Dear Parents and Carers,

The College community was privileged to have Ms Patricia Amphlett OAM (Little Pattie), as our special guest to give the Occasional Address at our annual Awards Night on Tuesday. Patricia is Mercy College’s singing teacher, but is of course more famous for her impressive music career, for which she was inducted into the ARIA Hall of Fame. She has also been presented with the Medal of the Order of Australia, for her services to the entertainment industry and to Vietnam Veterans. Patricia inspired the audience by telling the story of her early career and in particular her time in Vietnam entertaining the troops during the Vietnam War, when she was only 17 years old. She is a wonderful role model to our students in demonstrating what a woman can achieve and how one person can have a positive impact on the lives of so many.

FAREWELL TO STAFF WHO ARE LEAVING US THIS YEAR:

MR EDWARD LAI has decided to hand back his white board marker and retire. He was first employed at Mercy College as a Maths teacher in 1984 and as the Maths Co-ordinator in 1994. Mr Lai has a vast experience of everything mathematical and always had a great desire for his students to share in his love of Maths. He has guided hundreds of students through the HSC and particularly the rigours of Extension 1 and Extension 2 courses.

MRS KERRY MCGONIGAL began her career as a teacher at Mercy College in 1986 as a teacher of English, French and Drama, being made the LOTE Co-ordinator in 2006. Mrs McGonigal always wanted girls to see the value in being able to communicate with others in a foreign language and made her classes fun with her rendition of French songs and her favourite French films. We wish her well in her retirement.

MRS BERNIE TRUDGEON commenced her time at Mercy College in 2004 as a teacher in the TAS department, specialising in Food Technology. She will be remembered for the way she nurtured her students in practical ways and for her generosity in helping with school community events. After time out for the birth of her children and coming back in a part-time capacity, she has decided to take up a positon in a school closer to home.

I would like to thank MS JESSICA MCKAY after 5 years of service for her care and compassion of so many students in her role as
Co-ordinator and for her commitment to improving the outcomes of her students in her English and Religious Education classes. We all wish Ms McKay well in her new school.

MRS GABIE LEE has been part of the Mercy staff for the past three years. She is a most passionate Textiles & Design teacher and I know she will be sorely missed by her students. We wish her well as the family moves north out of NSW.

We wish MR JONATHON BISHOP, MRS DOROTHY HUMPHRIES and MISS REBECCA ABADE well in their future careers as they leave us after completing short term contracts this year.

MCC ACTIVITIES CLUB:
I pay tribute to the Mercy College Activities Club, who have facilitated so many sporting opportunities for your daughters. It is important that this year, in particular, I thank all the parents who have been on the Executive of the Activities Club from its beginnings, as this year it will cease to operate as a separate Club. The dedication and commitment that these parents have shown has kept the Club going and leaves our sporting programme in a state of great strength as the school will from next year, take over the running of sport from the Club.

BELL TIMES IN 2017:
You will remember that in a previous Mercy Voice I mentioned that classes will be slightly shorter on Tuesday so that staff can be involved in professional development. This will occur on each Day 2 of our 10 day cycle and classes will finish at 2.25pm.

HSC RESULTS:
Once again we are proud to announce the achievements of our Year 12 graduates. We are still analysing the results as we send this newsletter out, but a quick glance indicates that:

- The average mark received by our students in 96% of our courses was above the State mean
- 6 students are All Rounders (Band 6 in every subject) and will receive a Premier’s Award
- 1 student is listed as a Top Achiever being 4th in the State in 2 Unit Studies of Religion
- Students were listed 99 times in the Distinguished Achievers list
- 19.8% of our students received at least 1 Band 6 and 1.3% received E4

This has given the College a rank of 66th in the State.

Congratulations to our outstanding girls and teachers.

CHRISTMAS WISHES:
I wish every member of our community all the blessings of the Christmas season and I hope you have a relaxed and safe holiday. Remember:

↓

Best wishes

Suzanne Kavanaugh

Principal
Message from the Director of Student Wellbeing

Christmas Time

Christmas time is always a special and joyous time. Everyone has an opportunity to stop and relax and spend more time with those they love. However, be aware for a young person the holiday season can be disruptive because their normal routine without the school structure goes out the window. The hardest part of holidays for your teenage daughter is she does not get to hang out with their friends every day. Though it is good to have a break from friends and school, remember social interaction is important for teenage girls. If your daughter wants to catch up with friends there is an added financial pressure during holidays.

Your daughter will want to spend time watching youtube videos and other shows online, this is normal, but do encourage reading, time outside her room and venturing outdoors. If you can get a chance take your daughter to a café and have special parent time with her. Treasure these moments because they really do grow up so fast.

As the year comes to an end I want to thank you for the welcome you have given me this year. On behalf of the Pastoral Care team at Mercy I would like to wish you a very Merry Christmas and a Happy New Year and we look forward to seeing your daughter in 2017.

Mrs G McDermott
Director of Student Wellbeing

Mercy Girls Inspire

Claire H Year 8

Claire is a member of the Women’s Artistic Gymnastics International Levels Programme.

Imogen O Year 10 ... A gentleman from the public rang to say that Imogen was outstanding yesterday as she helped someone with cerebral palsy who had fallen out of his wheelchair.

He said that Imogen stayed with this person and was very kind and considerate towards him. She waited until his father had arrived.
Student News

We marked the end of our school year with a final school liturgy where we celebrated the coming of Christmas. We are in a period of waiting during Advent where we are awaiting the coming of Jesus. Today’s Mass is also a celebration of thanksgiving for all the opportunities and experiences which God has given us this year.

We were very fortunate to have the opportunity to present our Christmas Hampers to Kate Conroy, the Youth Co-ordinator from Broken Bay St Vincent de Paul and a cheque to Dorothy Makasa from Catholic Mission for funds raised at our ‘Rock for a Reason’ Concert and the Year 9 Commerce Market Day.

A highlight of the Mass was the beautifully prepared music, concluding with rousing renditions of many of our favourite Christmas Carols. The Year 9 Drama class performed a wonderful play for us named “The Littlest Angel”. We learnt that the greatest gift we can bring to Jesus is mercy – mercy for others. To show compassion and love for the blind, the lame, the lepers and the dead. (Luke 7:19-23)

Mrs G D’Arcy
Liturgy Co-ordinator
Student News
Christmas in the Maths Department
In 2017, the 'It is Time to Shine' program will be offering students at Mercy Catholic College the opportunity to participate in...

**DRAMA CLUB**

Drama Club is an activity that seeks to develop confidence, self-esteem, communication skills, collaboration skills and interest in the dramatic arts in a fun, supportive and non-competitive environment. Students are encouraged to be creative, imaginative and collaborative. Skills are developed in the areas of voice, movement, improvisation, playbuilding, scene and script work. Drama Club will participate in a performance which will be presented on Creative Arts night that will showcase the talent and creativity of students.

When: Tuesday 2.40pm – 3.40pm (Year 7)
       Wednesday 3.20pm – 4.20pm (Year 8)
       Thursday 3.20pm - 4.20pm (Year 7/Year 8)

Where: Drama Room

Cost: $128 per term (8 lessons)

**MUSICAL THEATRE CLUB**

Musical Theatre Club focuses on developing individual confidence and consolidating the performance skills of multi-talented (singing, dancing and acting) performance students. All classes are practical and skill-based. Musical Theatre Club will participate in a performance which will be presented on Creative Arts night that will showcase the talent and creativity of students.

When: Tuesday 3.40pm – 4.40pm

Where: Drama Room

Cost: $128 per term (8 lessons)

**SPEECH AND DRAMA/MUSICAL THEATRE – TRINITY LONDON**

Various Speech and Drama; and, Musical Theatre programs are taught using the internationally recognised Trinity College London program. These programs provide students (in a group of 4) with a structured set of learning outcomes designed to help students develop a confident manner and a full, forward and free voice. Students may participate in examinations and eisteddfods.

When: Tuesday – 45 minute rotations during College hours.

Where: Drama Room

Cost: $200 per term (8 lessons)

**MINDFULNESS, MEDITATION AND RELAXATION**

Mindfulness, Meditation and Relaxation is designed to enhance the wellbeing of students by exploring the breath, listening skills, mindfulness, movement, positive affirmations, guided meditations, self-belief, developing positive relationships, resilience and gratitude. The classes are practical and skill-based.

When: Tuesday 1.00pm – 1.30pm (during lunch) (Year 7 – 9)
       Wednesday 1.30pm – 2.00pm (during lunch) (Year 10 – 12)

Where: Flexible Learning Space

Cost: $80 per term (8 lessons)

For further information contact Donna D’Silva email: donna.dsilva@dbb.catholic.edu.au or m: 0422 392 901.
Student News

Duke of Ed is for you: Enrolling Year 9 2017 for Bronze and any Direct Entrants for Silver in Year 10 by Week 2!

Ms Dorey
Duke of Ed Co-ordinator

If you want 2017 to be your year;

Don’t sit on the couch and wait for it. Go out. Make a change.
Smile more. Be excited. Do new things. Throw away what you’ve been cluttering. Unfollow negative people on social media. Go to bed early.
Wake up early. Be fierce.
Don’t gossip. Show more gratitude.
Do things that challenge you.
Be brave.

lessonslearnedinlife.com

Anna, Angela and Nancy would like to thank all the canteen volunteers for their invaluable support throughout 2016 and wish you and your family a Merry Christmas.

We say a sad farewell to everyone some of you have volunteered for many years and we have formed great friendships with you. We wish you all the best for future and thank you for your support.

Regards,

Angela
Student News

Year 10 HSC Preparatory Programme

For the last 2½ weeks, Year 10 has been participating in a selection of workshops and taster lessons in preparation for going into their senior years. I have been incredibly proud of the mature way they have engaged in the program and the thoughtful responses they have given while evaluating their experiences.

It has been reassuring to hear the positive feedback regarding the skills that have been learnt and a sense that the whole cohort are now feeling much more confident and prepared for their senior years. Although I know there will still be worries about examinations, stresses about organising the workload and fretting about how to achieve that ever elusive work / life balance, I believe the girls now have a toolbox of strategies to draw upon to reduce these stresses.

I wish all of Year 10 and their families, a very Merry Christmas and a Happy start to 2017.

Ms Stancliffe
Year 10 Co-ordinator

Student Comments

“I now know more about the personal experiences of people in Afghanistan, namely women in regards to education. However, I learned more of the need to connect emotionally to these topics, rather than the knowledge associated.”

“Geography / Drama Collaboration

“This experience taught me things I would not be able to learn from being told them in a classroom – I had to put myself in another’s shoes to really learn the hardship and struggle of the reality of some women and people elsewhere.”

“I learnt about verbatim as a form of theatre and how it can be manipulated to make a beautiful, passionate, emotional performance, not just a boring rendition of dialogue. I also learnt the skill of researching on the internet and drawing out the specific information that I needed and not just getting everything.”
“I thought that the dining etiquette was useful, as well as how to prepare yourself for an interview. Eg. Know your business; a strong handshake; show confidence.”

“I learnt that you place your fork over your knife in the resting position to indicate that you’re not using your knife as a weapon!”

“The most useful thing I took from these workshops was the formal interview dress code for when I will be applying for jobs and university in the future. I think it is important to know what is expected of you from the people who will be interviewing you so that you have the upper hand and can impress them from the start by dressing professionally.”

“I enjoyed the last section where we were taught about the impact of our actions on social media; both the social and the legal consequences.”

“START SMART”

“I came into this workshop not really knowing how to save properly, always finding myself without any money and not able to save up for big purchases. I found this workshop so helpful in learning how to properly save so that it works and that it will take time for it to become a habit. It was also useful to have some information on spending wisely as saving can easily be undone by not knowing how to regulate your spending!”

“I realised that there is an action plan I can undertake to help with my purchasing. I will now use this to spend wisely, not make irrational decisions and be able to save my money by the time I want it.”

“I thought it was really useful that we were shown some apps to use to track our spending and saving.”
"I think it is always important to step back and look at how lucky we are and to take the moment to remember that there are other people in the world who aren’t as lucky as we are that need our help. I was humbled by this experience, enjoying taking time out of my day to actively do something to not only improve, but possibly save people’s lives. It was interesting to see how just a few basic things can have such an immense impact on person’s life."

"I learnt how to timetable properly and how to stick to it!"

"Remember things through creating a movie in your head."

"Don’t try and cram and learn lots of new knowledge just before an exam!"

"Memorise only during your Zone of Effectiveness and do your non-required work before your required work."

"Reduce the amount of work to do by splitting it between yourself and three other friends."

"I really enjoyed this workshop as there were many useful and practical time management and memorising skills that will make my study routine much easier."

"Study Skills"

**The Time Management seminar covers:**
- Developing routines to balance study and lifestyle
- Working smart by completing high value work
- Utilising study groups to leverage time
- Techniques for overcoming procrastination

**The Memory and Menmonics seminar covers:**
- How to overcome reliance upon rote learning
- The role of attention in memory and managing distractions
- Semantic learning techniques for higher level memorisation

"Study Skills"
“I feel more prepared and less nervous now about going into Year 11.”

“I feel that the taster lessons have been a great opportunity to get enthused about next years subjects and have the chance for teachers to tell you any assumed knowledge so that you can get prepared for Year 11.”

“Getting a sneak peek into the work we’ll do made me excited to start.”

“The most interesting thing I felt was remembering and reminding myself why I chose the subjects in the first place. It also allowed me to get so excited about Year 11, completing the classes that I’ve wanted to do since Year 7.”

Taster Lessons

Stress Busting

“I enjoyed the stories and the tips on what to do when faced with a difficult situation.”

“I have different techniques on how to embrace stress and make it my friend.”

“I really enjoyed the meditation”

“The different strategies I can use to help reduce stress/use my stress to my benefit”
"I’ve learnt there are many ways that we are able to back out of dangerous situations, even when they are unfamiliar situations."

"The entire workshop was incredibly useful, not only was Brent engaging and hilarious, but the information he was giving us was really important. I left the day feeling more confident about my ability to stay safe."

"Back Off – Self De-

"I really enjoyed learning the different ways to defend yourself in different circumstances and to manipulate the situation."

"MAKE A WISH"

“Our deepest wishes are whispers of our authentic selves. We must learn to respect them. We must learn to listen.”

Sarah Ban Breathnach

Make a wish.
Like you are blowing out the candles on your birthday cake.
Wish for something you truly desire.
Now find a picture.

Vision it.
Dream it.
Believe it.

"Year 10 HSC Preparatory Programme..cont"
Activities Club

2017 Netball Registration
Given we hit the ground running in Term 1 with grading, uniform orders and team registration in order to meet NSNA and supplier deadlines, online netball registration will be available from early January 2017 – inclusive of an early bird discount. Please seize this opportunity when you receive the MyNetball notification in your Inbox as it will make for a less hectic pre-season, and save you money!

Umpire Convenor Vacancy
Can someone please come forward and take on this role. We must have a dedicated person who can coordinate with the NSNA and our umpires. A job spec is available and the new person will be well supported throughout the season.

Please direct initial enquiries to netballmcc@gmail.com.au

Wishing all our netball families (players, parents, coaches, umpires) safe and happy holidays and a welcomed return in 2017.

BASKETBALL UPDATE

"CONGRATULATIONS" to the Mercy Wildcats for their GRAND FINAL win on Friday 9th Dec.

What a great game they all played on Friday, they were all excited and nervous at the same time but used this energy to their advantage. Wildcats got off to a great start and were in the lead 9 to 0 after the first 10 mins and by half time it was 15 to 4. Wildcats continued to play strong and all players showed great sportsmanship and teamwork. The opposition didn't give up and they tried hard to keep up but Mercy Wildcats proved to be too strong in defence and had good goal accuracy and this saw them go on to WIN 24 to 10.

Well done to the whole team and a big thankyou to their coach John Harmata and the team manager Nichole O"Gready.

**Basketball Players needed for 2017**

I am looking for some current year 7 or current year 8 girls wanting to join an U16 basketball team in 2017. The current year 8 team need appx 5 more players to make a full team. Anyone interested should please send me an email with your daughters name, DOB, best contact number and any previous experience (although this isn't compulsory) and I will be in touch in the holidays with all relevant details as the comp starts as soon as school resumes in 2017.

Regards
Sharon Houston
Mercy Basketball Convenor
Parent News

Just because YOU don’t want it doesn’t mean somebody else wouldn’t LOVE it!

REGIFT!