



The Mercy Voice

Term 1 Issue 1
31 January — 9 February
2018

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Upcoming Events:

TERM 1

WEEK THREE

12–13 February—Yr 7 Camp
13 February—Year 11
Information Evening 6pm
14 February—Ash Wednesday
Literyg 10am
15 February—Senior
Basketball
15-16 February—Year 12
Geography Field trip
16 February—Year 7
Vaccinations

WEEK FOUR

19 February—Opening
College Mass—9am
21 February—Academic
Assembly 10am
21 February—P&F Meeting
6.30pm
23 February—Swimming
Carnival

SAVE THE DATE
MERCY COLLEGE OPEN
DAY 2018
SUNDAY 4th MARCH

Dear Parents and Carers,

Welcome to the new school year.

As you are aware often in *Mercy Voice* there is a section called *Mercy Girls Inspire*, where we inform you of students who through their actions of compassion inspire us to be better people. This week we have 15 girls to mention who are inspirational, the teachers and students who have just returned from the overseas immersion to Vietnam.

New parents may not be aware that the school is supporting a Catholic parish in the small village of Lai An. The village has a church built by the French in 1890 (the same year Mercy opened) but no school. The Mercy community started supporting the parish last year and laid the foundations to the school. These past summer holidays we were back building the walls.

I encourage you to read the girls' comments and look at the photos which appear later in the newsletter.

NEW EXECUTIVE OF THE PARENTS AND FRIENDS ASSOCIATION:

I am very pleased to announce that the following parents have taken up a position on the P&F Association Executive.

President: Tina Teixeira

Vice President: Shyla Stephen

Secretary: Jacqui Hester

Treasurer: Annelise Pearce

The first **P&F meeting is Wednesday the 21 February.**

I encourage all parents to support the new Executive and the College by attending. It is also an opportunity to have your voice heard.

OPEN DAY:

This year Open Day is Sunday 4 March. This is a compulsory school day for Years 8, 9, 11 and 12. Students are expected to attend unless there is an extremely exceptional circumstance. If this is the case parents need to write to me to explain the reason for the absence. Students are given a day off later in the year to compensate for this compulsory day.

Many of you would have yourself been to an Open Day and realise the importance of this in showcasing the excellent standard of academic work and wonderful opportunities that Mercy provides for its students in the co-curricular area.

The P&F will be calling for volunteers from the parent body, so if you can help it would be appreciated.



NEW STAFF:

I would like to introduce you to the new staff who began at Mercy last week.

Miss Marnie Davies in the Human Society and Its Environment (HSIE) faculty. She will be teaching Geography and Commerce on a part-time basis, job sharing with

Mrs Nadia Talbot-Wild who will be working for three days per week.

Miss Donna Selby is also in the HSIE faculty teaching History and Religious Education. She is job sharing with Mrs Dorey.

Mr Donald Black joined the Science department as our new Physics and junior Science teacher.

Ms Catherine Westwood has taken up the position as Science Co-ordinator. Her speciality areas are Biology and junior Science.

Mr Mark Strykowski has joined the Music department as a teacher. He is our current Band Master and will now be a part-time teacher.

Mr Mark Mikhaeel is the new teacher in the Maths department due to promotion of Miss Elaine Agapiou as our Maths Co-ordinator.

Ms Kate Caron joined the Creative Arts faculty as the Drama teacher.

Mrs Wendy Symons is an addition to our Religious Education department.

Mrs Olivia Smith joined Mercy as our new Language Other Than English (LOTE) Co-ordinator. Her specialist language is French.

Mrs Donna D'Silva is not new to many of you as she has in the past taught in both the Maths and Drama departments. She re-joins us this year working in the Learning Support team.

I hope 2018 is a fantastic year for all our families.

Best wishes



Principal

Information from Assistant Principal

Dear Parents/ Carers,

Welcome back to 2018. As one week has passed the students have settled back into school life and their studies well. I would like to thank you in ensuring your daughter's uniform is following the uniform standards. A reminder that earrings are to be plain gold or silver sleepers or studs (not stones etc) in the traditional place on the ear lobe. No plastics or earrings can be worn if your daughter has multiple piercings.

Please refer to your daughter's College Diary and website for uniform requirements.

This year the College will again be focusing on lateness to school. After examining attendance in 2017 there was still 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.

Tutor Group commences on Mondays, Wednesdays, Fridays and Tuesday Day 7 at 8:45am and on Tuesday Day 2 and Thursdays at 8:40am. If a student arrives after these times 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 a 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 in Tutor Group or the Pastoral programme RISE. I would ask that you discuss with your daughter the importance of being on time to school and coming straight to school rather than congregating at the Concourse, in The Chase or the train station.

Your support is greatly appreciated.

Tuesday Day 2

Just a reminder that classes finish at 2:25pm on Tuesday Day 2, to allow for staff professional development.

Important Dates for 2018

Parent Teacher Nights 2:00pm – 6:30pm

Tuesday May 8 – Year 12

Tuesday May 22 – Year 7

Tuesday May 29 – Year 11

Monday June 2- Year 10

Tuesday June 24 – Year 9

Tuesday June 31 – Year 8 Parent Teacher and Elective subject information

Please note school finishes at 1:45pm on these days.

Year 12 Academic Awards and Graduation Mass

Wednesday 26 September 1:00pm – 6:00pm

Year 12 Academic Awards and Graduation Mass

Wednesday 26 September 1:00pm – 6:00pm

Awards Night Years 7- 11

Thursday 13 December 7:00pm

Open Day Sunday March 4 11am- 2pm

It is compulsory for Years 8, 9, 11 and 12 to attend on Sunday March 4, to represent the college.

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 Kayrooz

Assistant Principal

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2018 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Years 10-11	Meningococcal ACWY vaccine	Single dose

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/carers. To consent to the vaccination of their child, parents/carers are advised to:

- * Read all the information provided
- * Complete the consent form, including signing their name next to the vaccine/s they would like their daughter to receive
- * Return the completed consent form to school
- * Ensure that their daughter eats breakfast on the day of the school vaccination clinic.

Please note that students who commence HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8. Students who have any HPV doses at their GP will be advised to complete the course with their GP.

Parents/carers who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination will be provided to each student vaccinated at each clinic either as a physical card or a text message sent to the mobile number recorded on the consent form (within 1 business day). Parents/carers should ensure that this record is kept for future reference and should not assume that their daughter has been vaccinated if they do not receive this Record of Vaccination.

Year of Youth 2018

The Australian Catholic Bishops have identified the 2018 liturgical year as a national Year of Youth focusing on the theme 'Open New Horizons for Spreading Joy'. Celebrations for the Year of Youth began with the Australian Catholic Youth Festival in December last year which was attended by over 100 students in Years 9, 10 and 11. This was a powerful experience of encounter for our students who represent the hope and vitality of a new generation of young people in the life of the Church.



There will be many diocesan events throughout the year to celebrate the Year of Youth in our community. The first event is Praisefest and launch of World Youth Day (WYD) Panama 2019. The evening will be held on Friday 9 February from 6:00 – 9:00pm at the Light of Christ Centre, Waitara. It will include a liturgical celebration followed by a Panamanian festival to build excitement and enthusiasm for WYD.

Mercy College Chapel Mass

"How lovely is your dwelling place, Lord, mighty God!" (Ps 83:3)

On Tuesday we welcomed Fr. Jim McKeon, our new Parish Priest, who celebrated our first College Chapel Mass. We were very pleased to have staff and students from Our Lady of Dolours Primary School and St Pius X College join us in the celebration of the Eucharist strengthening the connections between our school communities. We are blessed to have Fr. Jim join us as Parish Priest and look forward to working together in faith to extend Christ's Kingdom in our community.

Ms G Stojanovski

Director of Mission and Religious Education



Welcome to 2018

Welcome to 2018. I hope you and your family had a wonderful Christmas and fun time being together.

As your daughter gets back into the school routine and having to get up earlier to catch public transport, be aware she will be returning home feeling tired. It is normal for her to feel a little overwhelmed at having to complete tasks and manage her time. It will take some time for your daughter to get back into a routine. Ensure she is eating well and getting enough sleep.

Your daughter should be getting 8 to 10 hours sleep a night. If this is not possible, try to have her get at least 7 hours sleep. An hour before bed she should be putting away electronic devices and reading a book, this brings down the serotonin levels, which tells the body it is ready for sleep. Bright lights from electronic devices causes the serotonin levels to increase, which tricks the body into thinking it needs to wake which results in difficulty getting to sleep. One of my biggest tips is to invest in an alarm clock that does not have a bright glow. This investment helps your daughter sleep and not rely on her phone as an alarm. The phone should be put in the kitchen each night.

If your daughter is not happy with any of her classes due to the fact her friends are not in the class, listen to her concern but do not react. Acknowledge it must be difficult but do not ring the school to ask for her classes to be changed. Your daughter needs time to get used to it and also to learn how to cope with these situations.

Over the holidays it was sad to read the story about Dolly from the Northern Territory who was a victim of online bullying. Last year I wrote to parents about the site that Dolly used and asked parents to have a conversation with their daughter about her online activity.

Again, can I ask you to sit with your daughter, find out what she is using and sit with her while she removes any sites you do not approve. Below is the information I sent out last year.

There are many sites on the internet that allows anonymous comments and responses. These sites are emotionally hurtful. Unfortunately, once one of these sites is shut down, it appears again under a new name. Some of the site names are formspring, ASK FM, Sarahah which is a snapchat app. Here is a link to a young person's perspective on Sarahah. <http://nymag.com/selectall/2017/07/what-is-sarahah-app.html>

If you are unsure about any apps your daughter is using, go to this page for information <https://esafety.gov.au/> or use google to check the name. I have included information sent to us from the Office of the eSafety Commissioner about snapchat, which was included in the 2017 August newsletter.

Message from Director of Student Wellbeing

Year 12 Parent Information Evening

This week we had a Year 12 Information Night to go through Academic and Pastoral information.

One of the biggest messages is that girls need balance. They cannot be studying all the time. They need an outside activity, whether it is sport on Saturdays, walking, dance or music. As a parent the biggest role is for you to be there as a support, listen to them, love them and provide the much needed food. Year 12 is not a time to go on a diet.

Another message I did not get to on Tuesday night was about home expectations. Your Year 12 daughter is still part of the family therefore, expect them to show respect to their siblings. Pull them up for rude behaviour but pick the time, due to the pressure they put on themselves, they will be extra sensitive. Read behaviour, learn to know how your daughter reacts during tests, is she too quiet or does she cry a lot or is she able to get on with the situation.

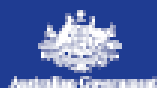
Mercy has a wonderful support team for every student. Your daughter has her Tutor, her classroom teachers, Year Coordinator, KLA Coordinators, Director of Student Wellbeing, Director of Curriculum and the College Counsellor. If you ever need help for pastoral situations, contact your daughter's Year Coordinator and for academic her teacher or the KLA Coordinator.

Enjoy the next few weeks.

Ms G McDermott
Director of Student Wellbeing



Year 12 Information Night



The Office of the eSafety Commissioner has recently received several online complaints about compromised Snapchat accounts

THE ISSUE

Snapchat is an app that allows users to share images and videos ('snaps') with friends. Before a user can access Snapchat, they must first create an account protected with a password. Typically, content shared with friends is 'ephemeral' and is deleted a short time after being viewed.

Recently, Snapchat released a new feature – 'Memories'. With Memories, users can preserve content in a secure archive on their phone. The feature includes a section called "My Eyes Only" – a PIN protected area where explicit snaps can be stored.

The Office has learned that some students have shared their Snapchat account passwords with friends or people they've met online. This has led to unauthorised individuals gaining access to accounts, and intimate or unwanted images or videos being shared, or threatened to be shared.

In some cases, once individuals have accessed an account, they're also requesting to know the user's 'My Eyes Only' PIN. Attempting to solicit information from a person in this way is a form of social engineering.



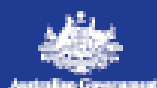
[Click for our advice](#)

WHAT IS SOCIAL ENGINEERING?

Social engineering is the act of manipulating people into performing actions or divulging confidential information like passwords and PINs. The attacker uses social pressure, deception or threats to influence a person into doing something against their interests. Social engineering is not hacking. Hacking involves the use of computer technologies to gain unauthorised access to systems and networks. Students sometimes use the term 'hacking' when in fact they have shared their password.

WHY IS SOCIAL ENGINEERING AN ISSUE?

Social engineering can be used to steal identities, violate people's privacy and to obtain 'high-value' information, such as intimate images. This type of cyber-threat can be subtle, and may appear as a simple request to help a friend. Spotting social engineering attempts can be challenging.



SELF-DEFENCE AGAINST SOCIAL ENGINEERING

Your child can decrease their chances of social engineering by following these steps:

- **Set strong passwords and PINs** for all devices and accounts – see more information on setting [effective passwords](#)
- Use [two-factor authentication](#) to secure all accounts, including [Snapchat](#)
- **Never give out confidential information (even to friends)** – this includes passwords and PINs
- **Treat unsolicited emails with scepticism**
- **Review account activity regularly** – most social networking sites and apps, including [Snapchat](#), allow users to see where they're logged in and what apps or tools are connected.

WHAT TO DO IF YOUR SNAPCHAT ACCOUNT IS COMPROMISED

If your child's Snapchat account is compromised, and intimate images or videos have been accessed and shared with others, follow these steps:

1. Visit [Snapchat's Safety Centre](#)
2. Click on the "Report a safety concern" button
3. Choose the "Report a safety concern" option
4. Choose the "A Snap or Chat I've received" option

5. Choose the "It contained nudity" option, or another option if more appropriate

6. Click "Yes" for the question "Still need help?" and fill in the required text boxes – try to provide as much information as possible in the "What information should we know?" text box. This could include information about the particular way an account was compromised, or the ways in which intimate or embarrassing content has been shared without consent.

COMPLAINING TO THE OFFICE OF THE ESAFETY COMMISSIONER

If Snapchat has not resolved your issue within 48 hours, you may be able to complain to the Office of the eSafety Commissioner.

The eSafety Commissioner will take action against cyberbullying material that is serious. Specifically, the material needs to seriously threaten, intimidate, harass or humiliate a child before we can step in. For information about the eSafety cyberbullying complaints scheme and to lodge a complaint see our [website](#).

We encourage young people experiencing cyberbullying and related issues to contact the Kids Helpline. Their counsellors are available 24 hours a day, 7 days a week, free of charge. Counsellors can also chat online at [Kids Helpline](#).

VIETNAM IMMERSION:

Fifteen Mercy women spent 16 days in Vietnam assisting to build a new school and working in a Catholic orphanage with disabled children. Below is a snippet from the students' reflections on their experiences.

"it was unforgettable and eye-opening" Zoe

"being able to assist in building a school was the most rewarding experience that I am so happy and grateful to be a part of". Brianna

"I felt like I was making an impact on the community now and in the future". Natasha

"The smiles, laughter, tears and sheer happiness has made this trip very special and very important to me". Luca

"I have shared bonds with people I never thought I would". Bridie

"It has been an amazing and eye-opening experienceI hope that when I finish school I will be able to go back and help". Liz

"The progress we made at the end of the day was very encouraging and reenforced that what we were doing was actually making a difference". Grace

"I can definitely say that my mindset has changed. I've always taken everything for granted but seeing the amount of people living in poverty and without everything that we think we need (has opened my mind)." Luca

"Coming to Vietnam was a little scary as I thought we were very different to the Vietnamese locals but during the trip I realised we are alike in so many ways". Bridie

"This trip has changed my life and the way I look at myself, the world and others". Brianna

"This was a grounding experience because I could see how happy the people were despite how little they have compared to us". Caolyn

"Such a great experience, seeing new things, observing a new culture". Ella

"I definitely have a new outlook on life. I never realised how lucky I am to live in Australia and now I want to help others". Kristina

"the social justice aspect of the trip was so fulfilling and has helped me realise how much I have and that people like myself should share our privileges". Sophie

"This was one of the most incredible experiences of my life". Caitlin



Building the Primary School in Lai An



Visiting the convent of the St.John Bosco sisters

Vietnam Immersion



Village children—Sapa



Cat Cat Waterfall



Vietnam Immersion continued

Along the Mekong River



Vietnam Immersion continued

Top of Vietnam's highest mountain at 3,143m



Sing-a-long with parishioners



Water buffalo ride



83 years young and still farming !

Making A Difference Year 9 English 2018

Language is the way we organise the world. Language is the way we make sense of anything that happens to us.

This year, Year 9 English students are going to be exposed to a range of texts that examine how language shapes our culture.

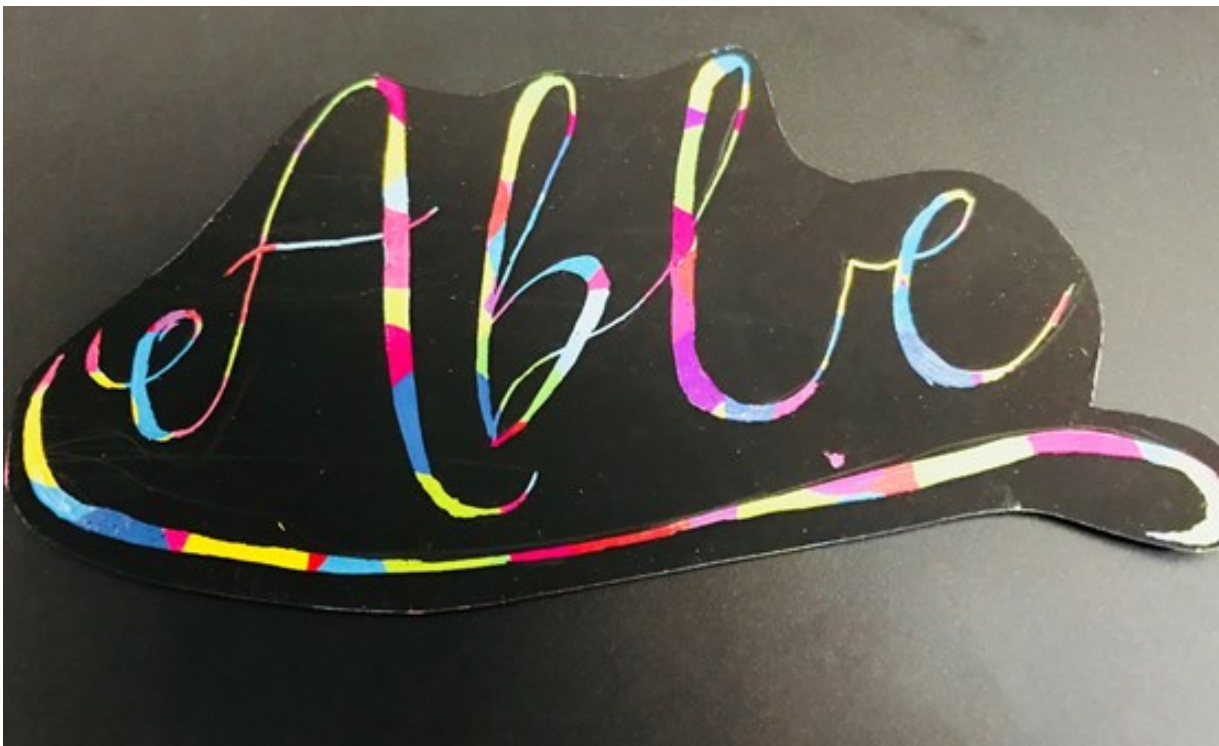
To begin the year, some classes decided to select their individual 'Word for the Year' which challenges each student to focus on one word that will direct their thoughts and actions. In this way, students can become more aware of how just one word can change a life. The slogan for the 'One Word Project' is:

GO WHERE IT TAKES YOU.
BE WHO IT MAKES YOU.

Perhaps with some intentionality and commitment, this one word will be the compass that directs the students' decisions and guides their steps.

As they embark on their studies in English this year they will be examining how the authors of the texts they are studying use language to shape the world around them. Hopefully, this will challenge all of us as readers and viewers to see the world differently and call for change.

Ms Munro
English Teacher



The Duke of Edinburgh program is up and running for the year.

Year 9 students can now start Bronze and notes are due in this Friday. We'll be hiking in the Kuringai Chase National Park and on the Central Coast in May and September. Training and preparation for those hikes will begin soon.

Year 10s are moving on to Silver – with over 20 keen so far. We have our first hike coming up in March to Katoomba. Notes go out this week and need to be back in asap! We have lots of planning to do.

The Year 11s are embarking on Gold and need to plan their own hikes this year, as well as the new Residential section. It will be great to see them work well as a team to accomplish their goals. The Year 12s are continuing their hours and have planned their final hike for the April school holidays. Most of them completed their Residential by joining the Vietnam immersion in January, and from the photos it is clear they had a fabulous time.

If your daughter is still unsure about whether to join Duke of Ed please encourage her to talk to me asap (this Wed-Fri). The scheme really does push them out of their comfort zone and help them see new places, keep fit, learn new skills, make new friends and discover the joy in helping others.

Looking forward to many new adventures together in 2018!

Thanks,
Ms Dorey
Duke of Edinburgh Coordinator



Thursday Walking Club

Walking Club will be back in 2018 and is recommencing soon!

Join Mrs Taylor and Mrs Oliver every Thursday at 1:30pm (weather permitting) for a social and fun walk departing from the school gates! Open to all students from Years 7 to 12. Girls bring their lunch and walk around the local streets for approx 20 minutes, usually ending at Beauchamp Oval.

Girls can wear sports shoes, but this isn't a requirement. Parent permission slips (valid for the year) are available from student reception and there is no cost for this wonderful activity! This is a great opportunity for the girls to socialise in the fresh air of a large, leafy park.



Hello and Welcome! My name is Tina Teixeira and I am the MCC P&F President for 2018. I am looking forward to the year ahead and to meeting as many MCC families as possible at all the wonderful College events we have lined up.

I would like to express my gratitude to Phillipa Sobb who has been the P&F President for the past 2 years. Phillipa, your enthusiasm and dedication is greatly appreciated by all of us! Thank You!

Welcome to all the new families joining MCC this year; both those with daughters starting in Year 7 as well as those joining in other Years. I hope your daughters are settling well and are happy. I know you are going to love it here!

P&F Parent Co-ordinators

If you would like to volunteer to be a Parent Year Group Co-ordinator this year, kindly contact me. If the role is shared out between a few parents in each Year group, it will be easily managed as it is not a demanding or time consuming role.

P&F Meeting

Our first P&F meeting this year is on Wednesday, 21 February 2018 from 6:30pm to 7:30pm in the Flexible Learning Space ("the Flex"). Please consider attending. These meetings do not last very long. If you can not attend this first one, please diarise the following dates and try and attend one of the others: 6 June 2018, 15 August 2018, 24 October 2018 (AGM).

2018 Annual Cocktail Party

Our first social gathering organised by the P&F for MCC parents is coming up on Friday, 9 March 2018. This is not a fundraising event. It is a great opportunity to meet other MCC parents and I strongly encourage you to attend. An invitation along with a Trybooking.com link will be emailed out to everyone in due course.

College Open Day

The MCC Open Day, which is being held on Sunday, 4 March 2018, is the perfect opportunity for parents to spend a little time at the school, seeing for themselves where their daughters spend their days. The girls love showing everyone around and it is wonderful to see the pride in their eyes as they show us their lockers and classrooms, introduce us to their amazing teachers and show off their talents in the amphitheatre. It's a great day and never disappoints, please come along and see for yourself.

The P&F requires volunteers to help on the day. The tasks are simple and fun (and very sociable)! Some of the tasks include: set up, BBQ, food and drink prep, Welcoming area, helium balloon inflating, pack up and clean up. A volunteer roster will be emailed to parents, please volunteer an hour or two of your time on the day.

I look forward to meeting you at the upcoming Cocktail Party!

Please feel free to contact me if you have any queries or just to provide feedback or share ideas.

Best wishes,
Tina Teixeira
President P&F
tina700913@gmail.com

2018 P&F Function Dates

Open Day	Sunday 4 March
Mothers' Day Breakfast	Thursday 10 May
Fathers' Day Breakfast	Thursday 30 August
Graduation Afternoon Tea	Wednesday 26 September
Year 7 2019 Welcome BBQ	Friday 16 November

2018 P&F Meeting Dates

Term 1	21 February
Term 2	6 June
Term 3	15 August
Term 4	24 October (AGM)

Open Day

Sunday 4th March, 11am - 2pm



MERCY CATHOLIC COLLEGE
CHATSWOOD EST. 1890

101 ARCHER STREET, CHATSWOOD



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop In your area will be held:

TIME & DATE: 6.30pm – 8.30pm, Wednesday 7 March 2018	VENUE: Regis Hall, Regis Campus (Junior Site), St Ignatius' College, Riverview Street, Riverview	BOOK NOW: Council's Road Safety Officer on 9911 3576
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**Helping learner drivers
become safe drivers**



Swimming Carnival

On Friday 23 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.

Appropriate swimming attire 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

Dear Parents and Caregivers

RELIGIOUS FREEDOM REVIEW

An Expert Panel has been appointed by the Prime Minister to examine whether Australian law adequately protects the human right to freedom of religion. It is vital that as many voices as possible are heard on this important issue.

If you would like to make a submission you might want to address some or all of the following points:

- Religious schools and organisations should be allowed to positively discriminate in employment in favour of people who adhere to their beliefs on marriage.
- Religious schools should be allowed to teach children their view of marriage without fear of being reported to a government commission.
- Parents should have the right to withdraw children from certain classes where material to be taught was not consistent with their religious or moral beliefs.
- Religious charities should be allowed to hold their traditional view of marriage without fear of losing government funding or charitable status.
- Religious and conscientious protections should be provided for marriage celebrants
- Anti-discrimination laws should be amended to ensure that no-one can be prosecuted for expressing the view that marriage is between one man and one woman.

Submissions are due by 14 February 2018 and can be made online, by email or by mail.

Online: <https://pmc.gov.au/domestic-policy/religious-freedom-review/submission>

Email: religiousfreedom@pmc.gov.au

Mail:

The Expert Panel on Religious Freedom
C/O Department of the Prime Minister and Cabinet
PO Box 6500
Canberra ACT 2600

Mercy Catholic College has launched *Qkr* (by *MasterCard*) as an easy to use, secure phone app for making payments from your mobile phone for co- curricular activities (i.e. Swimming, Cricket, Basketball, etc). *Qkr* will accept payment using **ANY** credit/debit card (except American Express) and has a simple checkout function.

Commencing Term 3 all payments for co-curricular activities will be processed via *Qkr*. It is simple and convenient to use with no fees or charges.



Getting started!

Step 1. Download *Qkr!* on your Android phone or iPhone Via [App Store](#) or [Google Play](#)
iPad users can download iPhone App.

Step 2: Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3: Find Mercy Catholic College, Chatswood

Search for Mercy Catholic College or Chatswood

Step 4: Register your Child/ren

When first accessing your school menu; you will be prompted to register your child. This allows you to make school payments on their behalf.

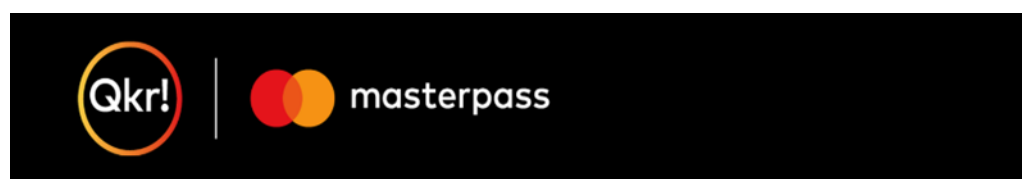
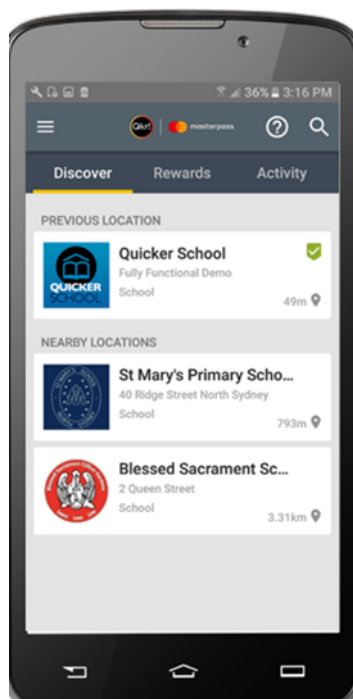
Note: The [Qkr web client](#) is available for those not wanting to complete transactions from their mobile phone.

About the *Qkr!* App

Qkr is a safe, secure and reliable way to pay for school items. *Qkr* is provided by MasterCard so you know the payments are secure. No information is stored on your phone. Registration details and card information are saved securely on the MasterCard network.

For more information please click on the link below or contact Mrs Margaret Kellendonk Co-curricular activities Administrator 9419 2890 or margaret.kellendonk@dbb.catholic.edu.au

[https:// www.marcard.com.au/en-au/about-mastercard/who-we-are/qkr.html](https://www.marcard.com.au/en-au/about-mastercard/who-we-are/qkr.html)



Q. How can I keep track of my *Qkr!* payments?

A. Itemized *Qkr!* eReceipts provide a record of purchase and are a convenient way to keep track of your *Qkr!* payments.

To view your eReceipts:

1. Open *Qkr!* and tap 'Activity'.
2. Scroll down to 'Order History' and tap 'Receipt' to view eReceipts.

Never lose a receipt: email receipts to your account:

1. Select the eReceipt you wish to email to yourself.
2. Tap on the mail icon at the top right of your screen.
3. Tap 'Send' to email the eReceipt to your email address, or enter another email address, and tap 'Send'.

GWS Giants AFL players visit Mercy

On Monday 2 players from the GWS Giants AFL team visited Mercy. Emma Swanson and Pippa Smyth spoke to the girls about their experiences since they started playing AFL and the benefits they have enjoyed through their involvement in footy. A Q and A session followed with most girls eager to find out how they could get involved in this growing sport.

In 2018 Mercy College in conjunction with the Lane Cove Cats AFL Club will be entering an U/15 Women's team in the local AFL Competition. Please see the Attached flyer for more information or contact Greg Byrne 0416 037278.



Emma
Raquel
Hannah
Baillie
Pip



Emma and Emma



Play AFL for Girls with Mercy College in 2018



The explosion of girls football in Australia has been phenomenal. The new semi-professional women's league, AFLW has seen growth in youth girls football in NSW surge.

This resulted in the introduction of the Under 12 junior girls competition in 2017, which was an outstanding success across Sydney.

For 2018 Mercy College is excited to offer AFL for Under 15 Youth Girls as a sport.

This will be jointly with the Lane Cove Cats Junior AFL club which fields both boys and girls teams in the local Sydney competition.

Lane Cove was awarded the best club in the northern region last year. <http://www.lanecovecats.com/2016/08/30/cats-awarded-best-junior-club-in-the-north/>

This will follow the same rules as set out in the AFL Australian Football Match Policy and is played in a semi competitive environment, with ladders and a finals series in place.



This competition will cater for girls turning 13, 14 or 15 in 2018, and is open to girls who are new to AFL.

So if you still 14 on 31 December 2017, you can play in U15 in 2018.

<http://www.lanecovecats.com/girls/>

Lane Cove Cats are fully licensed and affiliated with the AFL, allowing us to enter teams into the AFL Sydney Junior competitions.

Annual registration fees of \$230 include uniforms (jersey/shorts/socks) & training shirt. The jersey and shorts are returned for re-use at the end of the season. There are no additional club fees.

Girls need to provide their own football boots (plastic stud), and can wear school tracksuit.

The team will be known as Lane Cove Cats - Mercy College U15 Youth Girls team.

Training is generally run on Thursday afternoon at Blackman Park, Lane Cove with our U12 youth girls team, however there is some flexibility in terms of training times.

Games are played on Sundays, mostly as late morning / early afternoon games.

If you are keen to play AFL and would be interested in joining the Mercy College U15YG team in 2018 we would love to hear from you. Please email u15ygs@lanecovecats.com or call Greg Byrne 0416 037278

Other information, call or email Mrs Kellendonk on 9419 2890 margaret.kellendonk@dbb.catholic.edu.au



MCC Co-Curricular Sport

Soccer 2018

Mercy participates in the North West Sydney Women's Football Association (NWSWFA) with the season commencing in April 2018. Most games are played at either Meadowbank or Putney, but can be elsewhere in the Ryde, Gladesville, or Hornsby areas. Starting times are variable, but always on Sundays. Games are played on long weekends and throughout the school holidays. Catch up games may be played on a Saturday due to cancellations (generally weather related)

Training: Beauchamp Oval Chatswood– Wednesdays 3:30pm-4:30pm
Adult Coach and Manager required for each team entered.

2018 Fees:

Junior Registration (11-17 years) - **\$180**

Senior Registration (18 years +) - **\$190**

Fee includes Uniform (Jersey and Shorts) competition registration, insurance and equipment.

Socks are to be purchased separately : \$12 pair

Active Kids Rebate

If you are eligible to claim the Active Kids Rebate please enter your Voucher Code when requested on the registration page and the \$100 credit will be added to your final invoice amount.

2018 Online Registration Link: [TBA](#)

Pre-Season dates:

Pre-season information will be advertised in the school bulletin, via email, in Tutor Group and on the MCC Notice Board.

Uniforms will be supplied to Manager of each team for distribution.

Whilst under the College umbrella, all MCC co-curricular team sports are coordinated and run by Parent Volunteers Each team will require an adult coach and Manager. Please think about offering your time to assist in these roles.



Any queries please contact: Mrs Kellendonk
Co-Curricular Activities Administrator margaret.kellendonk@dbb.catholic.edu.au
or 9419 2890



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 breathing, 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 Drama Room at a cost of \$100 (8 week term).

Classes will be held on Thursday from 1.30pm to 2pm.

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)



In 2018, the '*It is Time to Shine*' program will be offering students at Mercy Catholic College the opportunity to participate in...

DRAMA CLUB – YEAR 7 AND YEAR 8

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: Wednesday 3.30pm - 4.30pm (Year 7)
Thursday 3.30pm - 4.30pm (Year 8)
Friday 3.30pm - 4.30pm (Year 7 and Year 8)

Where: Drama Room

Cost: \$136 per term (8 lessons)

MUSICAL THEATRE CLUB – YEAR 7 TO YEAR 11

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: Friday 4.30pm - 5.30pm
Where: Drama Room
Cost: \$136 per term (8 lessons)

MINDFULNESS, MEDITATION AND RELAXATION – YEAR 7 TO YEAR 11

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: Thursday 1.30pm - 2pm
Where: Flexible Learning Space
Cost: \$100 per term (8 lessons)

For further information contact Donna D'Silva e: donna.dsilva@dbb.catholic.edu.au or m: 0422 392 901.