Dear Parents and Carers,

We had a wonderful week of celebration for Mercy Week. Students and staff need to be thanked for their contributions and participation in all the activities during the Week, which raised over $6000 for Mercy Works. Year 12 for their Gong Show, haunted house, Olympic challenge and many more activities; Year 11 for our International Lunch of delicious gourmet food and Year 10 for their Fashion Parade.

PARENT SURVEY REGARDING COMMUNICATION WITH THE COLLEGE
An email was sent to all our parents asking your opinion on how we can improve the way we communicate with our families. Do you prefer email, is the newsletter meeting your expectations are just a few of the questions. This is your opportunity to have a say, so it would be greatly appreciated if you spent 5 minutes filling it in. There is also a link to the survey later on in this newsletter.

YEAR 12 GRADUATION
The term is quickly coming to an end and the time Year 12 have left with us is quickly disappearing. Graduation day, Wednesday 21 September, begins with our ceremony at the Concourse at 1.30pm for 1.45pm start.

I remind all Year 12 parents and grandparents that you are warmly invited to be part of this special occasion. I hope to see all of you there.

YEAR 11 PARENTS NEEDED
Traditionally Year 11 parents have organised and helped serve the afternoon tea that we provide for our graduating class and their families. We need as many Year 11 parents as possible to lessen the burden. Please consider giving a few hours. Remember it will be your turn next year to enjoy the hospitality. Please contact Lee Sternberg at effectiveone2one@bigpond.com.

Best wishes

Suzanne Kavanagh

Principal
News from the Director of Student Wellbeing

Building positive relationships and being a good friend

At Mercy we talk to the girls about building positive friendships, being trustworthy and a loyal friend. When I spoke at the Mother's Day breakfast I spoke about not gossiping and the importance of caring for one another. Continue to have this conversation with your daughter. There will be times when there is a hiccups in the friendship or with growth and differing changes of maturity, interests change but remember this is all part of learning and as a parent be there to listen but allow your daughter to work things out, if she changes groups that is okay as long as she does not talk or gossip about the group she left. Mercy has very good pastoral supports, never hesitate to ask for advice from your daughter's Tutor or Year Co-ordinator.

Relationships - Hope

Article by Andrew Fuller, John Hendry & Neil Hawkes.

Andrew Fuller is a well-regarded clinical psychologist, who with many schools and communities in Australia and internationally, specialise in the wellbeing of young people and their families. He is a Fellow of the Department of Psychiatry and the Department of Learning and Educational Development at the University of Melbourne. His website has a lot of resources for parents. http://andrewfuller.com.au/

The fourth quality in the Relationship Quotient (RQ) is hope. Hope is the belief the future offers the prospects of better outcomes than the present. Hope is the promise to actively give, to promote the mutual purpose of the relationship and to always care for the other. Hope implies that each person will give freely to strengthen the relationship enabling the other to do so as well. Hope gives us confidence in the ongoing nature of the relationship and strengthens our level of contribution. Hope is a sense of faith in the future and our ability to create better things. The eminent psychologist, Rick Snyder found there are three main aspects to hope:

- Being able to make goals for yourself
- Being able to devise strategies for reaching those goals
- Being able to remain motivated to reach those goals.

If learned helplessness is a predictor of the likelihood of depression, then “learned hopefulness” is a powerful antidote. It gives hope. The anticipation that good things will happen in the future and that we have the power to make some of those good things happen is hope. It makes a great difference to young people when the adults around them take on a position of hopefulness. At times we all feel powerless and perhaps despairing. If you fall victim to hopelessness you hand over your power to the uncertain whims of the future.

Hope is the driving force that is left to us in bad times. It is the balm of the soul. Hopeful cultures enable and hope-less cultures dislocate, disempower and disable.

Research by Resilient Youth Australia on over 100,000 young people found: 62% can think of ways to get what is important to them, 54% can create solutions to the problems they face and 56% can persist and solve a problem when others quit. Hopefulness peaks for young people around the age of 12 when 75% report being hopeful and reduces to 60% by 17 or 18 years of age. While most young people are hopeful about their lives and the future, hope is a value we need to kindle and re-kindle through our lives. Hope is something we can create.
News from the Director of Student Wellbeing

Increasing Hope in Relationships

1. Be Kind to Yourself and Others
There is an old saying from the Broome pearling industry, “There are old divers and there are bold divers but there are no old, bold divers”. The message is: treat yourself as a great treasure, be kind to yourself and send a bit of love your own way. This means having compassion for yourself by developing the capacity to forgive yourself. Make time to look forward to things.

In a world that is often distracted and treats many people and experiences as dispensable, take the time to think back over the good things that have happened in your life and look forward to forthcoming events.

The pleasure of anticipation deepens our enjoyment. Waiting for the first fresh peaches of the season or until summer for straw-berries deepens our pleasure. Learning to wait strengthens resilience and our capacity to manage challenges in our lives.

2. Treat Each Day Like a Precious Gift
You will never be younger than you are today. Embrace it. Use today to enjoy the present and build an even better future.

3. Increase gratitude
Be grateful for the good things in your life. Gratitude builds hope. Reflect on the good things and express gratitude to friends. It is our relationships with others that make life worthwhile. Be grateful for your own efforts.

4. Create a life calendar and add to it
Place a calendar somewhere prominent in your home and put on each month's page good things that have happened in your life and in your family's history in that month. Within twelve months you will build a calendar that represents the very best of life.

5. Create a Daily Silence Ritual
Light a candle, meditate, reflect or pray. You don't have to believe in any particular deity to make this work. Begin by focusing on your breath. Silently reflection is nurturing and healing as it quietens the less empowering aspects of the mind reminding us to live in the present moment.

Some people benefit from quiet contemplative times, others prefer physical rituals such as going for a walk, connecting with nature or playing music. Find what works for you and schedule in sometime each day to catch up with yourself. Practice being a human being rather than a human doing. Care for and about yourself. This may be the one time of day when you feel connected to your own spirit or soul and perhaps even something larger.

6. Pause and Reflect
Every morning, afternoon and night, pause to look at the sky, breathe deeply and offer thanks. Be grateful. Even though our world has its problems, the sun still rises each morning and we're awake and alive.

Think of other people around the world as you look at the sky and know that we all share this planet. We all breathe the same air. Among all of us, we have the ability to create solutions to the problems that now exist. Trust this.

7. Express Love Tangibly
Hugs, words, notes, acts of kindness — be generous with all of them. Surprise a friend with a hug. Hug and kiss your kids longer and with deeper feeling. Greet people exuberantly and thank them effusively.

Tell the important people in your life how much they mean to you. Doing this adds warmth and positive energy to our lives and the lives of people around us. It's also very comforting both to the giver and receiver of each loving act.

8. Build a Peaceful World
Hope gives us the creative energy to build a peaceful world. Nourishing a sense of peacefulness in ourselves develops an appreciation of our innate nature- how we are meant to be. Taking times to sit in silence helps us to nourish our authenticity. If we are not at peace, it is difficult to form peaceful relationships with others.

When we are peaceful we find it easier to express love, which potentially leads to greater happiness. In its purest form, peace is an inner silence filled with the power of trust and love. Set aside a space in your home where you can withdraw and just be. It will fill you with hope and increase your capacity for compassion.

– Andrew Fuller, John Hendry & Neil Hawkes
Student News

World Youth Day (WYD) Pilgrim Reflection – Mercy Day Mass

This year a small group of Mercy students were fortunate enough to take part in the 'life-making' journey to the 31st WYD. Our three week pilgrimage journey led us to follow in the footsteps of the Saints through Italy and then travel to Poland for the WYD Celebrations. The pilgrimage has changed us all, opened our eyes, deepened our faith and enriched our lives.

We departed Sydney on the 15 July full of excitement and anticipation as we headed for our first destination the 'eternal city' of Rome. Our first morning in Rome saw us celebrate Mass in St Peter’s Basilica led by Cardinal George Pell and Bishop Peter. Whilst in Rome we visited many significant historical and religious sites including the Colosseum, the Sistine Chapel, the Vatican Museum and St Pauls and St Helen’s Basilica. A highlight was on our second day when we celebrated Mass with Bishop Peter in the underground catacombs, a place of refuge for the early Christian Church.

To read more and view the photo Gallery click here

Mercy Feast Day Mass 2016

Mercy Week began with a celebration of the Eucharist to commemorate our Feast Day in this Jubilee Year of Mercy. During the Mass we officially welcomed home our WYD Pilgrims and commissioned our incoming 2017 College Leaders.

Click here for full article and gallery
Student News

Visual Arts and Design Exhibition 2016

Showcasing the creative thinking of our students is at the forefront of our annual Visual Arts and Design Exhibition. The work of students from Years 7 to 12 in Visual Arts, Technology, Design and Technology, Textiles and Food Technology were on display for the school community and parents to enjoy. Once again the opening on August 17 saw large numbers of parents, family and friends and student marvel at the skills, ingenuity and creativity of our students. While enjoying the visual feast, everyone also enjoyed the canapes prepared by Mr Bishop, Mrs Lee and the Year 10 and 11 Food Technology students.

The Year 12 practical projects in both Design and Technology and Visual Arts were also displayed. In opening the exhibition Mrs Kavanagh talked about the themes these students explored. In these subjects students are asked to be aware of the world around them, whether it is their place in the world and how they can make a difference in Design and Technology or their ability as artists to make a comment on their personal viewpoints and observations. Design and Technology students looked at a number of social justice issues from multiculturalism, combating fear and encouraging inclusivity of Muslims in our society to issues relating to domestic violence. Awareness of environmental needs was shown in a sustainable business model for sharing resources. There were also works dealing with assisting in parenting.

In Visual Arts the students asked the audience to view their world in different ways: to look at a speeding train or a train station and not just see trains but see form dissolved by speed or lines, colours and angles. In others interpretations of place, in one a quirky look at stereotypes and places in Sydney and in another a family history and the students connection to the beautiful country of Japan and the changes modernisation has had on it.

Thanks again go to the dedicated Visual Arts and TAS teachers who have worked with the students to help them realise their ideas.

Jane Lennon
Creative Arts Co-ordinator

To view the photo Gallery click here
On Monday 5th September, the whole of Year 9 went on an excursion for Geography to Sydney Harbour, to learn about how the Sydney Harbour foreshore environment has changed over time and the geographical problems being faced in this environment.

We had the opportunity to take a tour of Sydney Harbour by boat, whilst our very informative tour-guide taught us all about the geographical history of Sydney Harbour and the many changes the area faces with our growing population. It was an extremely enlightening excursion, as our eyes were opened to how Australia is rapidly changing, and how it is benefitting Australia.

The visible change of how Sydney Harbour is used was very interesting for me, such as how much of the land is now being turned into high-rise apartments compared to the old working-man’s cottages from the era before, showing how we are morphing and adapting. We were also able to put our geography skills into practice, through mapping and making important observations. The excursion was a real eye-opener to new and relevant information, helping us develop our understanding of the changing communities that exist around Sydney Harbour. Overall, the excursion was extremely enjoyable and being able to look at the Harbour from the water was a lot of fun!

By Alessia I Year 9
Focus on Ability is a film festival run by Nova Employment. The festival is aimed at raising awareness of the abilities of people with a disability. A group of talented Year 10 students, in partnership with the beautiful learning support students at St Patrick’s Asquith, produced a short film about the power within. As a result of the entry we were invited to the awards evening held at the Concourse on the 7th September. Two of our filmmakers and five of our young actors had the opportunity to walk the red carpet and brush shoulders with industry professionals. The film was selected as one of four finalists out of 68 entries for the People’s Choice Award. Unfortunately, we didn’t place but we are still so proud of this project and recognise the amazing achievement of these students. The friendships and learning gained from the creation of the film will continue to benefit all involved students for years to come.
MERCY OUTREACH DAY

On Friday the 2nd of September, as a part of Mercy's annual Outreach Day, I was lucky enough to attend Saint Gabriel's School at Castle Hill. St. Gabriel's is a special school catering for primary aged children with disabilities such as sensory impairment, intellectual disability in the mild to moderate range and autism. It was an extremely eye opening experience and granted me to see a new perspective of children with disabilities, who are really just the same as any other child, they just have a different way of learning. I also developed an appreciation for the school's teachers, who treated all the children with tolerance and compassion. Although it was a rainy day, I left the school filled with a sense of satisfaction. I am grateful that I was able to give back to the school community by giving up one day of my year.

Jennifer, Year 12

Year 8 Mercy Outreach Day
Student News

Year 11 Mercy Week Luncheon

Congratulations to all of Year 11 for providing such a wonderful luncheon last week on Mercy Day. It was wonderful to see the generosity of all the girls in terms of the food they prepared and the time they gave up to make the day a success. We raised almost $3000 which will go to the Mercy charities. We also dropped off the excess food to the Salvation Army to use in their facilities.

This year we decided to run the luncheon in Houses to ensure that the food was served in a timely fashion. The Houses also enjoyed competing against each other, earning points for their house based on the amount of money they collected.

Thank you to all the staff who assisted with the luncheon on the day. And of course a big thank you to all of Year 11 and especially to the four House Captains who excelled themselves in feeding well over 500 people!

Mrs D’Arcy
Year 11 Co-ordinator
Student News

Mercy Outreach Day – Days for Girls

On Friday I had the privilege of teaming up with eleven Textiles and Design students from Years 9-11 to work with Vera from Days for Girls at Merrylands. To be honest I had never heard of this charity before and had no idea what they did. After a little bit of research I discovered that Days for Girls is a non-profit organisation which aims to provide every girl and woman in the world with ready feasible access to quality sustainable hygiene and health education by 2022.

On Friday we learned that many girls in Third World countries could not attend school when they had their period and many would miss a significant amount of their schooling. We know that education is an important factor in reducing the poverty cycle. The Mercy girls were delighted that they could help to make a difference for girls in Third World countries by sewing shields, liners and drawstring bags. We also had the opportunity to pack the feminine hygiene kits so that they were ready to be sent overseas.

It was a great pleasure to help Vera and the Days for Girls team with their goal of creating a more dignified, free and educated world through access to lasting feminine hygiene solutions. Not only did it feel good to help with such a worthy cause, we also gained an insight into the lives of girls in Third World countries and we were able to practise our sewing skills. Thank you Vera, for all the preparation and help you gave beforehand and on the day. Thanks as well to Ms McLachlan, a student teacher for volunteering her time.

Lastly, I was incredibly proud of the sustained diligent effort from all of the girls and the polite and respectful manner in which they behaved.

Mrs Gabrielle Lee
TAS Teacher
Student News

Interfaith Dialogue Outreach Activity

On the Friday of Mercy Week, Outreach Day, girls from Years 10-12 from Mercy hosted an Interfaith Dialogue Day with Year 10 girls from Amity College, a predominantly Muslim school in Prestons.

We started off the day by getting to know each other through a "rotating conversations" activity where we were asked a sequence of questions to help understand more about each other's lifestyles in and out of school. Even from these brief conversations we were able to connect and develop friendships straight away, from the obvious similarities that we share as teenage girls living in Australia.

We then had morning tea where we welcomed girls into our school and furthered our conversations. After morning tea, Mercy girls from Year 11 presented a slideshow about the events of Mercy Week, to share what our school is about, and the key aspects of being a Mercy girl. We also talked about the importance of the Outreach Day in our community, being a day of putting others before yourself.

The Year 12’s then did a presentation about Interfaith Dialogue and the importance of being open minded and accepting when it comes to understanding different faiths as well as cultures. This was definitely something that reminded us that no matter where we come from and what we believe we should always treat others with the same respect. Following the presentations we split off into groups to discuss ways we can include interfaith dialogue and promote respect for different faiths and cultures within our lives. We did this by creating campaigns through social media which is an integral part of our lives as teenagers. Through discussing each other's perspectives and using our similarities as well as differences we were able to design different media campaigns that addressed interfaith dialogue.

We then concluded our day by sharing a meal with the Amity girls, which brought us together as a community. Overall the day was a success and allowed girls from both schools to share and connect with people they wouldn’t otherwise. We were able to develop friendships that will continue to grow, and better our understanding of Interfaith Dialogue and its importance in Australia’s diverse society.

Abigail A & Mary-Ann H (Year 10)
The Fashion Parade was a really fun event both to watch and prepare. We were the ones in charge of the tickets. We had the role of making the tickets, selling the tickets and collecting them on the day of the fashion show. This job was important so that we could raise as much money as possible for charity and in the end we ended up raising over $585.

The preparations for the show helped us learn that working together is really important for the success of everyone. The preparation was also really fun and we had a great time with it. Everything went well and the show was a success.

Overall we think that our role in the fashion parade helped us gain many skills in responsibility and organisation.

By Barbara, Emma, Sonya, Lucy, Victoria, Bianca, Caitlin L.
"It was a great opportunity for us to get closer as friends."

"It was fun to become a character from our childhood."

"It was an exhilarating experience."

"Was a perfect way for us to step out of our comfort zone."
Rugby 7s

After the Australian Women’s Rugby Team made history at the Rio Olympics by winning Gold, 27 Mercy students made history as the first students to play rugby union for our College. These students need to be praised for their commitment to training over the past 6 weeks as they stepped outside their comfort zone and embraced the challenges that faced them. Tackling, wrestling, scrums and lineouts were all practised with enthusiasm as they prepared for the Northern Beaches 7s Carnival. On the day, students impressed me and themselves with their rugby skills and bravery when playing against students who had clearly had more experience. Nonetheless, the Mercy girls scored numerous tries, made crunching tackles and were able to be proud of themselves for never giving up. Thanks to the parents who attended to support their daughters and to all students for the dedication and courage displayed throughout this carnival.

Mr Mark Cuttler
PDHPE Co-ordinator


Mercy ladies in action
On Wednesday August 24, 27 Gold & Silver Duke of Ed students and 3 intrepid staff began their grand exploration under the big clock at Central Station. At the crazy time of 7am we boarded a train to the delightful Southern Highlands hamlet of Bundanoon. After two hours of map work, reading, chatting, snacking and sleeping we alighted for a drizzly walk to the Edwardian era Bundanoon YHA. After filling fridges and weather proofing ourselves we headed off into the mist, with our trusty rubbish bags getting a workout in the first few minutes. On the way through town we admired old shops, chatted to locals and somehow scored a big box of Milo!? After a wrong turn blessed us with some hands on experience with alpacas, horses and Shetland ponies, we finally reached Morton National Park. A large picnic shelter allowed us to eat recess under cover, and we looked at the campsite beyond and were grateful we weren’t setting up tents there – camping in winter is tough enough, but in the rain it’s brutal!

Just as the rain decided to stop playing nice the real hiking began. We headed west onto Coal Mine Walking Track and nearly missed the turn off to the spectacular Erith falls, where we also saw the coal mine entrances and learned how coal shaped the history of Bundanoon (ironic given it’s now environmental ethos). After powering on we finally reached our destination goal - Echo Point lookout and a group photo. Unfortunately, there was NO VIEW – just fog and cloud covering anything beyond about 20m, but hey, we took the photo anyway. We found another shelter big enough to protect us all so we could eat our lunch, before heading down Lovers Walk, which wasn’t that lovely when you were cold and wet. At 3pm we were supposed to already be at nearby Santi Forest monastery doing community service, but thankfully they were happy for us not to come as the weather was getting worse. Instead we split into groups to see who could make it ‘home’ the fastest – after the slow hiking of the day I never saw the girls walk so fast! By 4pm some girls were already in the showers and others were warming up in front of the log fires.

At 5pm everyone emptied their rubbish bags to analyse and record our finds and focus on the theme of our exploration – “Minimising our human impact on the environment.” We sorted our treasure into the correct spots – compost, recycling, rubbish, soft plastics and donate to me – and discussed how we can better Refuse, Reduce, Reuse and Recycle. Afterwards we displayed good team work by cooking some ‘nude food’ from scratch – brownies, muesli bars and energy balls. Then the dinner team started our first communal feast while everyone else wrote in their log books. The warm (and rather spicy) spag bol and garlic bread was the perfect hearty meal after such a miserable day, and the birthday brownies topped it off. Thankfully our night walk was postponed and we had a fun trivia comp instead, before draping all our wet gear near the fire and heading to bed.

The next day we awoke to miraculously sunny weather, Grace’s meditation and a beautiful cooked breakfast. We had a slow start as some of our gear was still wet but we made it to Glow Worm Glen Track in time for some waylaid walkers to see a friendly wombat. We feasted on our homecooking at Riverview Lookout, enjoying proper views this time. We trekked through leech infested paths and over-spilling waterfalls to reach the amphitheatre for some First Aid demos, before lunching at Jenners Lookout. We spied kangaroos and did more First Aid before heading back into town. Adria gave us a mini History tour and we explored the old sandstone church and its cemetery. After ‘supporting the local economy’ (aka enjoying their café culture) we met some local historians in the History shed and heard many interesting stories and saw some photos of the places we recognised from our hikes and even some of the people from the gravestones. We headed back to the YHA to write more in our log books, read the books about upcycling and Bundanoon’s heritage and enjoy braiding hair by the fire. Amelia and Grace won the prize for most avid rubbish collectors/ecowarriors/archaeologists for their amazing haul. The great stir fry meal gave us energy for our night walk down to Glow Worm Glen. The stars were out (and were amazing) and we were allowed to use our torches for the muddy sections of the walk, but when we got to the glen we had to enjoy it in complete silence and darkness – apart from hundreds of tiny little glowing worms! We headed back for milo and a well earned sleep.
Duke of Edinburgh

The next day we were up to our final communal meal before packing and catching an early train to Central. The Silver students had accrued enough hours to head home with Ms Stancliffe but the Gold students headed to the nearby Central YHA with Ms Mooney and Ms Dorey. After storing our packs we walked through Sydney's parks, past iconic sites and galleries, over the Harbour Bridge to Lavender Bay. Unfortunately we didn't quite complete Steph's planned hike to Greenwich due to injuries and impending rain, so caught a ferry to Darling Harbour and navigated our way back to the YHA for a brief rest. We then competed in our first Adventure race – racing around Darling Harbour for clues, using our maps and Ms Dorey's riddles. It would have been easier without the drizzle, darkness and drunks, but we had fun and the winners won their meal free that night. The group put their negotiating skills into practice and we enjoyed a celebratory dinner in Chinatown before hitting the sack.

On Saturday we were up early for a quick breakfast before heading home to unpack, study, finish log books and prepare for netball finals. It was a fantastic trip and we thank Ms Dorey, Ms Mooney and Ms Stancliffe for tagging along.

**Gold/Silver Dukers**

I was so proud of the girls and how they planned this hike. The Gold girls planned all the hikes, transport and research tasks and the Silvers organised the fab communal meals and a number of other activities like First Aid, meditation, yoga and trivia. They have improved their mapwork was much better and I don't think anyone needed bandaids this time. They also did a fantastic job of clearing up Bundanoon and recording and rethinking their impact on the environment, and their log books promise to continue to be mindful of that – which makes me happy! The assembly presentation by Briana, Caitlin, Caolyn and Zoe showed the school how much they had prepared and learnt. Below are some excerpts from some of the Silver log books, which warmed my heart.

**Ms Dorey**

**Duke of Edinburgh Co-ordinator**

"Although it was a challenge walking all day in the rain I had fun, learned about environmental sustainability and Bundanoon's history, made muesli bars from scratch as a team, saw alpacas and horses up close, ate great food and got to know other hikers better. It was certainly a memorable experience."

Georgia C

"We all looked through our bag of rubbish and recorded what we had collected in our log books. This was a good activity to do as we didn't just pick it up but analysed what we collected and worked out what would fit under each of the 4 Rs – refuse, reduce, reuse, recycle. This exercise made me think about the rubbish I create and how I can go about using and recycling them."

Immy O

"I have to say that this hike to Bundanoon will definitely be one to remember as I learnt so much about a country town I never knew existed, our environment and how easy it is to make a difference, and how wonderful God's love is to have the opportunity to explore His creation. It was an amazing hike and I was so glad we didn't have to sleep in tents in the rain!". Bec M
Duke of Edinburgh...continued
Activities Club

A Grand Day Out
In the five Grand Final contests last Saturday, fortune largely favoured the minor premiers in the respective grades. We knew it was going to be tough going against some teams who were firmly planted on the top rung of the competition ladder, but our MCC teams approached the challenge with great enthusiasm and good spirit. It was a fantastic day at the courts with ample support from family, friends and Mercy staff.

Congratulations to the teams who made the Grand Final, a tremendous achievement, and especially MCC 03 who took out the flag.

MCC 03 with ex-student coach Lisa—NSNA Cadets 1 Premiers 2016

More Grand Final Good Luck
We wish the St Thomas U10 netball team all the best for their delayed Grand Final this Friday evening – ably coached by Year 9 Mercy students, Hayley & Ella.

They are joined by eight other Year 9 and 10 Mercy students (Mariah, Shayne, Kristina, Alessia, Tara, Chloe, Phoebe and Sophie) who coached four OLD netball teams on a voluntary basis this season.

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.
Dear Parent/Carer,

We are currently in the process of reviewing our College Newsletter.

We invite you to click on the link below and take a short Survey so we can better our communication to you.

While your participation is voluntary and your answers anonymous we do thank you in advance for taking the time to complete this survey, as we value your opinions and comments.

Many Thanks,

Nicole Clancy
Marketing & Promotions Officer

nicole.clancy@dcb.catholic.edu.au

We are also introducing new email addresses to assist you.

To report an absentee please use SMCCC.Absentees@dbb.catholic.edu.au

To send in an application for enrolment please use SMCCC.Registrar@dbb.catholic.edu.au

If you have any further enquires re these new email addresses please do not hesitate to contact the College office on 9419 2890
**Parent News**

**Fathers’ Day Breakfast**

Thank you to all those Fathers and Daughters who attended this annual event.

There were over 220 guests for breakfast and it seemed like just enough food for everyone. We were blessed with fine weather and a warm morning and dedicated parent, staff and student helpers. I am very grateful for the parents and students who worked non-stop from before 6am until after 9am ensuring the function ran smoothly.

We were entertained by a delightful speech given by Mark Cuttler (Year 8 Coordinator) and a slide show created by Margaret Kellendonk. If you were unable to attend or would like to re-live his wonderful words of wisdom, please click here.

Thank you also to the parents who came on Wednesday afternoon to help with set up and decorations.

**MCC Graduation Afternoon Tea – Requesting Assistance from Year 11 Parents**

Dear MCC Year 11 Parents,

The Year 12 Graduation Afternoon Tea will be held on Wednesday 21 September 2016 from 3.00 til 4.30pm in the school grounds.

This afternoon tea is held during the break between the Academic Awards Ceremony (The Concourse) and the Graduation Mass (at OLD Parish Church).

It is traditional for parents of Year 11 students to assist preparing for and serving at this function. Most of the food is prepared by a caterer (a MCC Mum) with assistance from Year 10 Food Technology students.

Parent helpers are requested between 10.00am and 5.00pm.

I would be grateful if you could contact Lee Sternberg effectiveone2one@bigpond.com if you are able to assist with this function.

**Parent Gathering – Term 4**

We would like to offer the opportunity for parents to gather together informally one evening in Term 4 on a week night.

Previously we have met in Willoughby, however it would be lovely too meet in a different suburb that may offer the opportunity for more parents who do not live locally to the school to attend. Perhaps in Ryde/Marsfield or Lindfield/Gordon or Forestville/Frenchs Forest. If you live in these areas and have a venue suggestion I would be happy to hear from you.

We are looking for perhaps a Club or Hotel/Pub or large café, with no surcharge to use an designated area. The usual format is parents can drop in any time during the evening, buy their own drinks +/- food and chat with other MCC parents.

Thank you.

**Phillipa Sobb**
President P & F
perrysobb@gmail.com
0411 429 629
Risks Children Face Online: Online grooming

What is online grooming?
Grooming is a process used to prepare a child for sexual abuse. An offender’s aim when grooming will be to gain access to a child and build a relationship with that child. Grooming can take many different forms, from one off contact which may include sexual advances, to a series of events over time. It may start with an adult scanning websites to identify a vulnerable child or befriending a child, perhaps by pretending to have common hobbies or interests or using flattery to trick a child into trusting them.

Online it is easier for an offender to lie and gain one to one contact with a child, for example through a social networking or gaming site. They can share images or videos relating to their claimed common interests and build a ‘relationship’ away from any adult supervision.

Once a relationship is established an offender may then introduce sexual themes to the conversation, for example, asking the child about their sexual experiences, sharing pornography with them or asking them for sexual pictures of themselves. Different offenders will have different approaches so whereas this process may be very quick it can also take days, weeks or even months. Often an offender will attempt to get a child to meet them in the real world in order to abuse them. Increasingly some offenders are also persuading children to perform sexual acts on webcam.

Signs of grooming
Look out for an unhealthy or heightened level of internet usage. Has your child become more secretive about who they are talking to and where they conduct their online conversations? Do you know what your child is engaged in any sexual behaviour online or via text, chat or webcam? Have they got any new electronic devices or gifts that they may not have been able to obtain for themselves? Talk to your child about meeting their online friend’s online. If they intend to meet any of these online friends you need to set clear boundaries, tell them why you are concerned for their safety and that they must take you or a trusted adult with them to the meeting.

What can parents and carers do to protect their child online? Parents and carers need to be mindful that part of the fun of being online is communicating and often sites are designed for you to do so with people you don’t know. It is important to talk to your child about who they are friends with and how to manage these online relationships.

Not sure where to start?

- Talk to your child about:
  - What sites they use
  - The friends they have online and how they know them
  - How they communicate with these friends
  - The type of information they can share

Top tips on how to talk to your child:

- Talk to your child about online grooming. Explain how easy it can be to lie online and the reasons why an adult may wish to contact them.

- For primary age children talk to them about the topic in the context of stranger danger. Strangers are people you or they don’t know. In the online world there are strangers too and they must not talk privately with them or give out any personal information online.

- For older children, the conversation might be a little more difficult. They may have built quite an online network over the years, and might feel you’re intruding into their private matters. Consider opening up a conversation by using age appropriate education films on the ThinkUKnow websites.

- Talk about their online friends. Ask them to think carefully about who they chat and share information with. If they don’t know them in the real world they need to delete or limit what they share with them, for example not sharing their photos, videos or their locations.

- Let your child know that you are always there for support. Let them know that you understand how easy it can be to get into difficulties online. Get them to talk to you if anyone makes inappropriate/sexual comments and ensure they know that, no matter what’s happened, you are there to help.

Further information available on www.thinkuknow.org.au. Fact sheet source: www.thinkuknow.co.uk/parents
Canteen Roster

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

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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