scholarship, valued at $5 000 per year. http://www.theacademy.edu.au/scholarships

Foundation and Diploma

Foundation Studies allow guaranteed entry to an undergraduate degree at the University of Western Sydney. An ATAR is not required for entry. From Foundation Studies students can enter the first year of an undergraduate degree or complete a Diploma, which allows them entry into the second year of an undergraduate degree. For further information please check https://www.westernsydney.edu.au/thecollege/courses_and_pathways/