



The Mercy Voice

Term 2 Issue 2
14 May — 25 May
2018

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Upcoming Events:

TERM 2

WEEK FIVE

28 May—Year 10 Geography Excursion

29 May—Years 7-10 Science Competition

29 May—Year 11 Parent Teacher Night

31 May—Composer Workshop Years 9-12

1 June—Athletics Carnival

WEEK SIX

4 June — Year 9 Commerce Incursion

5 June—Year 8 Reflection Day

5 June—Years 9 & 10 Art Excursion

6 June—P&F Meeting 6.30pm

**Friday 8th June
COLLEGE CLOSED
Day in lieu for Open Day**

SAVE THE DATE

27 & 28 June—1000 Cranes Production

Dear Parents and Carers,

I would like to thank Ms Liz Kayrooz and Ms Gabie Stojanovski for assuming the positions of Acting Principal and Acting Assistant Principal whilst I was attending the Mercy Leaders' conference in Dublin.



I feel privileged to have been asked to attend this conference of leaders from Mercy ministries, including education, health, pastoral and aged care. The guest speakers were of exceptional quality and challenged us as leaders to reflect on our leadership style and our responsibilities to carry on the work of Catherine McAuley (foundress of the Sisters of Mercy).

The conference was held in the house in Baggot Street in Dublin in which Catherine McCauley started her ministry of working with disadvantage women and children and from which the Sisters of Mercy began. Part of the house is a museum which contains artefacts including Catherine's furniture and personal effects as well as the numerous letters she wrote to other Sisters as they started foundations in other parts of Ireland and the world.

I also had the opportunity to visit two schools in Dublin run by the Mercy Sisters: Mercy College in the suburb of Coolock and Our Lady of Mercy College in Beaumont. Conversations with the leadership teams and students in these schools gave me an understanding of the Irish education system and the issues which teachers faced.



Welcome to Mercy International Centre



Message from the Principal



Catherine McAuley's
burial crypt



Irish Mercy Schools



SWEETER THAN HONEY SCRIPTURE SUMMIT: The Broken Bay Diocese is running a summit from 25-26 July on the scriptures. There is an offer for parents to attend at no cost. Please let me know if you are interested and I can give you the information about registering.

PARENTS AND FRIENDS ASSOCIATION MEETING: Term 2's meeting is being held on Wednesday 6 June, starting at 6.30pm in the Flex. You would have already received a letter informing you that at this meeting you will have an opportunity to express your opinion about the possibilities of the use of the Chatswood site for both parish and school purposes.

Best wishes

Suzanne Kavanagh

Principal

Message from the Assistant Principal

Dear Parents and Carers,

E-SAFETY: Technology changes so rapidly that you might feel that you are not abreast of the issues that can have an impact on your daughter's safety on-line. We often read reports about unscrupulous people taking advantage of teenagers either financially or morally, so if you are worried or would just like some tips I suggest that you look at the following link to resources.

The Office of the eSafety Commissioner has launched a new online interactive tool for parents, which aims to engage parents and carers of 10 - 14 year old children on a range of key online safety issues.

The Screen Smart Parent Tour can be found at www.esafety.gov.au/education-resources/iparent

PLEASE NOTE

There have been a number of students arriving to school after 8:45am when school has begun for the day. The students have been told on numerous occasions that they are to be at school by 8:30am for the first bell at 8:35am and not to congregate at the station, the Concourse or any shops.

If your daughter is late more than 3 times, with no valid reason, she will receive a Friday detention. Therefore I would ask you to discuss with your daughter the importance of coming straight to school and being on time.

Miss E Kayrooz
Assistant Principal

YEAR 11 RETREAT STUDENT REFLECTION



Year 11 recently attended their first Senior Retreat at the Crusaders Conference & Recreation Centre at Galston. Students left bright and early on Wednesday morning with their bags packed and ready to go. They waited for the buses to arrive with enough clothes to last them a month and were very excited.

Upon arrival they were all tired from singing on the bus and were welcomed with hedgehog slices and an introduction from Dave who manages the site. To start our programme, Mrs Thomas introduced us to the meaning of Retreat and the importance of Retreat in our lives to help us grow personally and spiritually.

We then kicked off with our first activity where we were sorted into our groups and given the opportunity to show off our singing skills. We then met our group leaders and created our own family tables which opened up our eyes to the people we truly value in our lives.

In the afternoon we participated in many fun and challenging activities like, BMX-ing, archery, high ropes, abseiling and laser tag. Students formed new bonds and set foundations for a strong connection with each other in sharing experiences such as, learning how to ride a bike for the first time, hitting bullseyes, getting strapped into uncomfortable places and hanging in unflattering positions.

Some saw amazing views whilst putting trust in each other to hold each other up, and ducking and weaving away from lasers. Our next Retreat session focussed on joy and its importance in our lives and its place in making the world a happier and more positive place.

We ended the long day with a reflection on the joy we experience in our lives and in our relationship with others. Students came together as a group to decorate our collective Year 11 Mandala before retiring to our rooms to 'sleep'.



.....YEAR 11 RETREAT CONTINUED

The next day we walked back to the main hall after being herded with the famous bell and were met with an auction set-up. Splitting into our small groups we began to bid on what we thought were the most important values, such as 'a loving and supportive family'.

Some groups ended up with more money than others, but nevertheless, the bidding war was a huge success! We then had time to choose our own activities, the bushwalk proved challenging, but the girls completed it in lightning speed! Next came the opportunity to write affirmations, we were able to write small messages for the girls in our Year Group and drop it in their personalised paper bags. This was truly a fulfilling activity and I think it is one that should be continued in the future.

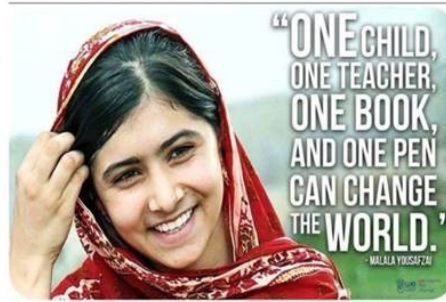
Year 11 Retreat was definitely an experience filled with friendships and joy, and it wouldn't have been possible without the amazing work of the teachers. Year 11 are now looking forward to the rest of the year, and the adventures they will embark on together as a closer group, who have developed strong bonds.

Isabella A, Phoebe C, Eleanor A & Clare F



PERSISTENCE AND ACTION

At the assembly in week 2 I spoke to the girls about perseverance and taking action. To achieve one's goals takes effort and perseverance. People who make it look easy have worked hard to make it look easy. Mercy girls are fortunate to live in a country where they have access to safe education. Malala Yousafzai's, the youngest Nobel Peace Prize Award winner continues to fight for the education of young women, she and others like her want equality. Many others would have died after being shot in the head by the Taliban, but Malala survived and uses the power of words to fight for the 130 million girls who have not got access to education.



Education is a powerful tool. When Meghan Markle was 11 years old her class were critiquing ads. One ad in particular upset her because of how women were portrayed as being good at working in the kitchen, so a young Meghan took action and wrote to the dishwashing company. The dishwashing company listened and change the ad to say everyone can work in the kitchen. Meghan Markle has continued to be a passionate spokeswoman and has spoken at the United Nations about living as a bi-racial woman.



It is important Mercy girls understand things do not come easy, it takes perseverance and action. One can talk and talk but they must do it and work hard. I spoke to the girls about the fact as babies every-one of us tried and tried until they mastered walking, there was no fear or worry about what others thought. And yet as girls grow, they start to doubt their ability and get too worried about making mistakes and start using the phrases below. I have given the girls the challenge to show perseverance and take action and STOP themselves from saying;

This might be wrong but.....

I'm not very good at.....

I can't do this

ReachOut Australia

Last year I wrote about the Netflix's drama '13 Reasons Why', about teenage suicide. It was quite graphic and disturbing. The second season has now started so again I would like you to please be aware of your daughter's Netflix viewing.

Below are the top tips for parents from ReachOut Australia who has worked with Netflix to put out this comprehensive guide. There are more resources on the ReachOut website.

<https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-technology/dealing-with-disturbing-content>

13 REASONS WHY: OUR TOP TIPS FOR PARENTS

Here are some practical things parents can say and do to help families and teenagers make sense of the show and deal with challenging thoughts and feelings. Please share them with your school community.

- 1. Read up on the issue of youth suicide.** The show has caused a lot of anxiety for parents around this issue so it's a good idea to educate yourself first. Be assured that talking about suicide with your teenager won't 'put ideas in their heads.' If you show that you are comfortable and knowledgeable talking about suicide and mental health, your kids are more likely to open up to you during a tough time.
- 2. Is 13 Reasons Why right for your child?** If your child is under 15, it's our strong recommendation that the graphic suicide and sexual assault content makes it inappropriate for a younger age group. If they are older or you decide they can watch it, at least watch the show before them, and then watch it with them – that way you can be prepared to discuss any issues that arise.
- 3. Don't binge watch it.** 13 Reasons Why has some very distressing content, and the distress will be multiplied if you watch episodes back to back. Do something soothing after each episode, like having a cup of tea or milo or watching something funny.
- 4. Talk to your teen about the issues raised after each episode.** Check in with how they're feeling. Leave open the option of not watching any more episodes if it's too distressing.

- 5. Make sure they know where to go for help.** Ask them who they would feel comfortable talking to if they were going through a tough time.
- 6. Connect your teenager to ReachOut** if they are upset after watching an episode. There are other great services like Kids Helpline and Lifeline if they need to talk to someone.

Feeling suicidal is not uncommon for young people. If you're concerned about your teenager, ask them directly if they're feeling suicidal or having thoughts of ending their life, take them seriously and get help.

For more info, [learn about supporting suicidal teenagers](#) on ReachOut Parents.

Mrs G McDermott
Director of Student Wellbeing

BROKEN BAY SHINE GATHERING

On the 14th of May, St. Peter's Catholic College in Tuggerah hosted the first Shine Gathering in Broken Bay. The day brought approximately 250 students together from across the Broken Bay Diocese to engage with the Year of Youth Theme "Opening New Horizons for Spreading Joy".

Internationally renowned musician Steve Angrisano was present for the whole day – leading the group in praise and worship, prayer as well as running engaging workshops.

The **Year 10 CSYMA class** attended the gathering, below are some of their reflections.



The Shine gathering was an opportunity for me to celebrate my faith with other young people and worship through song.

The highlight for me was listening to our Bishop Peter Comensoli, his words really inspired me and I found myself really engaged in what he had to say.

It was an opportunity for me to meet new people, learn new things and feel the same joy I did at ACYF.

The highlight was listening to Bishop Peter talk because I believe he is very intelligent and I can feel the closeness he has with God.

An opportunity to open my heart to Jesus.



The highlight was Bishop Peter explaining his stance on gay marriage.

An opportunity to learn more about how we can use our gifts and skills for ministry and leadership.

Steve Angrisano's songs and stories gave me a new perspective of the Catholic faith and that God is anywhere that he needs to be.



I found out more about pilgrimages and also developed my leadership skills. It was also great to celebrate faith and find out more about Bishop Peter.

An opportunity for me to open up to God.



The highlight for me was singing and learning the dance actions. Everyone would join together doing the same thing in sync. It's a spiritual feeling to have everyone praising and praying, along with Steve Angrisano.

Religion can connect people and transform people's lives. I thought it was an enjoyable day and I was lucky to have this opportunity.

Through the leadership workshop I learnt that a good leader views themselves as equal to everyone else instead of believing themselves to be superior and the most powerful leader serves as the lowest servant to his followers like how Jesus washed his disciple's feet.

We praised God, gathered in His name and had some fun with my friends.



Mrs Helen Thomas
Youth Ministry Coordinator

MERCY AND ST PIUS X MUSICAL COLLABORATION



Congratulations to the students in the String Ensemble who performed with students from St Pius X College in the St Pius X twilight concert last Friday night. The concert was the culmination of a two month collaborative project between Pius and Mercy string ensembles.

Many before school rehearsals took place as students embarked on the learning of music from the wonderful Haydn 'Symphony in G major' and a string arrangement of 'Clocks' by Coldplay. Such collaboration was the first of its kind between the two schools.

A big thank you is extended to Ms Tracey Bates and her team from the Performing arts department at St Pius for allowing our students the opportunity to work with their senior strings and experience the fun of playing together in such a large musical ensemble.

Ms K McGreal
Music Department



YEAR 9 FRENCH EXCURSION—BOULES

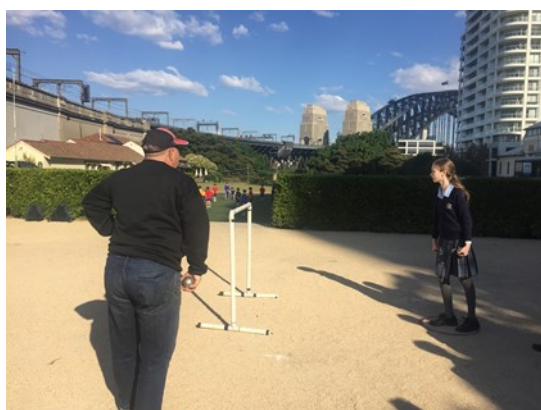
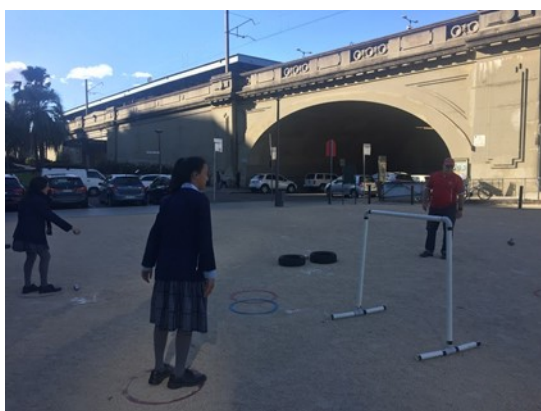
On the 11th of May, the Year Nine French class participated in the French sport of Boules at Milsons Point, Sydney. In this excursion, we learnt the rules of boules, were taught skills required for playing, as well as key vocabulary in French and eventually, played several games of boules, otherwise known as Pétanque.

We started the day off by learning how to throw the boule, and learnt a special rule; "*Un boule devant c'est un boule d'argent*", which in English translates to "A boule in front is a winning boule". This means it is better to grip the ball and throw it softly so it lands in front, rather than throwing it as hard as you can. After our training, we divided into pairs and played each other in a simplified version of the game "*tête-à-tête*". We all learnt that boules is not as easy as it looks!

We were lead by Mr. Gary Hosie, a member of the Boules Artistes Pétanque Club (<http://www.boulesartistes.org.au/>). This club is a non-for-profit organisation dedicated to enjoying and promoting pétanque. They meet on the 4th Saturday of every month, and everyone is welcome to join or compete. They play at various locations, including Milson's Point, Mosman and Glebe. You may, contact them on Facebook for more information.

Overall, we all enjoyed learning about this authentic French sport and had a great afternoon!

Sophie S
Year 9 French



YEAR 11 - ANCIENT HISTORY

Last Wednesday, May 9, 32 Year 11 Ancient students had the opportunity to go to the Nicholson Museum in the University of Sydney. Not only is it the oldest university museum in Australia, it also houses the most antiquities in the Southern Hemisphere.

Most of us got lost on the way there, but still managed to arrive almost on time. The museum was filled with old and new ideas and with artifacts from Egypt, Rome and Greece, with everything else in between. With our trusty guide and curator, Julie, we explored the museum, touching a statue of Hermes and seeing embalmed mummies and a giant lego Pompeii. We even got to handle and draw artifacts from Pompeii and Egypt in a workshop.

It was definitely a surreal experience, the museum was like a map of human history. It was strange to see how different cultures celebrated and mourned death, and how their lifestyle differed from one another. The knowledgeable curators, captivated our interests.

Jeannie L
Year 11



A THOUSAND CRANES

In March, we began rehearsals for the upcoming combined Mercy College Chatswood and St Pius X College play, *A Thousand Cranes* by Karen Schultz Miller.

The play is an appropriation of the novel 'Sadako and the Thousand Paper Cranes' and is directed by Ms Caron, Mercy College Drama teacher. The play is based on the true story of 12 year old Sadako Sasaki. When Sadako falls ill her friend Kenji reminds her of an ancient Japanese story; "If a sick person folds a 1000 origami cranes, the Gods will grant her wish, and make her healthy again." With boundless optimism, she takes on the task of folding hundreds of origami cranes. Rehearsals so far have been going extremely well as characters and ensemble prepare to share Sadako's journey.

Hannah: "I read this book in primary school and rehearsing for the play now is a great experience. Everyone is working really hard and we are looking forward to showcasing the story of Sadako."

Sam: "It's an awesome experience to work on."

John-Paul: "As a Year 11 drama student looking to do drama for Year 12 HSC, I believe that '1000 Paper Cranes' is a great production for me to be a part of because it is very dynamic and technically demanding. Which gives me great experience for going into the HSC."

James: "This is the fourth production I've taken part in. 1000 paper cranes unique storyline, characters and techniques gives it the distinctive atmosphere that I'm sure the students and audience will enjoy"

Claudia and Bella: "The story of Sadako and her paper cranes has always been a classic so being able to take part in this production was very special to both of us. With the seriousness of her story, everybody is very respectable whilst rehearsing and everybody is very dedicated and committed to their parts. We're very excited for everyone to see this production as we have all worked hard to put it together."

***A Thousand Cranes* will be performed at the Sarto Centre
Wednesday 27th June 7pm
Thursday 28th June 7pm
Tickets will be available through TryBooking from 8th June.**

Hannah N and John Paul S



ATHLETICS CARNIVAL

Friday 1 June 2018

The College Athletics Carnival this year will be held at Bannockburn Oval (Pymble) on Friday 1 June. Students will be transported by bus to and from the venue. Students are allowed to leave the venue if their parent/carer writes a letter to the respective Year Coordinator. A food van will be operating on the day from 10.30am to 1.30pm but students are encouraged to bring their own lunch and water bottle.

Also, girls should ensure they have a hat, warm clothes, towel, ground mat and wet weather gear. Students are to wear their sports uniform or winter uniform to school before changing into their House colours before the buses depart. Your daughter will be notified of any changes due to wet weather.

The 3000m and 1500m running events are being held at lunch in the weeks leading up to the carnival. Students who wish to nominate for BBSSA selection in High Jump, Triple Jump and Hurdles may submit their times/distances for consideration.

Mercy Catholic College - Athletics Carnival Program						
8.45am	Tutor Group + Cheers					
9.15am	Buses to oval					
	12 & Under	13 & Under	14 & Under	15 & Under	16 & Under	17 & Over
10.00 - 10.20	1500 Walk	1500 Walk	1500 Walk	1500 Walk	1500 Walk	1500 Walk
10.20 – 10.40	1500 Walk – Whole School Participation Race					
10.40 - 11.20	100	100	100	100	100	100
	LONG 1	SHOT 1	JAVELIN	SHOT 2	DISCUS	DISCUS
11.20 – 12.00	800	800	800	800	800	800
	---	DISCUS	LONG 2	JAVELIN	SHOT 1	SHOT 2
12.00 – 12.40	200	200	200	200	200	200
	SHOT 1	LONG 1	DISCUS	LONG 2	JAVELIN	JAVELIN
12.40 – 1.20	400	400	400	400	400	400
	JAVELIN	---	SHOT 2	DISCUS	LONG 1	LONG 2
1.20 – 1.40	DISCUS	JAVELIN				
1.40 – 2.00	Relays					
2.00 – 2.20	Clean up + Assemble for buses					

Mr M Cuttler
PDHPE Co-ordinator

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.



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.

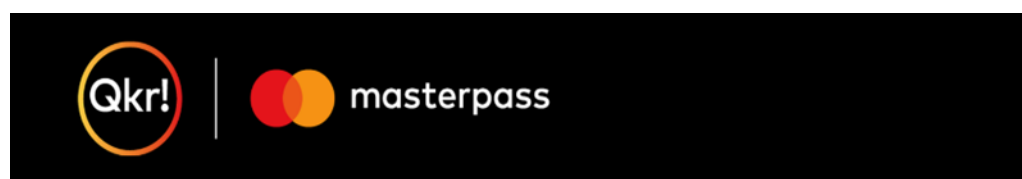
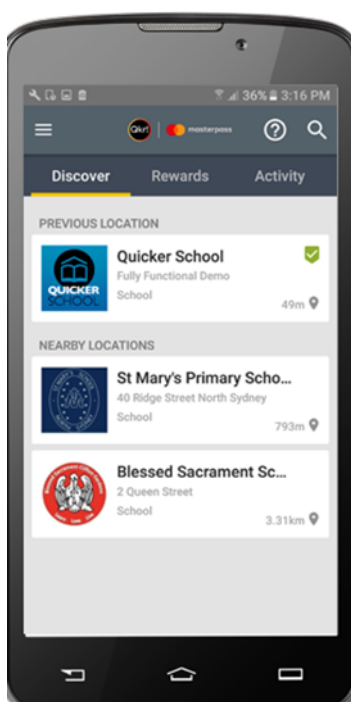
Note: The Qkr web client is available for those not wanting to complete transactions from their mobile phone.

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

P & F NEWS

Year Group Information

The Year Group Parents are all trying to organise social events for their relevant Year groups. If you have not been contacted (via email) and would like to join a get together with other parents in your daughter's Year Group/s please send me an email expressing your interest and the relevant Year Group. I will pass it on to the relevant Year Group parent that is organising the event.

The correct email address is mccpandf@gmail.com.

Fathers Day Breakfast

Do not forget to save the date - 30 August 2018 - for our Fathers' Day Breakfast. Watch this space for upcoming invitation and online booking information.

P&F Meeting

Please join us at the next P&F Meeting, 6 June 2018. Looking forward to seeing you all there.

As always send me any ideas, feedback and suggestions you may have.

Tina Teixeira
President P&F
mccpandf@gmail.com

UPCOMING DATES

2018 P&F Function Dates

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

Lower North Shore Volunteer Expo

12pm – 3pm, Thursday 31 May
Dougherty Community Centre
7 Victor Street, Chatswood

Free
Event



Enjoy the many benefits of volunteering - make friends, learn new skills, and make a real difference in your local community.

Come along to find out about opportunities to get involved with a range of organisations; from delivering Meals on Wheels, helping on bus outings, assisting with community lunches or lending a hand with disaster recovery.



For further information,
please contact 9777 7815 or email Lns-volunteer@willoughby.nsw.gov.au



Family &
Community
Services

The Commonwealth Home
Support Programme provides
funding for these services.