Dear Parents and Carers,

We had a very successful Parents and Friends Association AGM on Wednesday night and I’m pleased to announce that the current Executive of the P&F were unanimously re-elected to serve another year.

I wish to publicly thank all of these fine people who have been dedicated to our community doing so much for your daughters and for you this year. They have spent countless hours in organising and assisting at College events and parent functions. The community owes them a great deal of gratitude.

Parents and Friends Association Executive for 2017:

President: Phillipa Sobb
Vice-President: Catherine Walker
Secretary: Meredith Coleman
Treasurer: Robyn Sullings

BUSINESS MANAGER:
Last week we welcomed to the College Executive our new Business Manager Mrs Kathleen Parker. Kath has a wealth of experience in working in this role at other schools and we look forward to her contributions of her expertise to the financial management of the College.

CHANGES TO LESSON TIMES FOR NEXT YEAR:
You will be very aware that I place great importance on the professional development of our teaching staff so that they are continually updated and upskilled. To enable more regular professional development next year each teacher is going to be part of a Professional Learning Group (PLG) which will meet each Tuesday afternoon. This will be facilitated by classes finishing a little earlier than a normal day and lessons will be 56 minutes long instead of our present 60 minutes. Classes will therefore finish at 2.25pm every Tuesday from 2017.

POSITIVE PSYCHOLOGY APPROACH TO PASTORAL CARE:
This year we have reviewed our approach to pastoral care and several staff have been investigating how we can better support your daughters. Through recent surveys students have indicated that stress, anxiety and relationships are their biggest concerns. Our pastoral care programme next year will therefore focus on these issues using the positive psychology approaches of Mindfulness and Growth Mindset (more details to come). I would like to particularly thank our Director of Student Wellbeing, Mrs Gemma McDermott for leading this process.

Best wishes

Suzanne Kawangha

Principal
Message from the Assistant Principal

Uniform Regulations:
- If hair touches the collar, it must 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, plastic earrings are not to be worn
- Chewing gum is prohibited.

Summer Uniform
- Summer dress (length on the knee)
- Black, lace-up leather school shoes with no coloured stitching, metal tabs or higher heels.
- The College jumper or blazer may be worn with the summer uniform

Ms E Kayrooz
Assistant Principal

Student News

Super 8’s Cricket

On Thursday 13 October, 25 enthusiastic cricket players travelled to Loreto Normanhurst for the Inaugural Secondary Schools Cup. Our fearless students played games against Roseville College, Turramurra High School, Pymble Ladies College and Loreto College, Normanhurst. Throughout the day Mercy won 4 games which allowed the team to participate in the upcoming Milo T20 Blast School Cup NSW Final.

Congratulations to Claudia, Sofia, Sophie, Genevieve, Danielle, Emily, Cassie, Kiya, Teyha, Anna-belle, Angalina, Rahni, Mia, Ruby, Jasmine, Emma, Karisma, Hannah, Lilly, Gabby, Ariann, Anika, Milen, Annabel and Achsa for their participation. All students participated with spirit, sportsmanship and respect for their opposition which is a credit to all players. Special mention must go to Genevieve who was Mercy’s best catcher and finished in the top three players of the carnival in the catching competition. Thank you to Derek Wood, the MCC Activities Club Cricket Convenor, who assisted, supported and encouraged all students throughout the day.

Mr Mark Cuttler
PDHPE Co-ordinator
CREATIVE ARTS EVENING

GAP YEAR

MERCY CATHOLIC COLLEGE PRESENTS

CREATIVE ARTS EVENING

GAP YEAR

November 4th 2016  6.30 - 8.45pm

THE CONCOURSE

409 Victoria Ave, Chatswood

FOR TICKETS

Call Concourse box office on 8073 8111

Important News

Save the Date

Volunteers' Cocktail Party

Tuesday, November 29th
6pm-8pm

Help Us Create a Sustainable Garden

We are seeking donations for plants, soil, irrigation equipment to create a sustainable garden.

If you are able to donate any items or alternatively want to donate money please contact nicole.clancy@dbb.catholic.edu.au | 9419 2890
Message from the Director of Student Wellbeing

Mental Health Week

This month is Mental Health Month. The theme is to Learn and Grow. It is a time when we need to re-assess what is going well and why and make changes if something is not quite working. The changes could be as simple as stopping each day and taking a moment to look around and really see the beauty and goodness instead of rushing and letting the day go quickly without enjoying what we have been achieved. A challenge I give to you is to find that moment, stop and appreciate the wonderful country in which we live and the blessing of our beautiful family.  http://mentalhealthmonth.wayahead.org.au/learn-and-grow-2016s-mental-health-month-theme/

With Love

This week I have been given the opportunity to attend Professional Development. On the Monday I was put into a group of three and given a task to make a hand for an amputee, but when my group was given the task we had no idea what it was. The task proved to be very emotional and rewarding. However, it was how the task was given to us that proved fascinating. We were put into groups of three and given materials, which were bolts, screws and other materials and was told to follow the instructions for 45 minutes and work to page 5. The catch was each person was only allowed to use one hand. So my group started and wanted to follow the instructions to the law. Then we were given a morning tea break. After morning tea we came back and had to watch a video. The video ended up telling us what it was we were making. We were given the task to make a hand with all the nuts and bolts, for an amputee living overseas. It was amazing to see the transformation in how we went about finishing the task from how we started. We were now doing this for someone, it was a very important project and felt the importance of doing it properly with love. The message from the task was once we had been given the purpose, it made so much more sense. This is a great message we need to remind us all about when we are talking or teaching the girls. Today’s youth do not just follow the rule, ”do it because I said", they want to know WHY? We need to remember a sense of purpose can be the difference between doing a task mechanically or doing it with love.


Mrs Gemma McDermott
Director of Student Wellbeing
AMSSA Student Conference 2016

From the 24 – 28 September 2016 two Year 11 students from Mercy College, Isabelle B. and Angela V. attended the Biennial AMSSA Student Conference hosted by Sydney’s Mercy 5 Schools. The five day event was held at St Joseph’s Centre for Reflective Living in Baulkham Hills in the north western suburbs of Sydney.

The theme of the conference was “Bridges of Mercy”. Participants reflected on questions such as: What does Mercy look like? How might I become a path to Mercy? What qualities are needed to make a difference to others – to bridge the gap? What is Pope Francis calling us to do in this Extraordinary Jubilee Year of Mercy and how can I incorporate this into everyday habits?

Throughout the conference students engaged in a variety of prayer experiences such as morning prayers in the centre’s Labyrinth which was led by Mrs Helen Thomas and a prayer service in Maori led by the New Zealand students. We heard from guest speakers working to achieve justice in a range of Mercy projects, these sessions included talks on the Rahamim Ecology, a visit and lunch from the House of Welcome, Mercy Works, Mercy International Association on ending human trafficking and the Mercy Foundation on ending homelessness.

A highlight of the conference was listening to the presentation from Mrs Ida Perrignon our very own Italian Teacher from Mercy College. Mrs Perrignon’s testimony was called “Triumph of Faith” where she shared her personal story of faith, hope, persistence and resilience.

We also had the opportunity to go on a pilgrimage throughout Sydney. The day commenced with a visit to Monte Sant’ Angelo, followed by Mary Mackillop Place where we were able to pray with Australia’s only canonised saint. We then crossed the Sydney Harbour Bridge and went walking through the Rocks where all the pilgrims caught the Parramatta River Cat and journeyed to Our Lady of Mercy College Parramatta.

On the last day of the conference students participated in a social justice market which was designed to encourage students to share ideas on social justice initiatives in their school. The whole conference was a great experience; we’ve deepened our knowledge on various social issues within our society and have developed lifetime bonds of friendship with peers from other Mercy schools.

Isabelle B and Angela V
Year 11 AMSSA Conference Delegates
Student News

Mercy Market Day is fast approaching! Year 9 Commerce students have created their own small businesses and will sell their product to the school community on Tuesday 25th October at lunch time. There will be a range of items for sale - gifts, food (lunch and treats), pamper products and even a funky photo booth. Students are encouraged to bring some money to purchase yummy treats, presents (you could even start your Christmas shopping!) or something just for you. Items range in price from $2 - $6 each. Please bring loose coins to make your purchase quick and easy.

Please note that the canteen will only be fulfilling lunch orders and drinks on this day.
Student News

Catholic Mission Mass

The Annual Diocesan Catholic Mission Mass was held on Thursday, 20 October at 11 am at the Cathedral at Waitara. Year 10 and 11 Student Leaders represented the College at the Mass. During the Mass each diocesan school donated money raised by students for Catholic Mission.

Prior to Mass, speakers from Catholic Mission spoke to the students about their work in Cambodia and their “Children’s Mission Program”. The fundraising from the schools raised ‘by children for children’ was assisting those who live in extreme poverty receive a free education.

Ms Gabie Stojanovski
Religious Education Co-ordinator

The Bishop’s Religious Art Prize 2016

In Term 2 Year 8 Religious Education students completed an artmaking assessment task as part of the Bishop’s Religious Visual Arts Prize. This is a Diocesan Competition which includes entrants from the eight Secondary Schools in the Diocese of Broken Bay. The theme for 2016 was to create a visual artwork inspired by a scriptural person, event or passage with a focus on the Year of Mercy.

Mercy College entered the Stage 4 category of the competition and I am pleased to announce that Mercy College has been awarded two prizes.

Abbey J received Honourable Mention for her artwork “The Blind Leading the Blind”
Chelsea W was awarded First Prize for her artwork “St Mary”

I would like to congratulate all Year 8 students for their participation in the competition and the Religious Education and Art Teachers for their assistance.

Ms Gabie Stojanovski
Religious Education Co-ordinator
Student News

Year 10 News

The Year 10 Reflection Day this year focussed on Self Image. Who we are in God’s image. Through drama, discussion, small group work and reflection, Year 10 were encouraged to appreciate the gift of their own uniqueness and worth. And, as we are in the middle of electing our College Portfolio Leaders, Reflection Day was a timely reminder that we can often fail to appreciate the influence and effect we can have on others; that, in order to help others, it’s important to recognise the value each person has, and the potential we have to up-build and empower others through the acceptance we show them.

I look forward to counting both the Year 10 student votes and teacher votes over the coming days and I know that, whatever the outcome, the young women elected have the quality of carrying out the role with compassion, understanding and self-awareness. From the feedback I received from Year 10 I know many of them were deeply moved by the day and I encourage you to discuss with your daughter, her thoughts and feelings of her experience.

Tracey Stancliffe
Yr 10 Co-ordinator

Summary of the Year 10 feedback from Reflection Day:
Mercy started their first ever competitive match against Ravenswood B. In the second over Mercy took their first ever wicket when Rahni W clean bowled one of Ravenswood’s openers. This triggered a collapse from the home team that left them 5 wickets down in just 5 overs. From then on it was only a matter of time before Mercy had bowled their opponents out.

Sophie N and Annabelle S starred with the ball taking 2 wickets each and Hannah M, Ruby B and Rahni chipping in with a wicket apiece. Fielding was excellent from all. Emma C kept wicket really well and Charlotte W fielding in the deep helped keep the score down. As such Ravenswood were all out for 60 in just the 11th over.

Hannah got the Mercy innings off to a scintillating start by taking 10 runs off the first over. By the time she had retired she had scored 35 runs (6 fours, 1 six). It took Mercy just 9 overs to win the game for the loss of just 2 wickets. Karisma W and Annabelle both scored 4 and Sophie N, Rahni and Claudia B a run apiece.

So a great start to the season and a game that all the girls contributed to. A big thank you also to the parents who turned up to support the team.

Interested in joining up in 2017 or finding out more information drop a line to Mrs Kellendonk 
 margaret.kellendonk@dbb.catholic.edu.au
Parent News

Parent Gathering – Term 4

Please come along on to The Willoughby Hotel, 315 Penshurst Street (cnr MacMahon Street) on Monday 31 October 2106 from 7pm. We have booked an upstairs area so you can meet some fellow MCC parents in a relaxed environment. You may order drinks at the bar and food downstairs if you like.

No need to RSVP, just turn up.
I hope to see you there.

P.S. In response to my request for alternate venues, there was one suggestion, however, unfortunately the room hire was prohibitive.

This hotel is fairly centrally located and provides an upstairs room for us and a bar with no hire fee. Suggestions for a 2017 Term 1 Gathering are still very welcome.

Annual General Meeting

The P&F held the AGM on Wednesday 19 October 2016.

We acknowledged the time and support given by the current and continuing committee members. We also acknowledged and thanked the parents, carers and students who have helped at each P&F event this year as well as with the Activities Club and the Canteen. As fellow parents, we are very grateful for the P&F members and other parents who work full time, but generously take a day of annual leave here and there to help with all events.

In addition to providing funds for running these events, your P&F donations helped fund the air conditioning unit in the library.

Year 7 (2017) Information Evening – Calling for Year 9 Parent Volunteers

This will be held on Friday 11 November 2016 from 6.00pm until 8.00pm. The P&F runs the BBQ on this evening and we are seeking a few Year 9 Parents to help because the current Year 9 students will be buddies to these new Year 7 students in 2017.

If you have a daughter in Year 9, please consider helping at this event and reply to the email you will receive or contact me directly.

HSC

Please keep all Year 12 students (and their families) in your thoughts and prayers during this HSC period.

Thank you.

Phillipa Sobb

President P & F
Parent News

ST PATRICK’S SCHOOL FETE
SATURDAY 29TH OCTOBER 9AM-3PM

Paddy's Own Inflatable World
GloRoom and DisGlo
Photography Competition
Face Painting
Partying With Nature
Coloured Hair, Nails and Tattoos
Kidz Zone
Pipe Band
School Choir
Roving Entertainment

BBQ
Cake Stall
Devonshire Tea
Hot Chips
Lebanese Food
Meat Pies
Snow Cones
Cupcake Decorating

Adult Tombola
Hairdressing
Chocolate Wheel
Show Bags
Guessing Competition
- How Many Balloons in Mr Cumming’s Car?
Nutrimetics
Secondhand Toys and Books
Raffle (1st Prize: Cruise for 2 px)
Garden
Buskers

St Pat's School Grounds
1 Royston Pde, Asquith

PLATINUM SPONSORS

absolute luxury travel
Bite ME Bakehouse
Fernwood Fitness
Smith & Sons

Page 12
School Student Transport Scheme
Applications open 10 October 2016

From Monday 10 October 2016, parents, guardians and students over 16 years, will be able to apply for a 2017 School Student Transport Scheme (SSTS) travel pass by visiting www.transportnsw.info/school-students

Information for parents and students
School travel passes only need to be updated when a student:
- changes address, or
- changes school or campus.

A new application is required when:
- applying for an SSTS pass for the first time,
- enrolling in Kindergarten,
- progressing from Year 2 to Year 3,
- progressing from Year 6 to Year 7, or
- requesting an additional pass as a result of a new shared parental responsibility situation.

For more information on planning your school travel, visit www.transportnsw.info or contact your local operator.

Passes for 2017 travel
Opal network: Please remind ALL your students to keep their School Opal cards for travel in 2017. These cards will be automatically deactivated for school holidays and then reactivated for school travel in term one. Students’ current School Opal cards can be updated with changes of school, home address or operator.

Rural and regional travel: Students travelling with operator-issued passes will receive a new pass in the new school year.
PARENTS OF TEENS OR ALMOST TEENS

"Learn how to restore a respectful and positive relationship between you and your teen"

Topics include:

- Similarities & differences between being a teenager today & their parent’s day
- What it is like being a teenager in this fast paced & competitive world
- Assertiveness skills to deal with teen’s behaviour, set boundaries & consequences
- Listening skills to find out what is going on in our teenager’s world & support them

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Tuesday 25th October 2016
TIME: 7.00pm – 9.30pm
COST: $50pp

PLEASE PHONE 8877 5152 TO BOOK YOUR PLACE IN THIS WORKSHOP
This workshop will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District
TUNING IN TO TEENS
EMOTIONALLY INTELLIGENT PARENTING

5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

VENUE: Chatswood Community Health Centre  
57 Hercules St, Chatswood  
DATES: Tuesdays 1st November – 29th November (5 sessions)  
TIME: 7.00pm – 9.30pm  
COST: $175pp (Concession $150)

PLEASE PHONE 8877 5152 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District

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 a meat free choice. This is also a great way of getting nearly 2 serves of vegetables in your diet.

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

Toasted Sandwiches are also 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