



The Mercy Voice

Term 3 Issue 3
20 August — 31 August
2018

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Upcoming Events:

TERM 3

WEEK SEVEN

MERCY WEEK

3 Sept — Mercy Day Mass
9.00am

4 Sept—Year 8 Cake Stall
fundraiser for the Farmers

4 Sept—Mercy v St Pius X
Netball game

5 Sept—Mercy Week Lunch
& Activities

7 Sept—Mercy Outreach Day

8 Sept—P&F Trivia Night
7pm

WEEK EIGHT

11 Sept — Year 12 English
Advanced Excursion

12 Sept—Year 11 Exams
commence

13-14 Sept—Bronze Duke of
Edinburgh

SAVE THE DATE

Creative Arts Showcase
Friday November 2

Dear Parents and Carers,

As you know at Mercy we place a high value on student learning and have high expectations that our girls will achieve at whatever level of ability they are capable.



Each semester I delight in reading all the girls' Reports and I'm pleased to see how committed your daughters are to their classroom learning and assessment tasks. So many students also participate in our co-curricular programme by representing the College in sport or by joining one of our many Clubs. All of this, adding to the development of the wonderful young women your daughters are.

To acknowledge students who worked hard throughout first semester I invited them to morning tea. Those invited had achieved Excellent in all areas of Homework, Behaviour and Effort and/or gained all As in their subjects. This shows the value we as a community, put not just on achieving the top mark, but more importantly achieving Excellent for Effort.



Students enjoying morning tea



Message from the Principal

MRS HELEN THOMAS LEAVES MERCY: Mrs Thomas has resigned as our Youth Minister and RE teacher to take up a promotional position as Director of Evangelisation at Loreto College. I thank Mrs Thomas who has dedicated ten years of her career to Mercy students, leading them in their faith development through prayer, Reflection Days and Retreats, as well as sharing her own spirituality with both staff and students. We wish Mrs Thomas well for the future.

CLOSURE OF THE EPPING TO CHATSWOOD RAIL LINK: Please be aware that from **Sunday 30th of September** the rail line between Epping and Chatswood will be closed for major upgrades. Buses will take the place of trains. More information can be found at the back of the newsletter or at mysydney.nsw.gov.au

NETBALL FINALS: This year the College entered 22 netball teams in the NSNA, which is 5 more than last year, of those 15 qualified for the semi-finals.

Congratulations to all our teams who played last Saturday. Of the 15 teams who played, 6 advanced straight to the Grand Final, 7 have another opportunity and compete in finals this weekend and 2 were knocked out. Good luck girls for the Finals.

REFURBISHMENT OF THE CHANGEROOMS: During the upcoming spring holidays the girls' changeroom area is being refurbished. When complete there will be additional toilets and a new revamped space for the girls to change into their PE uniforms.

A large portion of the financial cost is coming from the Parents & Friends Association. The P&F levy you pay has made it possible for this refurbishment to happen. Thank you.

MERCY WEEK: Mercy Week is next week, beginning with our Mercy Day Mass on Monday. It is a week where we spend time bonding as a Mercy community and then reach out to the wider community by being involved in social justice activities.

Throughout the week there are many activities which are used to raise funds for the charities we support, which include Mercy Works, the House of Welcome (for refugees) and Lai An parish in Vietnam. Your daughters will need extra pocket money to be involved, but know the money is going to worthy causes.

Best wishes



Principal

Message from the Director of Mission & Religious Education

Last week we farewelled our Youth Ministry Coordinator Mrs Helen Thomas after 10 years of service at Mercy Catholic College. Mrs Thomas was an authentic witness for our students who contributed in many ways to the spiritual formation of our College community.

Her faith leadership was most evident in the running of Reflection Days, Senior Retreats, leading the Mercy Action Group and teaching the Year 10 CSYMA Youth Ministry class. We wish Mrs Thomas all the best in her future endeavours and thank her for the contributions that she has made to our college.

I am pleased to advise that Mrs Karen Greenyer will be Acting Youth Ministry Coordinator until the end of the term. Mrs Greenyer will be teaching in the Religious Education Department and assisting in the organisation and running of Mercy Week Activities.



Mrs Thomas and the Mercy Action Group

Mercy Week: 3 September – 7 September 2018

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’ (Matt 25:35-36)

Mercy Week will begin on Monday with our Mercy Day Mass at Our Lady of Dolours Church at 9:00am. The week is full of celebration, fun activities, fundraising and most important outreach activities for all of the staff and students in our community. This allows us to live out the mission of Catherine McAuley, ‘to love the poor’ and be disciples of Christ.

The activities for the week are outlined on the next page:



MERCY WEEK – 3 September – 7 September 2018

Monday 3 September	Mercy Day Mass - 9:00am – 10:30am
Tuesday 4 September	Recess – Year 8 Cake Stall Fundraiser for our Aussie farmers Lunch - Year 12 Mercy vs St Pius X Netball Game
Wednesday 5 September	Year 12 Mini-Fair Fundraisers (approx. \$5-\$10 needed) Year 7 – 10 Presentations from charities on where the fundraising is going International Lunch provided by Year 11 (cost for lunch - \$8 including 3 mains, 2 salads, 1 dessert & drink)
Thursday 6 September	Year 10 Fashion Parade (Gold coin donation)
Friday 7 September	Mercy Outreach Day

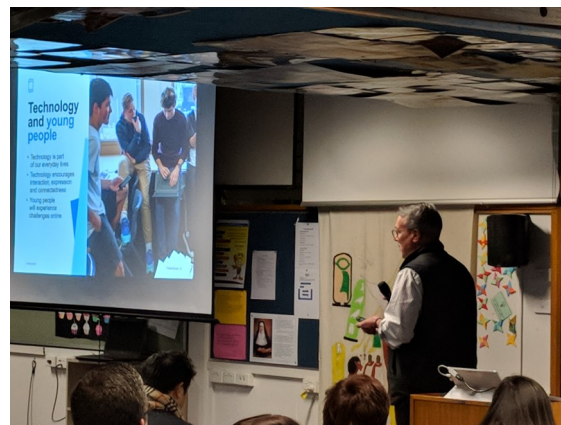
Mercy Week is the highlight of the year when we have a special focus on our Mercy Spirit and live out the values of our College. I encourage all students to save up their money and get involved in all of the fundraising and planned activities

Ms Gabie Stojanovski
Director of Mission & Religious Education

YEAR 7 & 8 PARENT EVENING ON CYBER SAFETY

On Monday evening we held a Cyber safety parent evening. Thank you to all the parents who attended, your presence was very much appreciated.

The speakers Philip Meyer and Wyness Yue were from the ThinkUKnow organisation. The organisation provides free presentations with information on the technologies that your daughter uses, the challenges she may face and how they can be overcome.



A couple of points from the night which I have often spoken about in previous newsletters.

- Have a conversation with your daughter about her use of technology. Know what sites she is visiting.
- Be aware of the conditions of the site your daughter visits, is there an age restriction?
- If anything is posted that is disturbing or defamatory, request action by making a complaint to those running the site and expect them to act.
- Have your daughter use the computer in the lounge room or near the kitchen where you can monitor her use of the computer.
- If your daughter does make a bad choice online, have a conversation with her asking the questions, 'What were you thinking', 'What made you do that', therefore, unpacking her action and discussing it, instead of starting with anger and punishment.
- At night take your daughter's phone and computer away and have them charging overnight. In doing this have a conversation with your daughter about the time it will be done so together you working out the rules for your house. Research has shown screen time affects the melatonin production giving the body the impression you are not ready for sleep.
- Invest in an alarm clock, so your daughter is not relying on the phone's alarm.
- Explore this site <https://www.esafety.gov.au/esafety-information>. It has fantastic information for parents.

Again thank you to the parents who attended. If you did not receive a booklet on the evening, can you please let me know by emailing me. When the booklets arrive, I will give it to your daughter and send you an email. gemma.mcdermott@dbb.catholic.edu.au

Mrs G McDermott
Director of Student Wellbeing

Zoo Article: Conservation Challenge

On Friday the 17th of August, a group of girls from Years 7-10 went to Taronga Zoo to complete the Conservation challenge. Our mission was to find out about different endangered species and what we can do in our daily lives to protect them against the many threats they face.

After an informative lecture we split up into small groups and set off around the zoo finding and then learning about the plight of many animals and discovering the new innovative ways to assist them.

We completed insightful and engaging workshops around the zoo which encouraged us to think critically and consider our actions and how they impact on Australian animals.

We were also given the amazing opportunity of experiencing Taronga Zoo's new interactive classrooms where we encountered animals while learning about how they interact with their environment and with other animals. This allowed us to get closer to the animals and to see them in their natural habitat, as well as educating us on the threats that the animals are facing.

After a tiring but enjoyable day, we all caught the ferry and the train back to Chatswood. Overall we had a great day and we would like to extend our huge thanks to Mr Regoli for organising the day and accompanying us to the Zoo.

By Louise F and Lara P



SILVER DUKE OF EDINBURGH HIKE

On the 8th of August, the Silver Duke of Edinburgh participants embarked on their Qualifying hike at Pittwater. Once we arrived and assembled at Church Point Wharf, we caught the ferry across the Hawkesbury to Halls Wharf. We hiked to the Youth Hostel, where we had lunch and admired the surrounding scenery.



Then we began our hike to Willunga Track lookout. The hike was a great opportunity to connect with nature and with friends as this hike wasn't as difficult as previous hikes. Once we arrived at the lookout, we tried to pinpoint where everything was located using our maps. This lookout was the highest point in the National Park, so we could see across to the Bahai temple and the Pacific Ocean.



On the return journey we walked at a faster pace as the track was slightly downhill. Once we returned, we participated in bush regeneration, where we removed foreign plant species from the ground in order to create an opportunity for native plants to thrive. We extracted weeds called mother of millions and several long grasses. After this we collected firewood for the campfire, which we had the following night.



Most people decided to cook group meals for dinner, which was a great opportunity to work together and also to reduce the impact on the environment, as well as to reduce how much food each person had to carry. Then we took part in playing games such as charades and scrabble.



The next morning, after breakfast, we hiked to Birnie Lookout, which was more challenging. During part of this hike there was no set path to take and therefore, we were required to navigate carefully and "bush-bash", where we enjoyed climbing up rocks, walking through long grasses and crossing a stream of running water.

Once we reached the lookout, we had a spectacular view back to the wharf and over Scotland Island. Once we returned, we got ready to go kayaking, however after we set out to find the wharf where the kayaks were located, we took a wrong turn and got rather lost. We walked through mangroves and on the beach, where we observed many crabs through sinking mud and oyster ridden rocks. Whilst it was frustrating we had fun navigating unexpected circumstances.

Once we found the kayaks, we finally set out on the water and kayaked all around Scotland Island. This was fun, but became quite cold once the wind set in. This activity was unique to our Duke of Edinburgh experience as we had not kayaked before, but was a new aspect to our exploration skills.

Once we returned and showered, we listened to talks including first aid, the geography of the area and the history of the National Park, and how to reduce our impact on the environment further. After dinner, we had a campfire where we roasted marshmallows and sang songs. Then we played some more groups games inside.

The final day began with relaxing yoga, which was a chance to stretch our weary bodies, reflect on the past few days and to enjoy the sounds of nature, including birds and the nearby wallabies. Then we did a final clean up and analysed the packaging, which we had used on the hike.



After this, we played badminton in teams of 3 which was an enjoyable group activity. Then we hiked down to the ferry wharf. Since we had to wait 45 minutes for the ferry, we had a sculpture making competition. To make the sculptures, we used whatever we could find from the beach such as rocks, seaweed and shells. Most teams used rock stacking in their sculptures, which added a bit of creativity to the competition. Once the sculptures were judged, we boarded the ferry and began the home journey.

This hike was enjoyable and a great chance to develop our friendships and team building skills. We also expanded our knowledge on environmental protection and skills necessary for future Gold hikes. All the participants wish to thank Ms Dorey for organising and helping us on the hike and Ms Kellendonk who came along and assisted us on the hike.

Cailin G



FRENCH EXCURSION TO L'ALLIANCE FRANÇAISE

On a cloudy Friday morning, the Year 10 French girls and Ms Smith danced out of the school to Taylor Swift's 'Love Story' (thanks to Fun Friday). We squeezed onto the train like sardines during rush hour and walked to the Alliance Française near Town Hall, Sydney.

"Bonjour" greeted us as we entered and the staff spoke in French so fluently and so quickly that it almost flew over our heads! We were served delicious croissants (that were definitely not from Coles!) as well as French hot chocolate. We had to order in French and converse with the staff which was quite challenging, but beneficial!



We were then led to a room where we spent the rest of our time playing some fun pronunciation games and learning some new vocabulary. We never realised that pronouncing your 'r's properly in French was going to make your throat hurt so much, but we had a good time laughing together whilst attempting this!

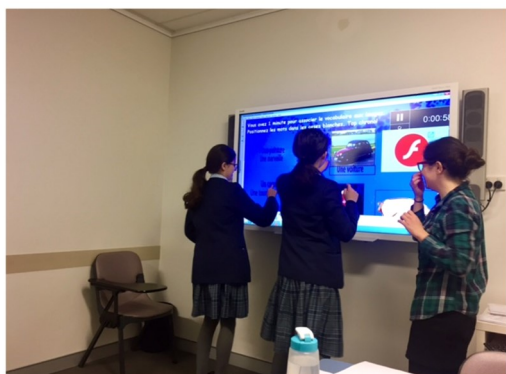
Once we were done, we also got some French macarons that were so tasty and tiny that they disappeared in one mouthful!

On the way back, we stopped at Abbey's Bookstore to look at some French books in their international section. We found the French version of the Hunger Games series and the Harry Potter series, as well as a lot of other international books too!

It was a dream trip made reality by Ms Smith, the class laughed, we learned and most importantly, we had fun. It was a very nice opportunity for us to learn not only French words but also more about our classmates and Ms Smith. If we could, we would definitely do it again.

"C'était très amusant!"

Felicia L - Year 10



STEM WEEK

The first Mercy STEM week was a huge success! From Monday 13th August to Friday 17th August, the students participated in a variety of different activities all based around different science, technology, engineering and maths challenges.

Every morning during Tutor time, the students completed quizzes, brainteasers and puzzles to start the day in a STEM frame of mind.

We had a visit from an ex-student who studies engineering at university who spoke to the Year 10 and 11 students about studying STEM subjects at HSC and the career opportunities in STEM, and specifically engineering. The girls were fascinated by the diversity of real world problems that engineers work to solve and how interesting the engineering university courses sounded.

The students also participated in lunchtime challenges. Our first winners of the week used recycled materials to build a catapult which fired an M&M over 10m. Many other students felt like winners as they managed to score direct hits on their teachers!

The paper plane challenge came next. To win this challenge, the students had to design and build a paper plane which would remain airborne for as long as possible. This challenge was very popular and saw a huge number of entries and once again, a huge number of teachers being targeted with planes!

The final engineering challenge of the week was the bridge building challenge. The students used recycled materials to build bridges which could hold as much weight as possible. The winners of this challenge tied as both bridges could hold Ms Westwood's weight!

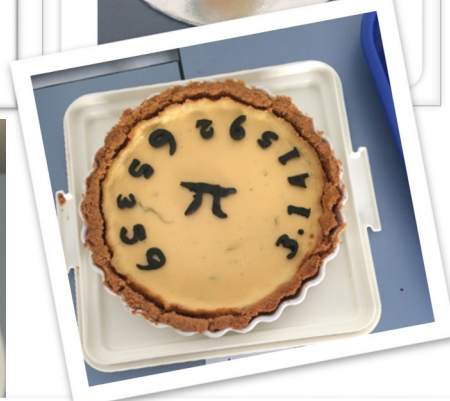
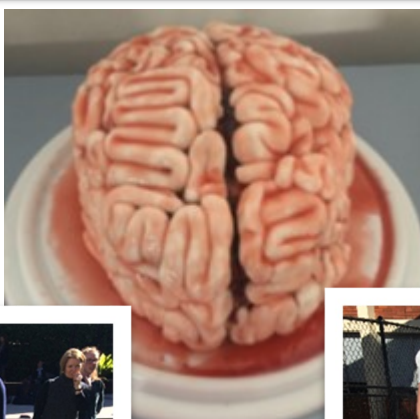
The final event of STEM week, and by far the most delicious, was the Great STEM Week Bake Off. We were blown away by the number and the incredibly high standard of the cakes produced. The judging was almost impossible, but the winning maths inspired cake showed huge amounts of creativity, skill and hard work.

There was also a prize for participation to reward the students for getting involved in all the different activities.

We are excited for an even bigger and more exciting STEM week next year!



STEM WEEK CONTINUED.....



BBSSSA ATHLETICS

On the 27th of August 2018, 30 students from Mercy participated at the BBSSSA Athletics Championships. There were 12 schools who participated and we achieved some outstanding results. Hannah M, Sophie R, Matilda N, Lauren B, Ainsley B, Olivia T and Sophie A all managed to get first place for the events they participated in at the carnival. It was a great experience and worth waking up early to get to school at 7am!

"Go the Mercy girls running up and down the streets of Chatswood!" - Quote from the commentator on the day.

By Gemma F and Alyssa L.

The following students were selected to represent at the next level at the NSW Combined Catholic Colleges Athletics Championships Friday 21st September. Congratulations to Hannah M, Ainslie B, Olivia T, Sophie A, Lauren B, Matilda N, Sofia S, & Sophie R.

Also Congratulations to Lauren B on winning Age Champion for her efforts.

YEAR 10 FOOD TECHNOLOGY EXCURSION SYDNEY TOWER DINING

Tuesday the 14th of August, Year 10 Food Technology classes travelled to Sydney Tower Dining for a behind the scenes tour of the venues.

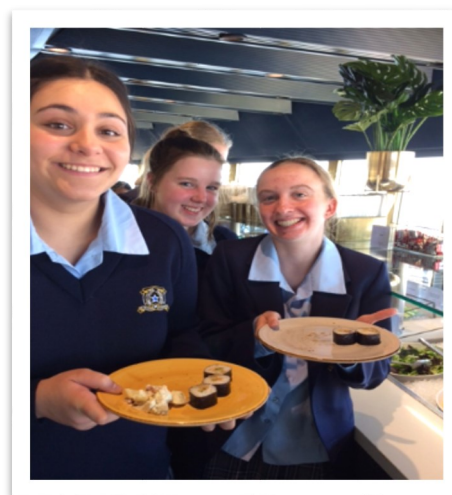
We went on a tour through the kitchens and learnt about their operations, elements of recipe design and what is involved in planning and preparing food for large functions. We were amazed as to how the chefs could make so much food in such little time.

The industrial kitchens and advanced technology helped us to understand how kitchens can operate on a grand scale. It is estimated that Sydney Tower Dining serves between 500-1000 people daily from fine dining to all you can eat buffets.

After the kitchen tour, we headed up the elevator to the Tower Buffet restaurant. We all enjoyed a delicious lunch with 360 degree panoramic views of Sydney. The choice of dishes were extensive. The menu included food native to Australia, such as emu and bush tomatoes, along with beef, lamb, pork and fabulous salads and seafood. Selecting dessert was a difficult task with over fifteen choices.

Overall, the excursion was a wonderful experience and we learnt so much in preparation for our large catering event on 22nd August, where we successfully catered for the many guests attending Mercy's Illuminate 2018 exhibition.

By Chloe D, Ria G and Natasha M (Year 10 Food Technology).



Year 10 Food Technology students catering for the Illuminate Exhibition on the 22nd August.



FATHER'S DAY BREAKFAST

What a wonderful morning our daughters had yesterday, sharing breakfast and a laughter with their fathers. It is plain to see how much they enjoy this time.

About 310 Fathers and daughters challenged the last gasps of winter weather and braved the cold gathering early yesterday morning to celebrate Fathers' Day. Thank you to all the Dads for coming and making this a special occasion. I really hope you enjoyed your breakfast.

Thank you to Mary-Ann and Caolyn for giving thanks to God and fathers with the prayer and reflection.

This could not have been accomplished without the help of this amazing Mercy community. Thank you to the parents, students and staff who helped shop, decorate, set up tables, set up electricals, clean up etc. I always walk away feeling so proud and blessed to be a part of this Mercy magic we all come together to create for our daughters.

A special thank you goes out to the Dads who came along to help and to the Mums who came along to help ensure the Dads could enjoy their special time with their daughter/s.

TRIVIA NIGHT

We are very excited to see everyone at the Trivia Night on the 8th September 2018. It's going to be so much fun and we are encouraging everyone to pick a theme for their tables so as to add to the festivities of the night! So, feel free to dress up, decorate your table and don't forget some good food and drinks to share.

YEAR GROUP INFORMATION

Thank you for those of you who have already completed the Google Forms with your updated details. For those of you who have not yet done so, please take 2 minutes to fill it in.

<https://goo.gl/forms/MuazoqvtHrbDhCNj2>

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

Trivia Night	Saturday 8 September
Graduation Afternoon Tea	Wednesday 26 September
Year 7 2019 Welcome BBQ	Friday 16 November

2018 P&F Meeting Dates

Term 4	24 October (AGM)
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Thank You to all of our Sponsors for supporting the P&F Trivia Night.

Please take some time to visit their websites and show them your ongoing support.



MERCY CATHOLIC COLLEGE'S
P&F TRIVIA NIGHT
WITH **SILENT AUCTION**

THE ANNUAL P&F FUNDRAISER
NEEDS YOUR SUPPORT

UNABLE TO MAKE IT TO THE TRIVIA NIGHT?
YOU CAN STILL DONATE TO OUR ANNUAL
P&F FUNDRAISER BY VISITING

WWW.TRYBOOKING.COM/WDIM



DOWNLOAD
THE 'MERCY COLLEGE' APP
AT THE APP STORE OR GOOGLE PLAY

[CLICK HERE FOR MORE INFORMATION](#)



Night work on Victoria Avenue, Help Street, Railway Street and Brown Street, Chatswood

The NSW Government is delivering the Sydney Metro project, Australia's biggest public transport project.

Services start in the first half of next year on Stage 1 of Sydney Metro, the \$8.3 billion Sydney Metro Northwest project.

From Sunday 30 September 2018, the rail line between Epping and Chatswood will be closed to allow for major upgrades, including testing and installation of new signalling, electrical, fire and life safety systems. During this time, there will be seven Station Link bus routes that will replace train services for around seven months.

Ahead of Station Link services starting on 30 September, Transport for NSW (TfNSW) will be upgrading street furniture, removing trees, installing signs and tactiles, adjusting pedestrian ramps and relocating the taxi zone to Brown Street for the duration of Station Link.

What do I need to know?

- **Phase one:**
 - From **Sunday 2 September** work will take place between 7pm and 5am for up to five nights per week, over a two week period.
 - There will be some noisy activities such as concrete excavation, ground compaction and the use of trucks with reversing alarms. Wherever possible, we will carry out the noisier tasks before midnight.
 - Four trees on Victoria Avenue will be removed to allow for the operation of Station Link buses. Four new trees will be planted after Station Link is complete in consultation with Willoughby City Council.
 - Traffic and pedestrian management will be implemented during work hours to protect workers and the public. Please follow signs and traffic controller's directions.
 - Taxis will continue to operate from the existing taxi zone on Victoria Avenue until late September, although parts of the taxi rank will be closed during night works.
- **Phase two:**
 - From **mid-September**, work will be undertaken to install traffic signs on Victoria Avenue, Railway Street, Help Street and Brown Street and will include relocation of the taxi zone to Brown Street on Saturday 29 September.
 - The work is expected to take place during two day shifts between 7am and 4pm and two night shifts between 7pm and 5am and have minimal impact.

The areas where work will be carried out are marked on the map located on the reverse of this letter.

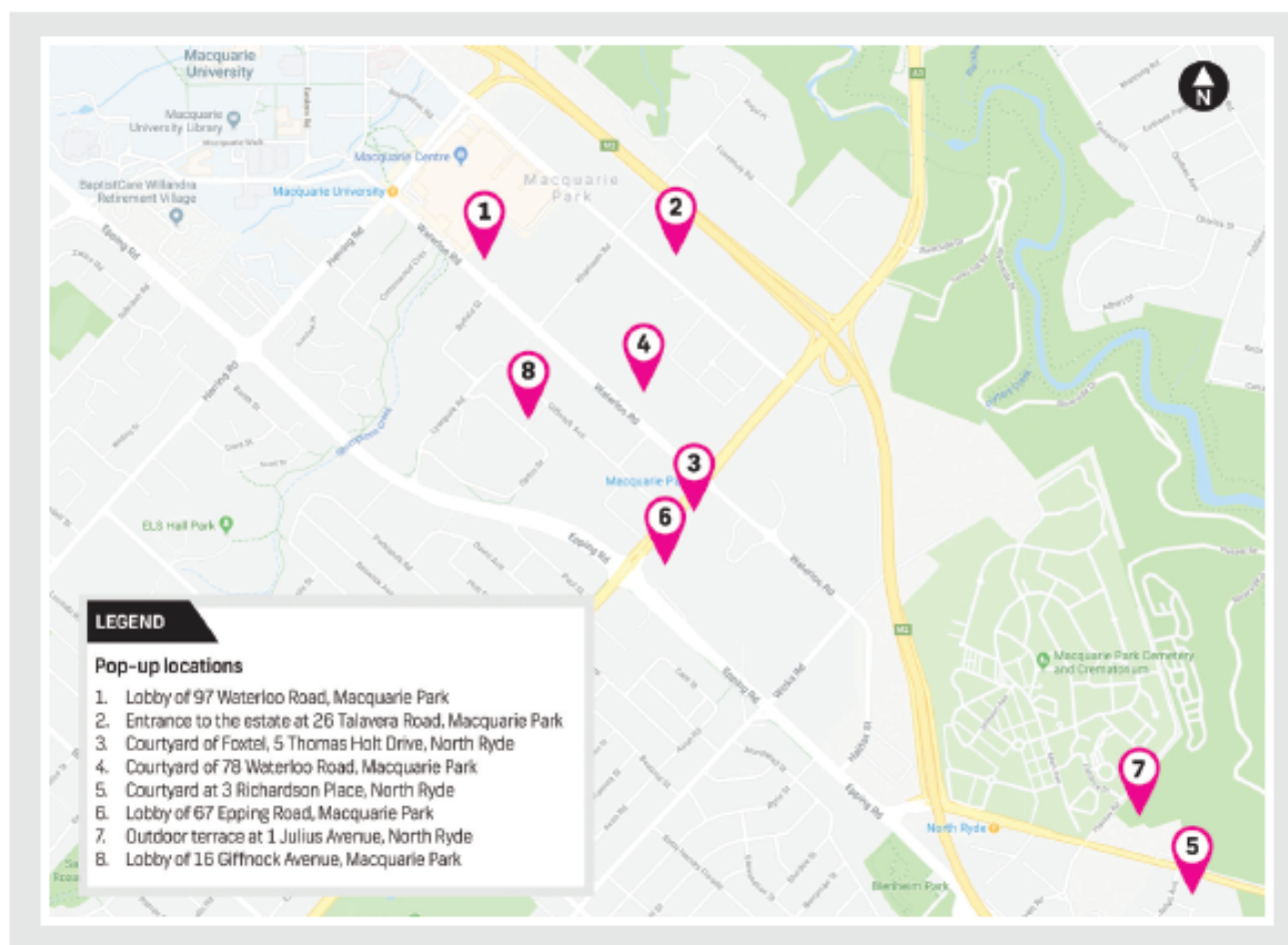
Contact information

If you have any questions, please contact our delivery partner, DM Roads, on 1800 332 660 or nsw_projects@dmroads.com.au.

For further details about Station Link, visit www.mysydney.nsw.gov.au/stationlink

Location of work in Chatswood





Station Link Trip Planning Pop Ups will be held across the precinct on the following dates:

	Date and Time	Location
1	Tuesday 4 September 10am - 12pm	Lobby of 97 Waterloo Road, Macquarie Park
2	Tuesday 4 September 1pm - 3pm	Entrance to the estate at 26 Talavera Road, Macquarie Park
3	Wednesday 5 September 10am - 3pm	Courtyard of Foxtel, 5 Thomas Holt Drive, North Ryde
4	Monday, 10 September 12pm - 2pm	Courtyard of 78 Waterloo Road, Macquarie Park
5	Tuesday 11 September 10am - 12pm	Courtyard at 3 Richardson Place, North Ryde
6	Tuesday 11 September 1pm - 3pm	Lobby of 67 Epping Road, Macquarie Park
7	Wednesday 12 September 10am - 3pm	Outdoor terrace at 1 Julius Avenue, North Ryde
8	Thursday 13 September 10am - 3pm	Lobby of 16 Giffnock Avenue, Macquarie Park

Find out more at mysydney.nsw.gov.au

MAC00370





Raising Kids & Teens in a Screen World

**A FREE WORKSHOP FOR
PARENTS AND CARERS OF
STUDENTS IN YEARS 4 TO 12**

Being a parent in today's digital world can be an overwhelming and confusing task... Become the pilot of your family's digital plane with some realistic advice to enhance learning and safeguard your child's physical and emotional health.

This engaging seminar arms parents with simple strategies to manage screen-time at home without tears and tantrums, and without having to constantly fret about online safety.

- ✓ Learn why our kids become infatuated with technology and why they find it hard to switch off devices
- ✓ Understand how to help your kids develop healthy digital habits
- ✓ Examine the current risks to kids' online safety – the 3Ps: predators, pornography and peers
- ✓ Explore why we need to avoid using screen-time as a reward or punishment tool

**Dr Kristy Goodwin,
Presenter**

As a leading digital parenting educator, speaker, researcher, author and former teacher (and mum who deals with her kids' techno-tantrums), Kristy translates the latest research into essential, digestible information and tips for parents and carers, so that they can safely navigate the digital terrain, without suggesting that kids be 'digitally amputated'!



Tuesday 11 September, 7-9pm (doors open at 6.30pm)

Mater Maria Catholic College, 5 Forest Rd, Warriewood NSW 2102

Tickets www.brokenbayparentcouncil.com/dr-kristy-goodwin