Dear Parents and Carers,

There has been much recently in the news about the use of computers in schools. Articles have appeared in a number of newspapers such as the Sydney Morning Herald and the Australian in particular, in response to the release of a paper presented to an international education forum this month.

The paper was presented by Andreas Schleicher who is the Director for Education and Skills, and Special Advisor on Education Policy at the Organisation for Economic Co-operation and Development (OECD) in Paris. His controversial statement at this education forum was: “the reality is that technology is doing more harm than good in our schools today”.

The reason behind his statement come from the latest test results released from the OECD Programme for International Student Assessment (PISA) assessing digital skills and their relationship to reading, mathematics and science.

The Report, Students, Computers and Learning: Making The Connection, says that even countries which have invested heavily in information and communication technologies (ICT) for education have seen no noticeable improvement in their performances in PISA results for reading, mathematics or science.

Overall, students who use computers moderately at school tend to have somewhat better learning outcomes than students who use computers rarely. But students who use computers very frequently at school do much worse, even after accounting for social background and student demographics.

So what is our approach to the use of technology at Mercy College?

Technology is a tool, a tool that can dramatically expand access to knowledge. However, it is only one tool that is in a teacher’s portfolio of tools to be used to assist students to learn.

Learning is about interaction between people, about discussion, about the conversation. The idea is to supplement the learning process with ICT, not for ICT to dominate or control it.

Our approach to teaching and learning at Mercy College is one where teachers focus on developing a Culture of Thinking in the classroom, a place where the group’s collective, as well as the individuals thinking is valued. Teachers are making time for thinking, developing and using a language of thinking, and making the classroom environment rich with the documents of thinking processes, as well as making their own thinking visible.

The most effective way to learn things from reading is to write it out by hand as you read. This makes you think about what you are reading and then put it into your own words. You are physically interacting with what you read.
Message from the Deputy Principal

Term 1 is quickly coming to an end which means it is time to look at the winter uniform for Terms 2 and 3. Below are the requirements for the winter uniform.

**Winter Uniform**

- Years 7-12: College kilt (length is to be 5cm below the knee), blouse, jumper, blazer, pale grey tights/stockings.
- All students: Skivvies are not to be worn under the blouse.
- Pale grey tights/stockings. Socks are not to be worn under tights/stockings.
- Black, lace-up leather school shoes with no coloured stitching, metal tabs or higher heels.
- Plain navy or black scarf (if required), to be purchased from the College office. Cost $12 (made by ladies in Peru who are supported by the Sisters of Mercy)
- The College blazer must be worn as the outer garment in Terms 2 and 3.

**General Uniform Regulations:**

- 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 items 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 and gel nails are not to be worn.
- Chewing gum is prohibited.

Please ensure the kilt is the correct length. If you purchase a new kilt, it is important to leave enough hem for when it needs to be lengthened. Blouses need to be checked for sizing. The College blazer is to be worn to and from school each day in Terms 2 and 3.

It is important that the students wear their uniform with pride; pride in themselves and pride in being ambassadors of the College.

**Parent Teacher Nights Term 2**

**Year 7** Parent Teacher Night Tuesday March 17, 2pm-6.30pm

**Year 11 & 12** Parent Teacher Night Tuesday May 24 2pm-6.30pm

At the beginning of Term 2 an email will be sent to parents with details on how to make appointments with teachers. Appointments will be made electronically and are 5 minute interviews.

Please note the new time for Parent Teacher interviews in 2016

Ms E Kayrooz  
Deputy Principal
Message from the Director of Student Wellbeing

It is hard to believe the first term is coming to an end. Over the term there have been wonderful joys such as meeting the classes for 2016, experiencing the Mercy Opening Mass, the project compassion activities, Like a Girl campaign and the incredible Holy Thursday service. The Holy Thursday service was breathtaking, the singing, the acting by the Year 10 Drama class and the extraordinary finish in which the whole school walked in silence following the cross from the church to the school.

As the holidays approach it is normal for your daughter to be tired and not as tolerant with the actions of friends and unfortunately, family. The Pastoral team always see greater than normal friendship issues and disagreements because everyone is tired. If you have any concerns, please do not hesitate to contact your daughter’s Year Coordinator.

The break is a wonderful time to rest and renew energy. Enjoy the time with your daughter, it does go fast. Movies on the lounge are great time wasters but are also special times to be together. I love being with my daughters even if we are sitting together and not engrossed in conversation, we are together.

I would like to also take the opportunity to thank the staff, especially the Pastoral team and the families at Mercy for welcoming me into their community and I look forward to the year ahead.

Stay safe. I look forward in seeing your daughters in Term 2.

Below is a very interesting article about the tired teenagers during a term following school holidays.

**Back to school, earlier to bed. by Dr Sarah Blunden**

Over the school holidays, our teenagers have been enjoying late nights and even later mornings. They’ve been playing Xbox, Facebooking and watching DVDs till the wee hours, waking only when the lunchtime hunger pangs hit.

But holidays are at an end and parents are now facing a zombie child in the morning and Jack Russell terrier in the evenings, wondering if it was such a good idea to let their kids throw bedtime routine to the wind.

Dr Sarah Blunden, founder and director the Australian Centre for Education in Sleep, says: “Yes, why not? The only way we know if we have had enough sleep is if we wake up naturally, without an alarm, and that is what teenagers usually do during school holidays. And going to bed later and getting up later is a natural part of adolescent development.”

Dr Blunden explains that during adolescence there is a delay in the time when melatonin (one of the sleep hormones that makes us sleepy) is released from our brains to our bodies. Therefore adolescents are not tired until later in the evening, but because of school they can’t sleep later in the morning to compensate for late nights.

“As a result, adolescents are usually very sleepy during the school week as they miss out on a couple of hours sleep per night. By the end of the week they may have a ‘sleep debt’ of 10 hours.”

Generally it’s believed most adolescents need about nine hours’ sleep a night, but most kids are not getting enough and report being sleepy during the school day. They get increasingly sleepy over the school week and term.

So holidays are a great time for your teenager to get all the sleep they need, at the times that come naturally to them. But what happens when school starts again? Dr Blunden says they will need to retrain their bodies to sleep and wake earlier. “Your child will need to adjust their bedtime and wake time bit by bit – you can’t do it in one hit.”
She recommends **bedtime be moved back 15 minutes every two days** and simultaneously in the morning for wake time. Don’t be tempted to take it faster than that. “They can’t go back 15 minutes every night, as the body can’t work that fast,” says Dr Blunden. “They can only go faster if they are falling asleep faster.”

The other essential step to re-establishing an earlier bedtime routine is to **reduce exposure to light at night** – “get off the phone, get off the computer and get out of the TV room” – and **increase exposure to natural light in the morning** to make them alert.

Follow these steps to reset their circadian rhythm, and within a week your teenager should be back to a school sleep routine. Until the next school holidays.


**Mrs G McDermott**  
**Director of Student Wellbeing**

---

**ENROLMENTS**

**REMINDER: 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 8 April, 2016.** Due to increased demand for placement any sibling applications received after this date will be waitlisted.

**Year 7, 2018**

Applications for placement in Year 7, 2018 should be received by the College office no later than Tuesday 26 April 2016. The interview process for entry into the Year 7 2018 cohort will commence in Term 3, 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](http://www.mercychatswood.nsw.edu.au)).
Student News

From the TAS Department—Fashion Illustration Workshop Incursion

Last Tuesday Year 9 Textiles Technology and Year 11 Textiles and Design participated in a hands-on workshop in fashion illustration presented by Ms Sarah Hamilton from Whitehouse Institute of Design. The aim of the course was to develop our drawing skills for our portfolios. The workshop also provided valuable insight for students seeking a career in the Fashion Industry.

The first part of the course was challenging as we had to master drawing the “Croquis fashion figure” and we also learned the importance of maths in design.

Ms Hamilton taught us how to draw various materials using techniques such as stippling, hatching, cross hatching and strobing. We also learned how to use a variety of coloured pencils, markers and pens to achieve different clothing styles such as denim, fur, leather and sheer fabric with sequins. Later we were all given time to sketch our own designs with professional textile colour markers. It was a great experience to use these markers. I was really impressed by the creative flare shown by all my classmates. I designed a white body hugging evening dress with a bobbed hair style by Anna Wintor.

Finally, Ms Hamilton selected three students for special awards. Catherine S (Year 11) and Claire F (Year 9) achieved highly commended awards and I won the major award; a scholarship for a one week course at the Whitehouse School of Design during the school holidays.

On behalf of the students I would like to thank Mrs Lee our Textiles teacher for organising this wonderful workshop and Ms Hamilton for teaching us so much about fashion illustration. I know we are all looking forward to implementing these new techniques in our portfolios.

By Giulia M (Year 9)
2015 VALID (Validation of Assessment 4 Learning & Individual Development) Science 8 Test results

All Year 9 students should have received their 2015 VALID test results in Week 8 or 9, having sat for the test in November last year. The VALID test is an online interactive test that assesses students’ ability to recall and apply their science knowledge, understanding and skills in local and global real-world situations. Tasks in the test are framed on Stage 4 outcomes and essential content in the NSW Science K-10 Syllabus. Students were tested on their:

- knowledge and understanding of Science
- understanding and skills in the process of scientific investigation, which includes using a simulated experiment
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas using a variety of strategies.

Results showed that all students performed very well. The means in all areas, which included extended response tasks and short response tasks of knowing & understanding, planning & conducting investigations as well as problem solving & communicating, were all above the State mean. Congratulations, especially to Marie D L and Emma W, who achieved a band/level 6 in Science overall.

Rowena Lau
Science Co-ordinator

Mercy Students Assist at Reconciliation Liturgy

On Friday 18 March six Mercy students gave up their evening to assist with the Liturgical Music and PowerPoint Ministry for Our Lady of Dolours Parish. Our musicians, led by Mrs McGreal, sang beautifully at both the 5:00pm and 7:00pm Reconciliation Liturgies. It was a great opportunity to strengthen our connections with the Parish community. Father Paul and Sacramental Coordinator Angela Hague both expressed their great appreciation of the contribution that the Mercy students provided.

Ms Gabie Stojanovski
Religious Education Co-ordinator
Project Compassion

STORMANSTON – Nail painting, cake stall and coin trail

Stormanston led by Annabelle H. held three fundraisers for project compassion. They painted nails in House colours before the swimming carnival, held a cake stall and finally a coin trail competition to see which House could make the longest line of coins on the netball courts. The coin trail brought the House competition to life with Stormanston having a substantial lead from the outset. The other three Houses decided to join their coin trail to try and beat Stormanston; however in the end Stormanston was victorious winning 20 bonus points for their House Spirit Cup. The total money raised by Stormanston was $980.

Annabelle H.
Stormanston House Captain

MERCY - Easter egg raffle and Easter egg hunt

To fundraise for Caritas during the Lenten period, an Easter Egg Raffle was organised by the Mercy House, led by House Captain Ashleigh H. In order to do this, all students in the Mercy House donated Easter Eggs and chocolates. From these chocolates, 6 baskets were filled and the hampers were ready! Tickets were sold by the Year 11 Mercy House students at the College Open Day, as well as during recess and lunch at school.

The raffle was drawn on Holy Thursday and the lucky winners were:

1. Rachael M
2. Eloise S (public)
3. Ms McD
4. Catherine Ed
5. Sophie L
6. Emma C
MERCY house continued- Easter egg raffle and Easter egg hunt

The Year 11 Mercy House girls also held an Easter egg Hunt on Wednesday 23 March where for a Gold Coin donation, students were allowed to participate, challenging their friends to see how many eggs they could find. Both fundraisers were successful, and allowed the Mercy House to raise $800 towards Caritas.

A big thank you goes to all those who got involved and helped to raise money for such a worthy organisation.

Ashleigh H
Mercy House Captain

COOLOCK House - Henna for Caritas

On Holy Thursday, it was Coolock’s time to show how much we could raise for Caritas. We decided to make a ‘Henna Fundraiser’ where skillful Year 11’s came to help draw intricate and traditional henna tattoos for the school community. I am extremely proud on how well this turned out, not only because the henna designs were amazing but how great the result of the fundraiser came to be. There was a long line of customers from recess all the way through to lunchtime. There were many students who also showed their generosity by just donating their spare change as they walked past.
COOLOCK House continued - Henna for Caritas

I’m very proud of the amount of effort all the girls went through for this. I’d like to thank Ms Stojanovski for giving us this opportunity, the girls who came out to support by getting some henna done, and an especially BIG thank you to the girls who gave up their time and energy for using their creative gifts to draw the henna tattoos. Overall we raised $310, an amazing effort and show of solidarity to raise money for a great cause.

Alyssa D.
Coolock House Captain

McAULEY House—Gold Class Cinema Experience

Throughout Week 8 from the 15th to 18th of March, Year 11 McAuley House girls organised a cinema experience for the juniors and seniors of the school in order to raise awareness and money for Caritas Australia. It was an exciting and enjoyable way to bring together the Mercy Community, especially on a cold rainy day.

The fabulous comedic movie, ‘Angus thongs and perfect snogging’ was a major hit for the juniors and the classic heart throb of ‘10 things I hate about you’ was a truly loved film by the seniors. Also, a combo of popcorn and cans of soft drinks, just like at cinemas were sold with the cinema tickets. The fundraiser was a major success with the help and support from the rest of the College and teachers, raising just over $500.

I would like to thank all the girls that helped organise the fundraiser and the rest of the College community for supporting this for this worthy organisation.

Ingrid P
McAuley House Captain
Student News

Year 11 Amphitheatre Acts

Following Year 12's performance 2 weeks ago, Year 11 certainly put on a show for this year's Amphitheatre Acts. The show kick started with a monologue from Andrea, something that surely touched base with the majority of us. Then, introducing our first musical act for the day, we had Alyssa showcasing her skill on ukulele playing "Ride" from Twenty-One Pilots' latest album, 'Blurryface'. This was followed by a rather chill performance by Keelin, Tasha and Rachael who performed an acoustic of Drake's single, "Hold On We're Going Home". For the next act, Alyssa returned alongside Caillin, performing "Lane Boy" - we could all agree we witnessed an Eminem in the making.

The show slowed down when Aisha and Nina came out, playing "Mountains" by Gabrielle Aplin, a nice change to sweet vocals and guitar. The show picked up its pace when the punk rockers, Rheanne, Caillin, Emma, Nina and myself hit the stage to perform "When I Come Around" by Green Day. This was followed by acts with Rheanne, Jose and I playing "Ready and Willing" by New Found Glory and finally, throwing it back to the 90s with the Blink anthem, "All The Small Things".

Overall, the show was a great concert performance with a diverse panel of genres and entertainment. I would like to congratulate all the awesome performers and thank Mr Robertson for his killer drum skills. But now, bring on the show Year 10s!

Rhea T
Yr 11 Creative Arts/Media Rep
On the 10th of March 2016, all Year 7 travelled to The Art Gallery of NSW and The Royal Botanic Gardens Sydney. We all gathered at school at 8:45am and hopped onto the bus. We enjoyed the view of The Harbour Bridge and laughed all the way. Once we arrived, we split up into class groups and either went into the Art Gallery or in the Botanical Gardens.

Our class (7D) first went into the Art Gallery with and looked at the exhibition called “Colour”. We observed the use of colour in each artist’s work, and got to do some fun activities. We then looked at Margaret Olley’s paintings and paintings of her. These were called “Portrait in the Mirror” by Margaret Olley and “Margaret Olley” by William Dobell. We also admired the coloured glass mirrors and other work done by William Dobell and Roy de Maistre.

After recess, our class headed off to the Botanical Gardens.

We viewed three gardens in the Botanical Gardens:

First, we went to the Herb Gardens. We completed the worksheet and were mesmerised with the scenery around us. Next, we went to the Oriental Garden. Again, we completed the worksheet and felt inspired by the unique cultural elements.

Finally, we quickly went to the Succulent Garden. Once again, we completed this worksheet and sweltered in the heat, but we found this garden fascinating.

Overall, we had a great experience at this excursion and would like to thank the following people for making this happen:

Mrs Lennon  Mr Bishop  Miss Snel
Mrs Russell  Mrs Lee  Mrs Thompson
Student News

WYD Update – Palm Sunday Celebrations

**WYD Bunnings BBQ Fundraiser**
On Palm Sunday the WYD Pilgrims and their families hosted a BBQ fundraiser at Bunnings Chatswood. The students were up early with their families to prepare and worked hard over the BBQ from 7:00am – 4:00pm. This community building fundraiser was successful in earning $1234.00 that will be distributed amongst the 6 families to help ease the financial burden of the cost of the pilgrimage.

**Diocese of Broken Bay WYD Celebrations – Palm Sunday**
The WYD Pilgrims had two events to attend on Palm Sunday. In addition to the BBQ fundraiser the students were also invited to attend the Diocese of Broken Bay WYD Celebrations at St Edward’s College East Gosford.

World Youth Day is officially celebrated annually on Palm Sunday. To celebrate this Bishop Peter called the Youth of the Diocese to East Gosford to the event which included a fete, catechesis and praise and worship activities. The final event was the drawing of the WYD Raffle; however, unfortunately no one from the Mercy community won the car!

Ms Stojanovski, who will be accompanying the pilgrims to WYD, picked up 4 students from Bunnings at Chatswood and together they went to East Gosford to partake in the celebrations. There was Polish food, flower crowns and polish music to enjoy. Everyone had a great day and it added to the excitement for the life-making journey that lay ahead.

**Ms Gabie Stojanovski**
Religious Education Coordinator

or-

---

Page 12
Parent News

Message from the P & F President

Year 12

Congratulations to the Year 12 girls on completion of their ‘half yearly’ HSC exams. On behalf of all the Year 12 parents, thank you to the teachers who helped prepare our daughters for these exams – particularly those who put in extra time in the last few weeks to be available for last minute questions/emails/drafts and past papers.

We hope the Year 12 girls will find the upcoming retreat relaxing, enjoyable and rewarding. It will hopefully be a very special and memorable time with their friends in their last year together at school.

Year 7

Congratulations on finishing your first term of high school. I hope you have enjoyed getting to know your Year Group and Teachers. I imagine your Year 10 buddies have been wonderful to you and that you have made great friends with all the girls in your Tutor Group. I hope the older girls have made you feel welcome at MCC and that you feel happy and settled.

Thank You

Whilst not managed by the P&F, on behalf of parents who ‘can’t’, I would like to thank those parents who have committed their time and/or expertise to the Activities Club and Canteen this term.

In particular, to those parents who arrive at school early, before their working day begins, to coach a team or two.

Also to those parents who juggle work and other commitments to help in the Canteen – thank you for your generosity.

Social

Thank you to those Parent Year Co-ordinators who have organised catch ups for the girls in the holidays. Stay tuned for details early next term for Parent catch ups.

I wish you and your families a safe, happy and relaxing time over the school holiday period.

With best wishes,

Phillipa Sobb
President P & F
perrysobb@gmail.com
0411 429 629
Canteen Roster

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

<table>
<thead>
<tr>
<th>4/4—8/4</th>
<th>25/4—29/4</th>
<th>2/5—6/5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E. Barrell</td>
<td>Mon</td>
<td>Mon</td>
</tr>
<tr>
<td>Volunteer Required</td>
<td>Anzac Day</td>
<td>E. Keri</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Volunteer Required</td>
</tr>
<tr>
<td><strong>Tues</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M. Crawford</td>
<td>Tue</td>
<td>Tue</td>
</tr>
<tr>
<td>Volunteer Required</td>
<td>V. Beattie</td>
<td>L. Pinelli</td>
</tr>
<tr>
<td></td>
<td>V. Beattie Volunteer Required</td>
<td>L. Lim</td>
</tr>
<tr>
<td><strong>Wed</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S. De Andrade</td>
<td>Wed</td>
<td>Wed</td>
</tr>
<tr>
<td>C. Al Hakim</td>
<td>J. Hester</td>
<td>L. McCarthy</td>
</tr>
<tr>
<td></td>
<td>U. McCloskey</td>
<td>J. Barquin</td>
</tr>
<tr>
<td><strong>Thurs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. Wesley</td>
<td>Thurs</td>
<td>Thurs</td>
</tr>
<tr>
<td>C. DeMesa</td>
<td>K. Ryan</td>
<td>R. Nolan</td>
</tr>
<tr>
<td></td>
<td>L. Harris</td>
<td>B. Valenti</td>
</tr>
<tr>
<td><strong>Fri</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C. Walker</td>
<td>Fri</td>
<td>Fri</td>
</tr>
<tr>
<td>A. Ning</td>
<td>K. Chow</td>
<td>G. Burrows</td>
</tr>
<tr>
<td></td>
<td>L. Shih</td>
<td>K. Hayden</td>
</tr>
<tr>
<td></td>
<td></td>
<td>P. Douglas-Robertson</td>
</tr>
</tbody>
</table>

**IMPORTANT INFORMATION**

Please help us to serve your daughters! We need volunteers for canteen—one a week, once a fortnight, once a month or even once a term. Whatever suits you. WE are always happy to see you.

If you can help in anyway please contact us ASAP 9419 2890.

Thank you

Anna, Angela and Nancy