



The Mercy Voice

Term 1 Issue 2
12 February — 23 February
2018

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Upcoming Events:

TERM 1

WEEK FIVE

26 February—Year 11
Incursion "Back off"
4 March—Mercy College
OPEN DAY 11am-2pm

WEEK SIX

5 March — Year 7 Geography
& History Excursions
8-9 March—Silver Duke of
Edinburgh
8 March—Year 12 Drama
Excursion
9 March—Years 11 & 12 T&D
Excursion
9 March—P & F Cocktail Party
7pm—11pm

SAVE THE DATE
MERCY COLLEGE OPEN
DAY 2018
SUNDAY 4th MARCH
(Compulsory for Years
8,9,11 & 12)

Dear Parents and Carers,

In the last two weeks we have had two major celebrations to congratulate the high achievers from the Class of 2017.



Last week all students who attended Broken Bay Diocesan schools were invited to an awards presentation if their achievement in last year's HSC was significant. I'm proud to say 21% of Mercy students were invited. They were recognised for gaining First Place in Course within the Diocese.

This week we held our annual Academic Assembly and invited all students who gained an Australian Tertiary Admission Rank (ATAR) of 90 or above, which was 16% of our students. If we also considered those students who received 80 or above this would take in 42% of our 2017 cohort.

We recognised Alex Swanson for receiving a Premier's All-Rounder Award for excellence for attaining Band 6 (90 or above in every subject she sat) and Ashleigh Hoggard for receiving the highest ranking with an ATAR of 97.1.

Ashleigh was invited to address the students, giving her tips for success. I repeat her four main points as these are well worth remembering and well worth a discussion with your daughter.

- * Have no shame in asking for help – from teachers and other students.
- * Be organised – finish study notes well before exams.
- * Have a balance – don't let study take over your life. Leave time for sport, work, co-curricular.
- * Never give up. Persistence is the key to success. Making mistakes allows you to change and refine so that your answer is better next time.

Every girl from last year's cohort is to be congratulated, for their individual achievements meant that Mercy College was once again in the top ranking of all high schools within the State. We were ranked 124th.



Ex-student Ashleigh Hoggard
Class of 2017



Class of 2017—High Achievers

OPENING COLLEGE MASS

Our Opening Mass last Monday was a wonderful celebration of a new beginning as we welcomed new staff and all new students to the College as well as inducting our new Portfolio Prefects from Years 7 to 11.

Maintaining our strong links with our Mercy heritage we were privileged to have Sister Loreto RSM, Sister Miriam RSM, Sister Jennifer RSM and Sister Bernadette RSM from the North Sydney congregation with us as honoured guests.

We owe our strong value system including respect and compassion to the influence of the Sisters of Mercy throughout the years, we also owe them our sense of the importance of the education of girls and a women's role in society.

We also welcomed guests from the Catholic Schools Office (CSO) including Dr Tony Bracken (Assistant Director School improvement), members of the Mission Team with Mrs Virginia Ryan (Assistant Director Mission) and Schools Consultant Mrs Diann Hynes.

The challenge given to all our students for the year, was to set their goals so that they could be the best person they can be; the best they can be in the classroom, on the sporting field or drama stage. The best person they can be as a Christian, in the way they treat others.

I hope every student and staff member has a happy and successful year at Mercy.

Best wishes

A handwritten signature in black ink that reads "Suzanne Kavanagh".

Principal

ASH WEDNESDAY MASS—14 FEBRUARY

Remember man that you are dust, and to dust you shall return.” (Genesis 3:19)

Ash Wednesday marks the official start of the holy season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday. During Lent we are called to renew our relationship with Jesus and others, especially the poor, through the penitential practices of prayer, abstinence and almsgiving.

Lent is a time of repentance, a time to say sorry for those things that we have done that we are not proud of, seek God's forgiveness and receive His mercy. It is a time for us to be self-giving rather than self-serving, it is a time to think of others and about how we can be more like Jesus in this world.

Pope Francis Guide to Fasting this Lent

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your hearts with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so that you can listen.

Amen



WELCOMING COLLEGE MASS—MONDAY 19 FEBRUARY

At our Opening College Mass we warmly welcomed to our community our new Parish Priest Fr Jim, whom we are blessed to have lead us in our spiritual journey and encounter with Christ.

At our Mass we introduced our scriptural theme for 2018, inspired by the words of Jesus, to “Go and make disciples of all nations” (Matt 28:19) for 2018. We have been anointed and sent by Jesus to proclaim the Gospel and spread Jesus’ message of inclusivity, justice, compassion, mercy and love to all those who we encounter.

To be a disciple calls us to action, to go forth, serve others and make a difference in our world. Pope Francis has challenged us not to be couch potatoes, but to get away from the screens and to make a mark on the world. Everyone can help someone or do something to bring the presence of God into our world.



Fr Jim

Blessing of new staff



College Captain—Mary Ann



Portfolio Leaders—Years 7-11

CARITAS—PROJECT COMPASSION 2018

PROJECT COMPASSION

FOR A JUST FUTURE

During Lent we have our annual Caritas Australia Project Compassion appeal which has the theme 'For a Just Future' in 2018.

This year Caritas aims to provide assistance to the estimated 90 million people who live in extreme poverty through long-term development programs in countries such as the Nepal, Cambodia, Jordan, Mozambique, Philippines and Australia.

The Mercy Action Group launched the appeal after the Ash Wednesday Mass. Each Tutor Group will receive a Project Compassion box which will be passed around for collection each morning.

Individual students will also receive an individual Project Compassion box to collect money from family and friends. Your donations can make a big difference in helping impoverished communities become stronger and more resilient.

Please put your compassion into action this Lent by supporting **Project Compassion in 2018**.

CHAPEL MASS—BLESSING FOR VIETNAM IMMERSION

On Tuesday morning Fr. John celebrated our fortnightly Chapel Mass which was prepared and attended by the staff and students who were involved in the Vietnam Immersions in 2017 and 2018.

During the Mass there was a special blessing of the statue of Our Lady that was given as a gift to our College community from Fr. Phu and the people of the Lai An Village where our students are helping to build a school for the local community.



LENT—THE LIGHT IS ON

This Lent commencing on 16 February, churches throughout the Diocese will be open for quiet time, prayer and the Sacrament of Reconciliation and this will be symbolised by the church lights being turned on between 7pm and 8pm on each of the Fridays in Lent.

The initiative is called The Light is on. If you have ever been away from home for a significant time, you will know what it feels like to come home when a light has been left on for you, an expectation of being warmly welcomed home.

This initiative will offer such a welcoming space in our churches, a place to feel at home, to connect with God, our faith, and our faith community, and to open ourselves to the loving grace of God. You will see banners outside our churches which feature our well known lighthouse – our own symbol of light.

Ms G Stojanovski
Director of Mission & Religious Education

A large group of students, mostly in school uniforms, are seated in rows of blue plastic chairs in a school hall. They are facing a stage area where a presentation is being displayed on a large screen. The hall has a high ceiling with exposed pipes and lights. The students are looking towards the front, and the atmosphere appears to be a formal assembly or presentation.

A large tree drawing on a white background. The trunk and branches are black. The leaves are colorful paper cutouts in various shapes and sizes, each with a name written on it. The names include: "NEST" (on a green leaf near the top), "Friends" (on a green leaf), "PRADESH" (on a pink leaf), "Sally" (on a blue leaf), "Jill" (on a yellow leaf), "Liam" (on a pink leaf), "Katie" (on a green leaf), "Mia" (on a pink leaf), "Emily" (on a purple leaf), "Charlotte" (on a pink leaf), "Sophie" (on a blue leaf), "Alex" (on a yellow leaf), "Ben" (on a green leaf), "Tom" (on a red leaf), "Lucy" (on a pink leaf), "Hannah" (on a green leaf), "Sarah" (on a yellow leaf), "Anna" (on a pink leaf), "Oliver" (on a blue leaf), "Ethan" (on a green leaf), "Noah" (on a red leaf), "Isabella" (on a pink leaf), "Jacob" (on a blue leaf), "Mia" (on a green leaf), "Charlotte" (on a pink leaf), "Sophie" (on a blue leaf), "Alex" (on a yellow leaf), "Ben" (on a green leaf), "Tom" (on a red leaf), "Lucy" (on a pink leaf), "Hannah" (on a green leaf), "Sarah" (on a yellow leaf), "Anna" (on a pink leaf), "Oliver" (on a blue leaf), "Ethan" (on a green leaf). At the top of the tree, there is a green banner with the text "YEAR 11 WELLBEING NEST" and "Tree ~". There are also some small drawings of flowers and leaves around the banner.

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WORLD YOUTH DAY 2019

The Broken Bay Diocese World Youth Day launch was an amazing and incredibly fun experience for all of us. Ten students attended the launch from Mercy College. It gave us an insight into a completely different culture and we were immersed into the Panamanian culture throughout the evening.

It began with praise and worship at Our Lady of the Rosary, Waitara with a catechesis from Bishop Peter Comensoli and a special time of Adoration. After the Adoration we left the Church for the Light of Christ Centre where the food and festivities began.

The highlight for me was without a doubt the Panamanian dancers- they were utterly beautiful and mesmerising to watch! We were all then able to join in and it was so much fun to dance with our friends.

The food was also delicious and I loved the little stalls all around the hall. Claire, Sarah and I played a Kahoot about Panama which was in Spanish but it was such a laugh and Claire and I (the non Spanish speakers) managed to win so we were quite chuffed! Overall, I had a ball at the launch and I can't wait for more in the future!

Hannah , Year 11



YEAR 7 CAMP

Year 7 attended their Orientation Camp last week. It was wonderful to see how much fun the girls had and how they made an effort to make new friends.

They also challenged themselves to the many activities that they participated in, such as the flying fox, water slide, raft building, archery and the vertical playpen.



This is the biggest Year group we have taken to Vision Valley at Arcadia and they were overall very well behaved and thoughtful towards others. The staff at the venue commented more than once on how lovely the students were.

Some of the students gave some feedback which you may like to read:

- Overall the experience was really fun
- I wanted to stay at Vision Valley longer
- I made lots of friends
- What I found challenging was running around the camp area to find all the checkpoints in orienteering
- Camp was amazing
- It was a challenge to work together but in the end it was worth it because we had such a great time
- My group was a nice and encouraging group

On behalf of the students, I would like to thank all of the staff who attended the camp. Without them, the camp would not have been such a success.

Mrs G D'Arcy
Year 7 Co-ordinator



YEAR 7 CAMP



SEWING CLUB

Come and create

When: Friday lunch

Where: C30 Textiles room

What to bring: ideas of projects you would like to make, fabric and pattern.

Come to C30 if interested each Friday lunch



Mrs S Holman
Textiles teacher

STAR PROGRAMME 2018 YEAR 7



School Transition



Resilience

Relationships



WHY IS SCHOOL TRANSITION IMPORTANT?

Moving from primary school to secondary school is a major event in every child's educational journey. Students may find it exciting and scary as well as daunting. They move from being the oldest group in the school to the youngest and from an environment that is familiar to unfamiliar and often larger.

School Transition and Resilience (STAR) is a programme that has been designed to increase students' connectedness to Mercy Catholic College and their sense of wellbeing. The programme is designed to assist Year 7 students and staff to establish the right support and challenge for students to achieve their best. This programme has been set up to address the needs of students at this point in their development by:

- * making connections between curriculum and student welfare agendas
- * promoting strategies for whole school and classroom organisation that contribute to a safe and supportive school environment
- * providing curriculum materials to strengthen student resilience and relationships with staff, students and family.

The resources provided to students in this programme may assist students to develop resilience and successfully make the transition from primary to secondary schooling. Successful transition is vital to the development of students' self-esteem and academic self-competence.

Parents also have to adjust to changes when their child starts in a new school setting. At a time when children are expressing their individuality and autonomy, many parents find this transition experience difficult.



OVERVIEW OF THE STAR PROGRAMME

The programme allows students to meet with Ms D'Arcy (7F class) or Ms Hogan (7A, B, C, D & E classes) once a week, to join in a variety of activities that focus on planning, organisation, effective study/homework routines, learning about secondary school and building resilience and positive relationships

OUTLINE OF STAR PROGRAM

Term 1: Transition to high school

Term 2: Transition to high school

Term 3: Resilience

Term 4: Relationships

TERM ONE—TRANSITION

Lesson 1	Welcome to Secondary School - thinking about secondary school
Lesson 2	Goal setting
Lesson 3	Using your Chromebooks - google drive, emails, google class-rooms,
	Lighthouse, printing and folders
Lesson 4	Using the Resource Centre (Library) & Destiny (Ms Betts)
Lesson 5 & 6	Writing a Bibliography/Reference List (Harvard System) (Ms Betts)
Lesson 7 & 8	Turn-it-in (Ms Betts)
Lesson 9 & 10	Valid and reliable resources (Ms Betts)

Ms F Hogan

School Transition and Resilience (STAR) Coordinator

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 has commenced!

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 approximately 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.



2018 ANNUAL COCKTAIL PARTY



Cocktail Party

You are invited to the 2018 Mercy College Cocktail Party

*Chatswood Golf Club
128 Beaconsfield Rd
Chatswood
Friday 9th March
7pm–11pm*

RSVP 5th March 2018

<https://www.trybooking.com/UHJR>

Tickets \$50 pp (includes drinks and canapes)

The main social event organised by the P&F for MCC parents is the Annual Cocktail Party. This will be held on Friday 9 March 2018. Please consider coming along to this wonderful evening.

This event is not a fundraiser and provides a great opportunity for you to meet other MCC parents. I particularly encourage parents who currently know no other parents in their daughter's Year to attend.

Date Friday 9th March 2018

Time 7.00pm – 11.00pm

Venue Chatswood Golf Club, 128 Beaconsfield Road, Chatswood

Tickets \$50 per person – includes canapés and initial bar tab

Dress Smart Casual

RSVP Monday 5 March 2018

Tickets <https://www.trybooking.com/UHJR>

I would be grateful if you would consider helping at the MCC 2018 Open Day - Sunday 4 March 2018. Please find below the areas in which the P&F Parents help.

Service Area	Summary of Tasks
BBQ	Running the BBQs (all current students and visitors receive a free sausage sandwich)
Sausage	Managing and distributing the cooked food
Bread	Preparing bread with serviettes (insert 1 slice of bread into serviette and place on large trays) and prepare tables for food distribution, then helping with food distribution as required
Drink	Managing drinks table (cordial and water) (free to all current students and visitors)
Welcome	Welcoming visitors and directing them to the registration table then to a tour guide (current student)
Balloons	Inflating and managing distribution of helium balloons to possible future MCC Students (and their young siblings)

Your help is important to ensure all visitors are welcomed and experience the lovely friendly atmosphere at MCC. If you are able to help, I would be grateful if you could:

Please add your name to the 'Google Docs' roster file at this link

<https://docs.google.com/spreadsheets/d/1MOuVj2McxgX-bN6H66sgSIZWKL0F6EhKZRu1Df9Li4/edit?usp=sharing>

(additional details below)

and

Send an email to me at MCCPandF@gmail.com so that I have your email address.

I have not asked you to list your email address on the roster to manage privacy concerns. I will forward more information on each area of service, by email.

Each cell in the roster cell is a half hour time slot. Please feel free to volunteer for as many slots as you like. Volunteers are required at each cell where 'Vacant' is listed. Please type over the word 'Vacant' with your first name and surname. eg 4 volunteers are required for BBQ duties from 9am til 9.30am, but none are required to Welcome visitors until later in the day. If the cell is 'greyed out', no volunteers are required for that service area at that time. **Please do not type over another parent's name.**

For anyone new to Google Docs, the document will automatically save fairly quickly and the text 'All Changes saved in Drive' will be displayed. You may then close the browser tab and be confident that your offer has been saved.

I look forward to hearing from you and seeing you at the Open Day.

Please do not hesitate to contact me if you require any additional information at all.

Thank you.

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

Open Day

Sunday 4th March, 11am - 2pm



MERCY CATHOLIC COLLEGE
CHATSWOOD
EST. 1890

101 ARCHER STREET, CHATSWOOD

OPEN DAY 2018

The MCC Open Day provides an opportunity for you to spend a little bit of time at your daughter's school and contribute to the life of the College. The P&F is seeking volunteers to help on Sunday 4 March 2018 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, 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.

https://docs.google.com/spreadsheets/d/1TQ2f59hvKaJFNp7G9U9huYYP_wYeTfZ50ENa3t0UpZY/edit?usp=sharing

I look forward to meeting many of you at the Open Day and then at the Cocktail party.

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

With best wishes,
Tina Teixeira
MCCPandF@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)

COLLEGE ENROLMENTS



Year 7, 2020

Applications for placement in Year 7, 2020 are open and should be received by the College office by the end of Term 1 2018.

It is anticipated that the interview and acceptance process for entry into Year 7 2020 will commence in Term 3 2018.

Sibling Enrolments

Whilst preference is given to families with daughters already attending the College, **we MUST receive a completed enrolment application form for each daughter** you wish to send to the College.

For more information, or to download an enrolment application form please follow the links under the '*Enrolment Contacts*' tab on the College website (www.mercychatswood.nsw.edu.au).

Alternately please direct your queries to the College Office on 9419 2890 or via kirsteen.fisscher@dbb.catholic.edu.au.

Mrs Kirsteen Fisscher
College Registrar



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**



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.

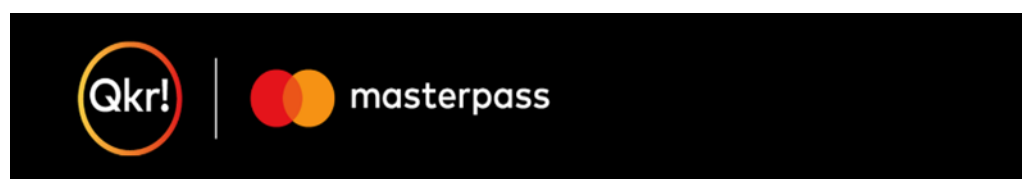
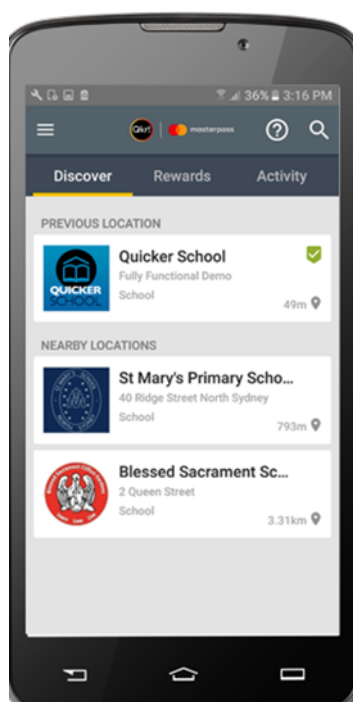
Note: The [Qkr web client](#) is available for those not wanting to complete transactions from their mobile phone.

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'.

MCC Netball Uniforms



For those wishing to buy or sell 2nd Hand Uniforms please use the Sustainable School Shop Website:

<http://www.sustainableschoolshop.com.au>.

Alternatively you may return donated second hand uniforms to Mrs Kellendonk.

margaret.kellendonk@dbb.catholic.edu.au



MCC Netball Coach and Manager Expressions of Interest

We are currently in the process of finalising teams. As always we need volunteer Adult Coaches and Managers. If you are able to offer any help or would like more information on what is required, please contact Mrs Kellendonk or email: netballmcc@gmail.com



AFL NOW OFFERED AT MERCY COLLEGE

**NEW IN 2018
MERCY COLLEGE IN
CONJUNCTION WITH
THE LANE COVE CATS
IS OFFERING
STUDENTS THE
CHANCE TO PLAY AFL**



GWS Women's players visit Mercy

We will be holding a "Come and Try" Session 5pm
Thursday 1st March

Lane Cove - Blackman Park.

If you are in Years 7, 8, or 9 and 14 years old or less as at 31st
December 2018 positions available in the U15 team.

**FOR FURTHER INFORMATION
PLEASE CONTACT**

GREG BYRNE 0416 037278

U15YG@LANECOVECATS.COM



MCC 2018 Jersey

To make use of this offer, [click here](#) or head to our [online shop](#) on the Lane Cove Cats Junior AFL website and select Registrations.



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



Congratulations to Raquel, Ali, Madi, Lily, Natalie, Imogen, Ria and Serena for their participation in the Senior BBSSSA Basketball Gala Day



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.