Dear Parents and Carers,

It was pleasing to see so many Year 7 parents attended last Monday's session on Resilience: practical tools in bouncing back run by ValuesForLife. Parents were given some excellent advice on how to help their daughters cope with life’s setbacks by setting clear boundaries, allowing the girls to solve their own problems, and being engaged in their daughter’s life – help with homework, go watch them play sport and don’t be afraid of talking to them about relationships, drugs and alcohol.

The important message was to be interested and supportive in what your daughter is doing, but allow her to resolve her own issues by asking her what she would do, rather than solving the problem for her. This builds her ability to think and work through problems, rather than always relying on someone else to do it, therefore her ability to bounce back and resolve the next problem is enhanced.

NEW STUDENT LEADERS:
As we move towards the end of Term 3 and our Year 12 Graduation in three weeks’ time I would like to thank our out-going Student Leaders who have committed their time and energy to work with our junior students and the College Executive.

I have great pleasure in announcing our new Student Leaders for 2016/2017 who will be commissioned at our Mercy Day Mass next Monday.

<table>
<thead>
<tr>
<th>Captain</th>
<th>Vice-Captain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alex S</td>
<td>Ashleigh H</td>
</tr>
<tr>
<td>Keelin M</td>
<td>Kate T</td>
</tr>
<tr>
<td>Ingrid P</td>
<td></td>
</tr>
</tbody>
</table>

MERCY WEEK:
Next week is Mercy Week, a very important week in our College calendar as we look at what it means to be a Mercy girl. The week is one of joining together as a community with fun activities, all with the purpose of raising funds for Mercy charities. The week begins with our Mercy Day Mass on Monday, concluding with our Outreach Day on Friday when our students go out into the community to complete social justice activities.

I would like to extend an invitation to any of our parents who would like to join our Mercy Day Mass on Monday starting at 9am in OLD Church.

Best wishes

Suzanne Karlanzig
Principal
News from the Director of Student Wellbeing

This week I have been thinking a lot about Mother Teresa of Kolkata. On September 4 Mother Teresa will be canonized. She spent 69 years serving others and in 1979 was awarded the Nobel Peace prize. Mother Teresa began her religious life as a Loreto nun in Dublin. She then travelled from Kolkata to Darjeeling and it was during this time her direction of her vocation changed. She opened the doors of mercy and charity for the poorest of the poor in Kolkata. It was her calling, in what she considered to be an order from God. She started the Missionaries of Charity to serve the hungry, the naked, the homeless, the crippled, the blind, the lepers, the unwanted, unloved, uncared for, people who became a burden on society. Her dress became a sari and she changed her shoes to sandals.

Mother Teresa is the ultimate human being. She did have to fight for others but it was never about herself. I had the pleasure of visiting Mother Teresa’s resting place in Kolkata in 2015. It was a very moving experience. I remember reading how Mother Teresa held the hand of those dying to let them know they were loved. For families the message is we must all show love, hug our daughters, spend time with them. One of her quotes was “Be happy in the moment, that’s enough. Each moment is all we need, not more”. Year 7 had the opportunity this week to listen to Tim from Values in Action, a company with 40 years’ experience. The topic was resilience. Tim reiterated points I have written about in earlier newsletters; that family, relationships and security were essential in growing a happy teenager. He also spoke about letting your daughters fail or get a bad mark, so they can learn and thrive, be there to listen and support without needing to fix the problem, daughters need to be allowed to problem solve, work through conflict and come up with a solution, which in the long run proves to be more empowering and a life lesson.

Mrs Gemma McDermott
Director of Student Wellbeing

Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, kindness in your smile.

(Mother Teresa)
**Student News**

**Year 8 Sydney Water Excursion:**

On the 12th of August all of Year 8 went on an excursion to Sydney Water St Mary’s wastewater treatment plant for Science and Geography. It was an interesting and valuable excursion that we all enjoyed apart from the smell! The morning started with an hour and a half bus trip, when we got there we were divided into groups and went our separate ways.

Each group got to go to the three different stations - the water treatment plant, where we learnt about how they purified the water, the interactive activities room and finally a talk about what types of materials we should flush down the toilet, also models demonstrating how water is transported into houses.

Overall this excursion broadened our knowledge and taught us many valuable lessons about water treatment and pollution of our waterways. It was a great day and very inspirational to know how many people worked hard ensuring public health and cleanliness of the environment.

On behalf of Year 8 we would like to thank all the teachers and tour guides for taking us, we really appreciate it!

**By Isabella S and Louise F**

**Year 8**

---

**Mercy Girls Inspire**

Izzy T.B

Placing 3rd at the State All Schools Cross Country championships was certainly a major highlight for Izzy and the result of a lot of hard work. This achievement was only beaten by the events of the National XC weekend in Canberra, where she placed 11th in the individual 6km and ran a time just outside of her PB (which was set at St. Ives during the BBSSSA competition), and received the silver team medal, placing second out of the school-aged competitors. As was becoming the national relay champion along with her team in the 5x2km she had run the first leg, winning it with a time of 6:24.

While it's been hard to work on her running during the HSC year and completing the Gold Duke of Ed, she fully intends to keep this up into the track and field season that has just started. At the BBSSSA Athletics competition she was proud to have won both the 1500m (by 25 seconds) and take out her third consecutive 800m record with a time of 2:17. Then to have been placed 2nd in the 400m and that the team came 3rd in the 4x100m.
Music

Congratulations to each of the College music ensembles on their wonderful performances at the Ryde Eisteddfod. The Concert Band, String Ensemble and Chamber Singers each received a ‘Highly Commended’ certificate from the adjudicators. Competition in each event was high and it is a credit to each of our Ensemble Directors that our Mercy music students comfortably held their own against some very experienced ensembles. A word of thanks is extended to Mr Strokovski for his work with the Concert Band and Mrs Dart for her preparation with the String Ensemble.

Ms K. McGreal
Music Teacher
Student News

Year 9 Amphitheatre Acts

On the 29th July 2016, the students of Year 9 held the annual “Year 9 Amphitheatre Acts”, in which they performed in front of the Mercy community. The students showed off their various musical talents, including singing and playing various musical instruments.

To start the amphitheatre acts Jeannie played her ukulele to the song “Little Talks”. Sarah was the next artist and sang the popular song by Justin Bieber “Love Yourself”. Kiara then wowed the audience with Adele’s hit “When We Were Young”. After those three great performances was Sophie who sung another favourite by Ed Sheeran “Photograph”. Next to take the stage was Shane, Gabby and Eleanor who all performed “When The Darkness Comes”. What great talent!

To end another year of amazing talent in the Year 9 Amphitheatre Acts, talented artists Shane, Gabby, Hannah, Charlotte, Eleanor, Miya, Jeannie, Julia and Elizabeth performed the song “Can’t Stop The Feeling” which had everyone singing along. What a great way to end this year's acts. Everyone brought their best efforts and made the Amphitheatre Acts a special, wonderful and enjoyable show for the Mercy Community.

By Natasha R
On the 5th of August, all Year 7 students travelled to Taronga Zoo in Mosman. We gathered at school at 8:45 am and climbed onto several buses. We laughed and sang throughout the bus trip until we arrived at Taronga Zoo. After waiting for all the buses to arrive, we had recess and then split into class groups. Everyone went different ways and went to see the amazing animals.

My class (7D) went with our teacher Miss Sage to go and explore the zoo. First we saw the giraffes, and compared ourselves to the height of a giraffe. We snapped lots of photos and enjoyed the view. After admiring their long necks, we said bye to the giraffes and walked to the seal show.

At 11:00 am, 7D and 7E sat in the splash zone to watch the marvels of the seal show. Sadly, it started to rain, making us damp and cold. Thankfully, the fabulous seals were able to blow us away with their astonishing flips and tricks. We laughed and gasped at the talent of the seals.

7D then travelled to the marine life area, where we saw cute penguins and Port Jackson Sharks. We admired all the different sizes and shapes of penguins in complete awe.

For lunch, we sat and took plenty of pictures of the view from the bird show. We chatted as we ate our lunch, waiting for the bird show to start. As the show went on, we saw different birds like galahs, cockatoos, owls, doves and a massive Andean Condor!

As the day went on, we saw elephants, meerkats, kangaroos, gorillas, chimpanzees, frogs and much more. We loved our experience at the zoo and talked about on the way home.

Overall, we had a great time in this excursion (even in the rain). We loved seeing all the animals and learning more about the animal kingdom by completing the worksheet.

On behalf of Year 7, I would like to thank the following teachers for making this day possible: Mrs Lau, Miss Sage, Miss Lamplough, Miss Hogan, Miss Smeulders, Miss Snel and Mr Marshall.

Thank you

Sophie S 7D
Last week, in Mr Regoli’s Year 9 Science class, we participated in a workshop created by students at Sydney University, that taught us about one of the many fascinating branches of science—engineering. In our three day workshop, we learnt about a variety of different things. Such as they taught us the different types of engineering and how it correlates to the world around us. As well as the theory behind the electromagnetic spectrum, encouraging us to concentrate through the bribery of kit-kats and freddos! We participated in different and exciting activities, yet the most notable one was being able to create our own radios, made of cork-boards and wires. We got to learn about engineering in a hands-on approach, which was extremely beneficial as it gave us a whole new insight into engineering that couldn’t be achieved through text. We had a great amount of fun, being able to strengthen relationships with our fellow peers whilst taking part in the activities, yet also opening our minds to engineering being a realistic job opportunity.

Personally, we never knew what engineering really entailed, but this workshop has been extremely informative as well as a lot of fun, and it’s made us realise that we would definitely consider engineering as a career. We had a lot of fun with the university students- they added so much onto the experiences, being able to hear their own stories and experiences about engineering, even making the lessons relatable and enjoyable. We thank them, as well as the school, for setting up this fantastic workshop.

Engineering is known to be a subject that requires problem solving and thinking in every way possible, and as women and men think in different ways it has become a mission to get more women involved in engineering. To solve problems and to make solutions you have to look at a problem from all directions and having a good ratio of women to men, we can now have many different types of solutions instead of relying on a few very similar ones. Engineering is an amazing course to study in the future as many job opportunities can stem from this course and it is both interesting and challenging. Engineering, sadly, currently has a very poor women to men ratio and they are looking to get more women and girls interested in the world of engineering and having these University students come in and open our eyes to the extensive and engaging world of engineering means that for many people in our class, a new career option has been added to our list for our frighteningly near futures.

All in all, it has been an extremely rewarding experience. We got so much out of it, picking up new information as well as sometimes finally understanding some older aspects. We believe through this workshop we have all developed a larger liking for the science/engineering world.

And not just because of the kit-kats!

By Alessia I & Aoife McC
There was a look of relief on my mum’s face when I arrived home last Tuesday, to see that I wasn’t glowing.

On this day all Year Ten Science students went to ANSTO- Australian Nuclear Science and Technology Organisation. We all had different expectations of the excursion, worrying about radiation, cancer and of particular concern: having our phones locked away!

Lucas Heights is approximately an hour and half by bus south of Chatswood. The drive was filled with anticipation and excitement for the day ahead. When we arrived we split into two groups, A and D classes and B and C classes. The first group went up to the OPAL- Open Pool Australian Lightwater. Upon entering the high security we discovered we were actually leaving the state of NSW and entering Government land! After entering the establishment we soon learnt about the research reactor and how it contributes to the development of the world of science.

OPAL is a small reactor that produces radioisotopes which is used for cancer detection and treatment. Our guide was Robin and he had been working at ANSTO for 16 years. He knew a great deal about the great work that ANSTO does and he informed us of the different parts of the reactor and the various materials that are produced aid to the betterment of the world.

After our tour of the OPAL we drove back to the education centre and had something to eat. Then the two groups swapped, so the first group stayed at the Discovery Centre and the second went to OPAL. At the Discovery Centre we essentially had a chemistry lesson; we were reintroduced to atoms and radiation. One of the facts that surprised most students was that there is radiation all around us. There is approximately 1 sievert of radiation in every building due to the construction materials. Everyone was expecting that Tuesday was going to be the first time we were ever exposed to ANY radiation, so it was a surprise for many to learn that radiation is everywhere!

Over the next 45 minutes there were several experiments and investigations setup for the classes to complete. By the end of the day our heads were aching - not because of the radiation ;) - by the sheer amount of information absorbed. It was a chemistry overload with some parts confusing but ALL parts interesting.

The whole ride back to Mercy the bus was buzzing with questions from the day and discussions between students and teachers. I can reassure you that no one went home glowing but I must admit that would’ve been cool to witness!!

Zoe C and Caitlin B
Finals Fever – supporters welcome!
After the semi’s last Saturday, MCC 03 have gone through to the Cadets 1 Grand Final with four more teams vying for a Grand Final berth this Saturday at Willoughby netball courts.

8:30am  13C (Year 7 team)
9:30am  14D (Year 8 team)
1:00pm  Cadets 4 (Year 10 team)
2:30pm  C1 (Year 11 team)

Early Return of Pre-loved Uniforms
If you will be “upsizing” next season, graduating and not returning to an ex-student team or similar, you can return your uniform to Mrs Kellendonk. If you would like to on-sell it, please pin your name, contact number and asking price and we will pass those details onto interested parties in Term 1, 2017, with no guarantee of sale. Unsold items will be considered a donation, unless you request otherwise.
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 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.
Activities Club

Soccer Report.

What a great 2016 soccer season it was for the Mercy 16/17’s team.

All 14 players put in a massive effort in the Grand Final against our arch rivals, Beecroft Blue. In a similar outcome to 2 years ago the game went to a penalty shootout. Much like the Matilda's game at the Olympics this year, we were unfortunately unsuccessful this time. Our fast forward pack consisted of Ashlee S, Jasmin L, Bianca A and Shelley C who worked so hard running in attack and had several exciting chances at goals.

Our excellent mid field team, Bianca T, Kristen S, Allegra M and Cara L held together strong and supported one another to the very end. Our defence was phenomenal with Lauren S, Charlie D P, Tasha M, Maiya M and Amy K who had the hardest job against very powerful strikers, they went in strong and cleared out many close goals and communicated well.

Rachael M was our champion goalie, she played an incredibly active game, putting her body on the line throughout the game and made some of the best saves of the season.

Well done to all the girls for putting in 100% and staying true to the Mercy values of good sportsmanship and fair play.

I was honoured to coach them this year and I had a wonderful team manager, Rod Soutar, by my side. I'm so proud of the team and it's been an honour watching all these young ladies grow physically, mentally and emotionally over the last 4 years.

Karyn Lenehan
Activities Club

Mercy College   T20 Cricket

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

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.

---

**T 20 Cricket Interest**

<table>
<thead>
<tr>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year</td>
</tr>
<tr>
<td>------</td>
</tr>
<tr>
<td>Have you played cricket before?</td>
</tr>
<tr>
<td>If so, please provide some details</td>
</tr>
<tr>
<td>Parents email address</td>
</tr>
<tr>
<td>Parents phone number</td>
</tr>
</tbody>
</table>
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.

Thursday 15th September

Mercy Catholic College has secured funding from Cricket Australia to help with the setting up of our inaugural T20 cricket team.

This means that we will have plenty of brand new equipment for our season which starts in October.

If you want to be part of this exciting sport then please let Margaret Kellendonk know by NO LATER than 31st August as we need to register the team by the end of next week.

If you have any questions regarding the format of the game etc. then please email Derek Wood at derek_naina@hotmail.com
Parent News

Dear MCC Fathers,

Thank you to those who have replied to the invitation to attend the Fathers’ Day Breakfast this year - 1 September 2016 from 7am.

So far, there are 65 Fathers + 73 daughters attending.

If you are interested in attending, please RSVP using the link below (there is no cost, the RSVP is for catering purposes only).
https://www.trybooking.com/MOYV

We would like to create a slideshow to run during the function with photos of MCC fathers and their daughter/s.

Thank you to those families who have already sent a photo, if you have not and would like to, please email me a photo of you and your daughter/s. If you do not have a current photo, an old one is absolutely fine – even a baby one! Please make the subject of the email the names of the people in the photo so we can cut and paste accurately into the presentation (no surnames required).

Photos to be received by Monday and final RSVPs due by Tuesday.

Dear MCC Mothers,

I would be grateful if you could consider helping at this function - so far, there are only four parent helpers.

Ideally, another four on Wednesday 31 August between 2.00pm and 4.00pm would be wonderful.

If you are able to help with the set up and serving on the Thursday 1 September from 6.00am I would be happy to hear from you.

Some students will help on Thursday, however they will be busy with Mercy Week Celebrations and Activities on the Wednesday so will be unable to help.

Thank you.

Phillipa Sobb

President P & F
perrysobb@gmail.com

MCC P&F invites all MCC Fathers & Daughters
to a Complimentary Breakfast
on Thursday 1 September
from 7.00am at school.

Please RSVP for catering purposes
by Tuesday 30 August at
https://www.trybooking.com/MOYV
Enquiries: Phillipa Sobb, 0411 429 629, perrysobb@gmail.com
We look forward to welcoming you.
Canteen Roster

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

<table>
<thead>
<tr>
<th>Mon</th>
<th>29/8—2/9</th>
<th>5/9—9/9</th>
<th>12/9—16/9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>S. Rennies</td>
<td>Volunteers Required</td>
<td>L. Georgian</td>
</tr>
<tr>
<td></td>
<td>Volunteer Required</td>
<td></td>
<td>L. Harapeti</td>
</tr>
<tr>
<td>Tues</td>
<td>M. Thomson</td>
<td>Tues</td>
<td>D. Dureck-Steele</td>
</tr>
<tr>
<td></td>
<td>V. Beattie</td>
<td></td>
<td>L. Pinelli</td>
</tr>
<tr>
<td>Wed</td>
<td>U. McCloskey</td>
<td>Wed</td>
<td>L. McCarthy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>J. Barquin</td>
</tr>
<tr>
<td>Thurs</td>
<td>C. De Mesa</td>
<td>Thurs</td>
<td>S. Brown</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>R. Nolan</td>
</tr>
<tr>
<td>Fri</td>
<td>MERCY DAY</td>
<td>Fri</td>
<td>G. Burrows</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>K. Hayden</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>P. Douglas-Robertson</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fri</td>
</tr>
</tbody>
</table>

CANTEEN NEWS

NEW PRODUCTS - GLUTEN FREE Pies 2 varieties. These new products are now available at the canteen but must be ordered at Recess for your lunch requirements.

Curry Vegetable Pie - tender medley of vegetable in an authentic creamy coconut sauce and carefully selected curry spices. This product also suitable for the meat free choice. Also a great way of getting nearly 2 serves of vegetable in your diet.

Beef Pie - A traditional beef pie and gravy a great way to warm up on a cold day.

Toasted Sandwiches are a great way to warm up on a cold day only $3.00, these are only available on request so put in a lunch order at recess.

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

Thank you

Anna, Angela and Nancy