Dear Parents and Carers,

We have had a wonderful celebration this week of the High Achievers from Years 7 to 10. Any student who achieved all A grades or who achieved all Excellent for effort, behaviour and homework in their half yearly reports, attended a morning tea to celebrate.

At Mercy we not only celebrate those who are achieving high academic standards, but we also celebrate those who are striving to achieve to their best level of ability. I continually remind the girls that everyone is capable of achieving Excellent for effort, behaviour and homework as these rely not on innate ability only, but on their attitude to work and desire to do the best they can.

Congratulations to all those students.

MERCY VOICE TUTOR IS ACCLAIMED:
If you have the opportunity to watch Australian Story on the ABC Monday week, the 22 August, you will hear about the life of our Voice Tutor Patricia Amphlett, more affectionately known as “Little Pattie”.

Ms Amphlett first shot to fame as a 1960s surf pop singer and now as an adult contemporary music performer. She was inducted into the Aria Hall of Fame in 2009.
Our students are privileged to have Ms Amphlett as the College’s Voice Tutor, as she is a committed teacher who enthusiastically passes on her expertise and skill.

Watch Australian Story on Monday 22nd to find out more.

FATHERS’ DAY BREAKFAST:
You will find an invitation to the Fathers’ Day Breakfast from the P&F Executive later in this newsletter. It would be wonderful to see all of our dads on Thursday 1 September at 7am.

Best Wishes

Suzanne Kavanagh
Principal

Mercy Catholic College
Visual Arts & Design
Exhibition 2016
Displaying Year 7-11 works
Featuring Year 12 HSC Visual Arts and Design & Technology
6pm-8pm
Official Opening 6:30pm
Wednesday 17th August
Harrington Hall, via Kirk Street
Family and friends welcome
News from the Director of Student Wellbeing

In Tutor Group
In Tutor group over the next few weeks Tutors will be speaking to their group about Smart goals, Gratitude and acts of kindness. The intention behind this is for all girls to be writing each fortnight their fortnightly Smart goals and what they are grateful for, as well as an act of kindness they have displayed over the fortnight.

What are Smart Goals
Specific: Know exactly what you are wanting to accomplish.
Measureable: How will you know you have met the goal. You want something that will allow the person to gauge how well they are progressing toward achieving the objective.
Achievable: Make sure your goal is not too far to reach, but far enough to be challenging.
Relevant: Link the goal to something important to you; something that inspires you.
Timely: What is the time frame for achieving the objective. A target date and some milestones help keep things on track

What is Gratitude
Gratitude or appreciation for the good things that happen in life is a really important part of building happiness. There are a number of benefits that can be gained from working gratitude into your everyday life.

How does Gratitude make one feel?
Everyone has times where they feel appreciative or thankful for a person or a situation. These moments of thinking about the past in a positive way give us a good feeling, and have been named ‘gratitude.’

Feeling grateful just happens sometimes, but you can also make a special effort to increase how often you feel it. Research has shown that people with high levels of gratitude experience a whole bunch of benefits, so it’s a great idea to increase your own. Increasing gratitude is useful because: 1. It is an instant mood booster and feels great in the moment. 2. You’re likely to feel closer to friends and family. 3. You’re likely to enjoy your life more. 4. It is good for your physical health. 5. It is easier to cope with tough times. 6. Good things in life don’t stick in our heads as easily as bad events.

Article on Kindness
by Jamil Zaki for Scientific American and shown in Generation Next August newsletter

Kindness Contagion, Witnessing kindness inspires kindness, causing it to spread like a virus

Conformity gets a bad rap, and it often deserves one. People abuse drugs, deface national parks, and spend $150,000 on tote bags after seeing others do so. Peer pressure doesn’t have to be all bad, though. People parrot each other’s voting, healthy eating, and environmental conservation efforts, too. They also “catch” cooperation and generosity from others. Tell someone that his neighbors donated to a charity, and that person will boost his own giving, even a year later. Such good conformity appears promising, but also narrow. Prior experiments, for instance, focus almost exclusively on people who observe others engage in a particular positive action (say, recycling) and later imitate that same action.

In a set of new studies, my colleagues and I highlight a broader flavor of positive conformity. We find that people imitate not only the particulars of positive actions, but also the spirit underlying them. This implies that kindness itself is contagious, and that it can cascade across people, taking on new forms along the way. To be a potent social force, positive conformity requires such flexibility. Not everyone can afford to donate to charity or spend weeks on a service trip to Haiti. Witnessing largesse in others, then, could inhibit would-be do-gooders who feel that they can’t measure up. Our work suggests that an individual’s kindness can nonetheless trigger people to spread positivity in other ways.
In our study, people were given a $1 “bonus” in addition to their payment for completing the study. They then viewed brief descriptions of 100 charities, and decided whether they wanted to give any of their bonus to each one. After making each donation, participants saw what they believed was the average donation made by the last 100 people in the study. In fact, we manipulated these “group donations” to influence our participants’ beliefs. Some people learned that they lived in a generous world, where people donated about three fourths of their bonus to charity. Others learned that they lived in a stingy world, where people donated only about one fourth of their bonus.

Like other scientists, we found that participants who believed others were generous became more generous themselves. We then tested our real question: does kindness contagion transcend mere imitation? In a follow up study, people observed others donating generously or stingily, and then completed what they thought was an unrelated “pen pal” task. They read a note in which another person described the ups and downs of his last month, and wrote back. People who had watched others donate generously wrote friendlier, more empathic, and more supportive notes than those who had watched others behave greedily. This suggests that kindness evolves as it diffuses, “infecting” behaviors through which new individual can express it.

People in our studies didn’t even need to see others do anything in order to catch their kindness. In another follow-up, people read stories about the suffering of homeless individuals. After each story, they saw what they believed was the average level of empathy past participants had felt in response to its protagonist. Some people learned that their peers cared a great deal, and others learned they were pretty callous. At the end of the study, we gave participants a $1 bonus, and the opportunity to donate as much of it as they liked to a local homeless shelter. People who believed others had felt empathy for the homeless cared more themselves, and also donated twice as much as people who believed others had felt little empathy.

We still don’t fully understand the psychological forces that power kindness contagion. One possibility, supported by our own work, is that people value being on the same page with others. For instance, we’ve found that when individuals learn that their own opinions match those of a group, they engage brain regions associated with the experience of reward, and that this brain activity tracks their later efforts to line up with a group. As such, when people learn that others act kindly, they might come to value kindness more themselves.

Of course, conformity is not always a force for good. Indeed, the ill will now blanketing our country often reflects people following each other’s lead. People who hold extreme attitudes voice them loudly; when moderate individuals fall in line, groups grow more entrenched and further apart from each other. The expanding, embittering gulf between left and right in American politics highlights the volatile results of such polarization. Our work, however, suggests that conformity can drive not just animosity, but also compromise, tolerance, and warmth.

The battle between dark and light conformity likely depends on which cultural norms people witness most often. Someone who is surrounded by grandstanding and antagonism will tend towards hostile and exclusionary attitudes herself. Someone who instead learns that her peers prize empathy will put more work to empathize herself, even with people who are different from her. By emphasizing empathy-positive norms, we may be able to leverage the power of social influence to combat apathy and conflict in new ways. And right now, when it comes to mending ideological divides and cultivating kindness, we need every strategy we can find.

Mrs G McDermott

Direct of Student Wellbeing
Student News

WYD Pilgrims return to Mercy College

Our WYD Pilgrims returned home from Poland this week after a three week pilgrimage following in the footsteps of the Saints through Italy and then journeying through Poland to Krakow to participate in the WYD Program which concluded with a Vigil Prayer and Eucharistic Mass with Pope Francis.

We have had an amazing experience which has seen each of us mature spiritually and challenge ourselves physically. We would like to thank our College community for sharing in our journey on social media and for providing continued prayers and support for us during the pilgrimage.

Our pilgrims are keen to share their rich experiences with the College community and seek to bring home the powerful message from Papa Francesco to the youth of the world today. That is, to leave their mark on the world, to get off the couch and away from the screens, to be the protagonists of their generation. They will be sharing these experiences with their peers in class, with their Year groups and in the playground. I encourage you all to have a conversation with our pilgrims to learn more about their personal journey and experiences.

A pilgrim reflection on the entire WYD journey will be included in the next edition of the College Newsletter. We will also have an official welcome home celebration for our Pilgrims at the Mercy Day Mass on the 29 August at OLD Church at 9:00am.

Gabie Stojanovski  
Religious Education Co-ordinator

WORLD YOUTH DAY PILGRIMS
Vanessa D  
Carmel R  
Elizabeth K  
Fionnghuala L  
Lilanya D’S  
Elizabeth E  
Gabie Stojanovski – Pilgrim Group Leader
This year the Open Netball team participated in 5 matches at the BBSSSA Carnival held in July at the Pennant Hills Netball Centre. As expected the competition was fierce. Although we had some very tough games the girls all managed to stay positive resulting in a win for our final match.

Congratulations to Shannon, Jennifer, Rebekah, Lucy, Rachel, Elizabeth, Bianca, Alex, Maiya, Lauren and our umpire Isabella for doing Mercy proud.

On the 21st of July the Junior netball team participated in a BBSSSA Netball Championships at Pennant Hills. We competed against many talented girls from other schools in the Diocese. The team worked well together and and successfully made it to the quarterfinals but unfortunately lost to St Peters, Tuggerah. The game was extremely challenging for the team and it put the girls in 6th place overall at the carnival. The girls showed tremendous teamwork and had two victorious wins 18-0 against St Brigids, Lake Munmorah and 15-3 against St Leos.

The team consisted of nine eager girls. Eight were Year 8 students; Gabby.P, Lilly. H, Sofie.T, Hannah.M, Lauren.B, Tiana.J, Betsy.W and Kiana.K and last but not least; Hannah.R who is from Year 7. The wet weather & slippery surfaces were challenging at times but overall it was fun and a great day to spend as a team. We’d like to thank our coach Ms Lee, who accompanied us to the games and was great encouragement.
Activities Club

Season almost done – finals to go
Saturday will mark the end of the regular netball competition. We hope it has been 14 rounds of fun, fitness and friendship for our 14 teams, irrespective of their fortunes. A number of teams are looking at a Final’s berth. Good luck to all – we will keep you posted.

Big thanks goes to our managers, coaches and umpires this season. Your involvement is greatly appreciated – the season wouldn’t happen without you.

Some of our senior teams, including ex-students
As this season comes to a close, we look to 2017 and need some new blood to help run MCC Netball. With Convenors stepping down, it is imperative that we have a handover / transition phase this year as it all kicks off in Term 1 with pre-season planning. Ongoing help and support will be available to the incumbents next year.

**Expressions of interest can be directed to:**
Jacquie Parker (Umpire Convenor) – umpire.netballmcc@gmail.com
Philomena Brandt (Netball Convenor) – netballmcc@gmail.com
Margaret Kellendonk (MCC Activities Club Admin Officer) - margaret.kellendonk@dbb.catholic.edu.au

Remember, our girls get to play club sport with their school friends because parents put their hand up to coordinate and assist in the running of extra-curricular activities such as Netball, Soccer, Basketball and Cricket.

Please consider and get in touch so we can offer Netball in 2017
**Mercy College  T20 Cricket**

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<tr>
<th><strong>Ages</strong></th>
<th>13-17</th>
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<tr>
<td><strong>No. of Players in a team</strong></td>
<td>8 (aiming for up to 12 girls and a roster basis will be used)</td>
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<tr>
<td><strong>Start Date</strong></td>
<td>Saturday 15th October - 8 weeks</td>
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<td><strong>Game start</strong></td>
<td>Either 12.30 or 3.15 (to be confirmed closer to season start)</td>
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<tr>
<td><strong>Number of overs</strong></td>
<td>20</td>
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<tr>
<td><strong>Cricket Ball</strong></td>
<td>142g leather (slightly smaller than that used in grade cricket)</td>
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<tr>
<td><strong>Protection</strong></td>
<td>Compulsory – pads, gloves, helmets at a minimum (provided by the school)</td>
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<td><strong>Equipment</strong></td>
<td>Provided by the school, but feel free to use your own bat etc.</td>
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<td><strong>Batting</strong></td>
<td>4 overs or 40 runs (unless given out prior)</td>
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<td><strong>Bowling</strong></td>
<td>Minimum of 2 overs each. Some bowlers will bowl 3 overs</td>
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<td><strong>Wicket</strong></td>
<td>22 yards (20.12m) long</td>
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<td><strong>Registration</strong></td>
<td>Subsidised fee Approx $80</td>
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<td><strong>Training</strong></td>
<td>Weekly – details &amp; Venue to be confirmed</td>
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PARENTS / HELPERS required for each game i.e. Scorer, umpire, on day helpers. No Experience necessary, assistance and training provided.

If you need more information please contact Derek, father of Rahni Year 8 and Karisma Year 7 on 0411 046 835 or derek.naina@hotmail.com

If you are interested in playing T20 cricket, then please complete the following form and return it to Mrs Kellendonk as soon as possible. Please note that players will be selected on a first come, first served basis.

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**T 20 Cricket Interest**

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<tr>
<th><strong>Have you played cricket before?</strong></th>
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<th><strong>If so, please provide some details</strong></th>
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<th><strong>Parents email address</strong></th>
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<th><strong>Parents phone number</strong></th>
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Parent News

Dear MCC Fathers,

You are invited to the complimentary MCC 2016 Fathers’ Day Breakfast.

This function will be held at school on Thursday 1 September 2016 from 7am.

I would be grateful if you could RSVP as soon as possible for catering purposes, using the link below

https://www.trybooking.com/MOYV

The P&F Committee would be very happy to have help from any Mothers or Carers or ex students who are free the day before between 2.00pm and 4.00pm and/or on the day between 6.00am and 8.30am.

I look forward to meeting many Fathers on the day and hearing from anyone who may be able to help.

Kind regards,

Phillipa Sobb
0411 429 629
perrysobb@gmail.com

MCC Activities Club

The MCC Activities Club will hold their Annual Presentation morning in the College Amphitheatre to recognise all participants in Sports offered by the club.

Students will be recognised for their participation in extra-curricular Netball, Soccer, Basketball & Swimming.

We also acknowledge those students who have been recognized by their coach/teacher/instructor for special mention.

All parents/carers welcome to attend.
PRIVACY NOTICE

Information required to determine the Index of Community Socio-educational Advantage (ICSEA) for schools

This notice is from the Australian Curriculum, Assessment and Reporting Authority (ACARA), to advise you that ACARA has requested your child’s school to provide ACARA with information about you and your child. Your school may disclose to ACARA information such as your child’s gender, date of birth, country of birth, background language, parental occupation and parental education.

This information is disclosed to ACARA under the ACARA Act 2009 for one or both of the following purposes:

- formulating national reports consisting of aggregated data on school performance; and
- assisting government to formulate policies in relation to education matters.

ACARA will not disclose this personal information to any third party. If you do not want your school to provide this information to ACARA, please advise your school within seven (7) days of receiving this notice.

Further information about ACARA can be obtained from the ACARA website at www.acara.edu.au.

OPEN MORNING Tuesday 16th August 9am-11am
Canteen Roster

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

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<th>22/8—26/8</th>
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<td>M. Thornton</td>
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<td>L. Burton</td>
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<td>M. Pagano</td>
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<td>C. Daniels</td>
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<td>S. Twohill</td>
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<td>Fri</td>
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<td><em>Volunteer Required</em></td>
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<td><em>MERCY DAY</em></td>
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**VOLUNTEERS NEEDED**

Please help us to serve your daughters!

Volunteering at the canteen gives you the opportunity to meet other parents, your daughter’s classmates also to put a face to a name of a teacher.

No previous experience required and tasks are very simple.

We welcome fathers, mothers, carers and gran.

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

Thank you

Anna, Angela and Nancy