Dear Parents and Carers,

A big welcome back to school to our students and parents with a specially warm welcome to our new Year 7 students and new students in other Year groups. It has been delightful seeing how well the Year 7s in particular, have settled into their new environment and how excited they are with all the new opportunities offered to them at Mercy.

VIETNAM EXPEDITION RETURNS:
Our intrepid 17 students and 3 staff members have returned from their expedition to Vietnam. From the girls comments they had an amazing time, which was both physically and mentally challenging.

The first challenge in working in the Lai An parish was being shown by Father Andrew a vacant block of land. We had expected that some work had already commenced on the classrooms and that we were to assist to finish the walls. The vacant block became our challenge; to dig holes and trenches, pour concrete and lay bricks as the foundation for five classrooms.

Both the students and staff met the challenge and left the site ready for walls to be built on the foundations we created. (See the photos later in Mercy Voice).

Congratulations to all the girls and staff for such an achievement.

OPEN DAY:
Open Day is fast approaching (Sunday 5 March). It is a time when our College is open to the public and our students show the rest of the community how proud they are to be a Mercy girl. It is compulsory for students in Years 8, 9, 11 and 12 to attend school on that day. If there are exceptional circumstances and your daughter cannot attend, then you need to write a letter asking for her to be excused.

DUKE OF EDINBURGH AWARD SCHEME:
The College received a letter this week from the organisers of the Duke of Edinburgh Award informing us that Mercy College is in the top 100 participants in the Scheme. This is based on not only the number who enrol in the Scheme but also the number who complete it and receive the Award. A big thank you to Mrs Clare Dorey and Mrs Margaret Kellen-donk who run the programme here at Mercy, for without their hard work, dedication and commitment the Award wouldn’t exist in the school.

As always there is a busy Term ahead and I hope to see many parents at our various functions and Information Evenings.

Best wishes,

Principal
Message from the Assistant Principal

Dear Parents/Carers

Welcome back to 2017. As one week has passed the students have settled back into school life and their studies well, considering the hot weather. I would like to thank you for ensuring your daughter’s uniform is following the College’s uniform standards. Just a reminder that earrings are to be plain gold or silver sleepers or studs (not stones etc) and are to be in the traditional place on the lower ear lobe. No plastics or earrings can be worn if your daughter has multiple piercings.

This year the College is targeting lateness to school. After examining attendance in 2016 there were quite a number of students late to school with not an acceptable reason. Students need to be at school by 8:35am when the first bell rings to allow time to be organized for the day and be in their Tutor Group by 8:45am. If a student arrives after 8:45am they will be marked late. If a student is late three times they will receive a College Detention on a Friday afternoon. If a student has an appointment then a note from parent must be given to the front office.

Sleeping in or traffic is not an acceptable reason. There are a number of students walking into the school at 8:35am (and later) which does not allow enough time to be prepared for lessons. If a student continues to be late to school they will be placed on a Saturday detention from 8:30am -11:30am. This will be supervised by a College Executive member. These detentions will be twice a term in Weeks 5 and 9.

It is important that students are on time to school so they do not miss any information given out in Tutor Group or lesson time. I would ask that you discuss with your daughter, the importance of being on time for school with your daughter and coming straight to school and not congregating at the Concourse or the train station.

Your support is greatly appreciated.

Open Day Sunday March 5, 11am-2pm

Open Day this year will run slightly different to 2016. It will be compulsory for Years 8, 9, 11 and 12 to attend on Sunday March 5, to represent the College. Years 7 & 10 will not be required as they started a day earlier than the rest of the students.

All College leaders, choir, band, drama, Food Technology and students in other speciality areas will be required to attend. Staff members will inform those students in specialty areas from Years 7 and 10 if they are required.

Please mark this date in your calendar. More information will be coming in the next few weeks.

Miss Liz Kayrooz
Assistant Principal
Mercy College Chapel – Fortnightly Mass

This year we have scheduled a fortnightly Mass in the Mercy College Chapel. This will occur every Day 7 in the timetable from 8:00am – 8:30am.

On Tuesday we had our first Mass for the year which was celebrated by Father Paul, Parish Priest at Our Lady of Dolours Church. It was great to see the Chapel full of staff and students who gathered together for communion, prayer and reflection.

The next Mass will be held on Tuesday 21 February where we will have a Blessing and Commissioning for the Year 10 CSYMA Class 2017.

Gabie Stojanovski
Religious Education Co-ordinator
Welcome to a New Year

The start of a new year is always exciting. It is always wonderful to start afresh, set new goals and new challenges. It is important your daughter gives herself time to get used to new friends, new teachers and new ways. It is normal for her to be feeling tired while she gets back into a routine. Please ensure she is getting a good sleep, she should be getting at least 8 hours. If she does not finish all her homework, write a note in her diary letting the teacher know, saying your daughter will catch up the next day. If your daughter has a commitment and cannot complete the homework, again write a note in her diary. By writing a note it makes it easier for your daughter to face that lesson, instead of worrying because she has not completed all the homework. The only time this rule does not apply is when there is an Assessment Task; in that case your daughter needs to schedule her time to get it completed. Talk to your daughter about time management and ensure she has a balanced life. Participation in a sport, group, club, music group, makes for a happier and healthier student and it is a good way to meet a new group of friends. We encourage you to ensure your daughter plays sport or gets out and walks. Walk with her, as it is always a good time to catch up.

This year in Tutor Group your daughter will be doing different activities. Each Tuesday morning your daughter will fill in her Gratitude Journal. She will start each term by filling in her goals for the term and then each Tuesday fill in a goal for the week, as well writing about one act of kindness she has done and two things she is thankful for. Over the term your daughter's Tutor will have conversations with her about the goals she has set. Have a conversation with your daughter about her weekly and term goals.

Here is a sample of the Gratitude Journal.

Last week notes went home from your daughter’s Tutor and from her Year Co-ordinator about information and events for the year. Take the time to read through the expectations and put the events in your calendar. Your daughter is very fortunate to have a caring and dedicated team of teachers supporting her at Mercy. If you have any concerns and need some advice, please do not hesitate to email your daughter’s Tutor or Year Co-ordinator.

Have a good week
Gemma McDermott
All Year 7 students are involved in the Mercy STAR programme which runs for one period per week. Read more about the programme

STAR PROGRAMME 2017

School Transition

Resilience

Relationships

WHY IS SCHOOL TRANSITION IMPORTANT?
Transition from primary to secondary school is seen as an important crossroad as young people move from a small, self-contained classroom to a large, more heterogeneous school with increased expectation of independent academic performance and less teachers’ scaffolding. In addition, there are significant changes in the peer group with concerns about social acceptance often causing a loss of self-esteem, falls in academic performance and rising anxiety and depression levels (Akos, 2006; Frey, Ruchkin, Martin & Schwab-Stone, 2009; Marsten, 2008).

Click here for further information

Ms F Hogan
STAR (School Transition and Resilience) Co-ordinator
On Monday the 30th of January, Mercy College welcomed 126 Year 7s. There was great excitement and anticipation as they were greeted by their Year 10 ‘Big Sisters’ and introduced to life at high school. The students have quickly settled into a routine and are enjoying meeting new friends and studying a range of exciting subjects. Year Meeting times have allowed them to get to know their peers, with each colour House flaunting their creative talents in a newspaper costume competition. Our upcoming camp will be a great opportunity to continue to form strong relationships in a fun environment. I am very pleased to have the Year 7s and their families at Mercy and wish them every success in their time here.

Mrs Melissa Loy
Year 7 Co-ordinator
Student News

Swimming Carnival

On Friday 24 February, the Annual Interhouse Swimming Carnival will be held. Lane Cove Aquatic Centre will host the carnival with students travelling to and from the venue via hired buses.

**Championship 200IM and Backstroke event swimmers will need to be at school by 7.45am as their bus leaves at 8am.** This year, these two events will be held prior to the other students arriving to save time throughout the day.

All other students must be at school by 8.35am so that rolls can be marked prior to them boarding the bus. Buses will return to the College by 3.10pm.

Students must wear their full sports uniform (including shoes) to school and may then change into more colourful attire. If students do not have a complete sports uniform, the College uniform must be worn to school. For students who live close to the venue and wish to depart from the pool, a signed letter from the parent/carer must be submitted to the student’s Year Co-ordinator at the beginning of the day. Students will have the opportunity to participate in a variety of swimming strokes throughout the day and if time permits, some novelty events may also be organised. For those students who wish to swim competitively and want to be considered for Age Champion, they will need to participate in the Championship Events. For those who simply want to ‘jump in for a swim’, participation races will also be scheduled. The College encourages all students to swim in at least two events throughout the carnival so they can earn points for their Colour House and be involved in the spirit of the day.

A one piece swimming costume should be worn and sun/rash shirts are also recommended. If a student’s swimsuit is deemed inappropriate by staff, they will have to wear a shirt provided by the College.

Although the kiosk will be operating at specific times throughout the day, students are encouraged to bring their own food and water with them. Sunscreen and first aid will be provided. Additionally, personal medication and protective clothing should be part of every student’s belongings to ensure they enjoy the day.

In the event of poor weather, students are asked to bring wet weather gear such as a raincoat, umbrella, extra towel and plastic bags for their swimmers.

If you have any questions about the Swimming Carnival, please contact Mark Cuttler on mark.cuttler@dbb.catholic.edu.au
Vietnam Expedition
Vietnam Expedition
Duke of Edinburgh Award

DUKE OF EDINBURGH NEWS

Hikes this year:
- Silver: March 8–10 (Bundanoon)
- Bronze: March 23–24 (The Basin)
- Silver: Aug 9–11 (Katoomba TBC)
- Bronze: Sept 7–8 (Patonga)

Gold: School holidays (planning own)
Lunch meetings: see Google Classroom/Daily notices

Excerpt of letter received from Executive Officer—Duke of Edinburgh to Ms Clare Dorey Mercy Duke of Ed Co-ordinator

Congratulations on making the Top 100!

Dear Clare

The Duke of Edinburgh’s International Award – Australia (NSW Division) would like to congratulate you and your school’s achievement in making the ‘Top 100’ Award Units in NSW.

We thank you for your significant and valuable contribution as the Award Leader. We would also like to acknowledge your Assessors and Supervisors and their contribution to the success of your program.

Without this hard work, dedication and commitment the Award would simply not exist.

The data below is based on both Award registrations and completions for 2016, compared with 2015 results. Your Award participation rankings are based on the 2016 registrations and completions across 950 Award Units nationally.

Participant registrations

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<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
<th>Total</th>
<th>National Rank</th>
<th>%Increase/Decrease</th>
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<td>19</td>
<td>10</td>
<td>73</td>
<td>#69</td>
<td>+52%</td>
</tr>
</tbody>
</table>

The NSW team look forward to supporting you through 2017 in maintaining the integrity of the Award and increasing access for all students to this leading youth development program.

Kind regards

Ian Walker
Welcome to Season 2017!

GRADING DAYS:
Years 8 & 9 (U14 & U15) Monday, 13 February, 7:15am
Years 10 & 11 (Cadets & Seniors) Thursday, 16 February, 7:15am
(NB: there will be no Year 12 grading)
Year 7 (U13) Tuesday, 21 February, 7:15am
Supplementary grading Wednesday, 22 February, 7:15am
(Age groups will be notified if required)

Grading will be conducted by Mercy College staff on the school netball court. Please be ready in correct sport uniform before the scheduled time.

HAVE YOU REGISTERED?
Extended and final discount deadline: Monday, 13 February

Please register via this link: MCC Netball Registration Form. If you have any questions or require assistance e.g. Login ID, please email: netballmcc@gmail.com If you have played netball previously with NSNA or another Association, please register as a Return User (vs First Time Participant).

UNIFORM FITTING & ORDERS – Wednesday, 15 February
We will set up near the Undercroft between 8:00 – 8:30am. Please bring $70 cash / cheque (payable to Mercy College) on the day if you have not attended to payment via online registration.

Options for Second Hand Uniforms:
- Return donated second hand uniforms to Mrs Kellendock.

UMPIRING INTEREST
Please welcome Alison Bird as our new Umpire Convenor. If you have not requested further information or expressed interest in umpiring already via the Registration form, please email Alison: umpire.netballmcc@gmail.com or seek her out at the upcoming Grading days. Non-players and parents also welcome.
Extra Curricular Activities

MINDFULNESS AND MEDITATION

This program is an extra-curricular activity being offered to all students at Mercy Catholic College, Chatswood to support the well-being of every student using Mindfulness and Positive Psychology techniques.

The program is designed to reduce stress and anxiety, and increase resilience. To enhance the well-being, students will explore breath, listening skills, mindfulness, movement, positive affirmations, guided meditations, self belief, developing positive relationships to flourish, resilience and gratitude. The lunchtime classes are practical and skill based. They will be held in the Flexible Learning Space at a cost of $80 (8 week term).

Seniors (Year 10 – 12) Wednesday 1:35pm – 2:05pm
Juniors (Year 7 – 9) Thursday 1:35pm – 2:05pm

For registration and further information contact Donna D'Silva: donna.dsilva@dbb.catholic.edu.au

Testimonials:

"Participating in the Mindfulness program has been a very enjoyable and rewarding experience. I found this a very helpful activity as it assisted me through exam times and taught me ways to deal with stress and anxiety. Also, being more aware and grateful for my surroundings is important and I found this a good way of letting go of my worries. I would definitely recommend the Mindfulness Program to everyone as it was fun and helped me to relax." (Year 9 student)

"I've found Mindfulness very enjoyable and I've deeply engaged with the strategies Ms D' Silva has taught me. I use these when I am nervous at times, including tests, appointments and anything that has made me feel anxious. I recommend this to you because it will make your life easier, and once you've learned these strategies you'll be able to use them for the rest of your life." (Year 10 student)
Welcome

On behalf of all the ‘old’ MCC parents and carers I would like to welcome all new families to the College; both those with daughters starting in Year 7 and those joining other Years. I hope the first few days have been wonderful and that your daughters are happy and have settled really well.

Year Groups: Contact Lists and P&F Parent Co-ordinators

Over the last few years we have been collecting contact details with a view to creating confidential Year Group Lists to be distributed to families. This information is only obtained from families with permission. It is not routinely collected by the P&F from school records. If your daughter is in Year 10, 11 or 12 and you would like to forward or update your contact details, please complete the details below and forward to me. We have most details from the other Year groups, however if your details have changed you are welcome to let me know.

If you would like to be a new (or continuing) P&F Volunteer Parent Year Group Co-ordinator this year and manage these lists and consider organising Year Group social functions from time to time, I would be grateful if you could let me know.

Details for Year Group List
Student’s First Name
Student’s Surname
Student Year in 2017
Father’s Name
Father’s Phone
Father’s Email
Mother’s Name
Mother’s Phone
Mother’s Email

P & F Meetings

All parents and carers are welcome to attend these meetings. They are held in the Flexible Learning Space (‘The Flex’) from 6.30pm. They rarely last an hour and the dates in 2017 are: 15 February, 31 May, 9 August and 18 October (The AGM). This is a good opportunity to contribute to P&F discussions and keep up to date with school matters. All P&F positions are filled for 2017, so you can attend without the requirement to volunteer for any big tasks.

2017 Annual Cocktail Party

The main social event organised by the P&F for MCC parents is the Annual Cocktail Party. This will be held on Friday 10 March 2017. Please consider coming along to this wonderful evening in a fantastic location. This event is not a fundraiser and provides an easy opportunity for you to meet other MCC parents and hopefully catch up with old friends. I particularly encourage parents who currently know no other parents in their daughter’s Year to attend. I can assure you from experience that this is a very easy way to meet some delightful parents.

Parent News
Parent News

P & F news continued...
Cocktail party
Date  Friday 10th March 2017
Time  7.00pm – 11.00pm
Venue  Harbourview Lounge, Kirribilli Club, Lavender Bay
Tickets  $50 per person – includes canapés and initial bar tab
Dress  Smart Casual
RSVP  Monday 6 March 2017
Tickets  https://www.trybooking.com/259082

Open Day

The MCC Open Day provides an opportunity for you to spend a little bit at your daughter’s school and contribute to the life of the College. The P&F is seeking volunteers to help on Sunday 5 March 2017 in order to provide a friendly and welcoming environment for our visitors. The tasks are easy and fun and include: Set up, BBQ Cooking, Food and Drink Preparation, Transport Information Table, Welcoming Area, Helium Balloon Inflating and then Pack Up.

If you can spare an hour or two on this day, I would be grateful if you could add your name to the volunteer roster. This year, the roster will be emailed to parents in the form of a link to a Google Document, with instructions and guidelines.

I look forward to hopefully meeting many of you at the P&F Meeting, the Cocktail party and then at the Open Day.

Please feel free to call me at any time if you have any questions or would like to provide ideas or feedback.

With best wishes,
Phillipa Sobb
President P & F
Message from the Department of Public Health

Meningococcal School-based Vaccination Program in 2017

The NSW Minister for Health has today announced the start of a school-based meningococcal vaccination program targeting Year 11 and 12 students in Term 2 2017.

Meningococcal W has emerged as a significant cause of invasive meningococcal disease with the number of cases almost tripling in NSW in 2016 compared to 2015. Meningococcal disease is a rare but serious illness that can present as meningitis (inflammation of the lining of the brain and spinal cord) or septicaemia (blood poisoning) and may be caused by one of several serogroups (or types), including A, B, C, W and Y. Use of meningococcal C vaccine on the National Immunisation Program has almost eradicated meningococcal C disease in Australia.

Evidence from Australia and overseas suggest that meningococcal disease caused by serotype W is significantly more severe than the other serotypes currently circulating in Australia. More information about meningococcal disease is available here: www.health.nsw.gov.au/infectious/factsheets/Pages/Meningococcal_disease.aspx.

The vaccination program will target and protect Year 11 and 12 students based on national expert advice that older adolescents have a greater risk of carrying and transmitting meningococcal disease and that school-based vaccination programs are the most effective way of achieving high vaccine uptake in this group. The vaccine is given as a single dose, protects against serotypes A, C, W and Y and has been shown to be both safe and effective.

The Meningococcal W Response Program for students in Years 11 and 12 will run alongside the routine Year 7 vaccination program, with some modification. The second dose of human papillomavirus (HPV) vaccine normally given to Year 7 students in Term 2 will be deferred, which will allow school immunisation teams to commence the Year 11 and 12 Meningococcal W Vaccination Program from 1 May 2017 at that Term 2 slot instead. There is no harm for Year 7 students in delaying the second dose of the HPV vaccine.

Further consideration will be given to completion of the HPV course for Year 7 students, and correspondence about these arrangements will be made to parents and schools as soon as possible. In determining this schedule, NSW Health has been working with education authorities in the Government, Catholic and Independent sectors so as to minimise disruption to schools and senior students.

Your local Public Health Unit (available on 1300 066 055) will shortly be contacting your school to make arrangements to offer meningococcal vaccination to Year 11 and 12 students, including confirming clinic times and the distribution and collection of consent materials. Your support is greatly appreciated and will help maintain the health and well-being of your students and the broader community.
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:** Wednesdays 1st March – 29th March 2017 (5 sessions)

**TIME:** 7.00pm – 9.30pm

**COST:** $150pp

**REFRESHMENTS PROVIDED**

BOOKINGS ESSENTIAL:

**PH:** 8021 3668

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

Packing for the Desert

PRAISE fest

6-9pm
Friday 24 February
Tuggerah Lakes
St Peter’s Catholic College Hall

Catholic Youth
Broken Bay

Facebook
Twitter
YouTube