



The Mercy Voice

Term 4 Issue 3
12 November — 23 November
2018

In this Issue:

Page

1. Principal's Message
4. Director of Wellbeing
7. Business Manager's Message
8. Student News
12. Co-Curricular News
15. P & F News
16. Parent News

Upcoming Events:

TERM 4

WEEK SEVEN

26 Nov — Year 10 Reflection Day

27 Nov—Years 10/11/12

Elective Music Incursion

27 Nov—Italian Excursion

27 Nov—Volunteers Cocktail Party—6.00pm

29 Nov—Year 11 Legal Studies Excursion

30 Nov—Year 9 Maths Excursion

WEEK EIGHT

7 Dec — Year 8 French Incursion

LAST DAY OF TERM 4
FRIDAY 14 DECEMBER

Dear Parents and Carers,

Year 9 & 10 students have been working well over the last week in completing their yearly exams. This is a wonderful opportunity for the girls to demonstrate their understanding of the concepts they have learnt over the last semester.



Students will receive their yearly Academic Report in three weeks' time, which will give parents and the girls a clear understanding of their strengths and in what areas improvement can be made.

At the end of Term 4 we do not have formal Parent/Teacher interviews, however if you would like to make contact with your daughter's teachers please ring the College to make an appointment for Monday 17 December.

THANK YOU TO OLD PRIMARY SCHOOL STAFF: As you would be aware the girls are being taught Maths in classrooms at OLD primary school across the road, while our new building is under construction. To say thank you to the OLD staff who have been inconvenienced by MCC's "invasion" we hosted a lunch for OLD staff.

Hospitality as you may remember is one of our College's values and you will find this is the case in all schools who have the charism of the Mercy Sisters.

The Sisters' founder, Catherine McAuley continually encouraged others to ensure everyone was welcomed and treated equally.

"Try to meet all with peace and ease" is what she wrote in a poem to Elizabeth Moore in 1838. OLD Principal, Phil Ledlin and all the OLD staff certainly welcomed Mercy girls and teachers this term "with peace and ease". Thank you.



OLD Staff enjoying their lunch

Message from the Principal

MERCY GIRLS ONCE AGAIN ACHIEVE IN HSC PRATICAL COMPONENTS: I am beginning to get the first instalments of information telling me how well our students have done in the HSC this year.

I have been informed that Brianna Layton has been nominated for inclusion in Shape 2018 (an exhibition of a selection of exemplary Major Projects developed by HSC D&T and T&D students) and that Caitlin Hester's Directors Folio has been selected for the OnStage exhibition (exemplary Major Projects developed by Drama students). This news is in addition to Lucy Hall and Cassie Parker's earlier nomination.

I congratulate these girls along with their teachers (Mrs Delia Russell and Mrs Kate Caron) for their dedication to competing works of such a high calibre.

VOLUNTEERS COCKTAIL PARTY: If you have helped out around the school in any capacity it would be wonderful to see you next Tuesday, 27 November, 6pm-8pm to say thank you.

Best wishes



Principal

2019 TERM DATES

2019	Term Commences	Term Finishes
Term 1	Tuesday 29 January 2019 (staff) Wednesday 30 January, 8:30am – 12pm Year 7 & Year 10 and all students new to the College in 2019 Thursday 31 January, 2019 All students, Years 7 – 12 Easter	Friday 12 April 19 April – 22 April
Term 2	Monday 29 April	Friday 5 July
Term 3	Monday 22 July	Friday 27 September
Term 4	Monday 14 October	Friday 20 December

A background image of pink and yellow flowers, possibly Impatiens, with green leaves. A large white circle is centered over the image, containing the text.

Mercy Catholic College
would like to

THANK YOU
FOR YOUR GENEROSITY &
COMMITMENT THROUGHOUT 2018

Please join us for the
VOLUNTEERS COCKTAIL PARTY

Tuesday, November 27th 6pm-8pm
on the veranda outside the Chapel
in the College Grounds

For catering purposes please RSVP
www.trybooking.com/YZTS

TEENAGE DAUGHTERS

In 2017 over 24,000 young people aged 15 to 19 took part in the Mission Australia Youth Survey, providing a broad range of views and experiences. The results of the survey were released in 2018.

Young people were asked to rank how concerned they had been about a number of issues in the past year. The responses were consistent with previous years, with coping with stress, school or study problems, and body image ranked as the top three issues of concern. Over four in ten respondents indicated that they were either extremely concerned or very concerned about coping with stress. Around one third of young people were concerned about school or study problems and body image. Around one in five respondents were either extremely concerned or very concerned about depression. The proportion of females concerned about each of these issues was much higher than the proportion of males.

Despite media reports, young people reported a positive and optimistic outlook on their lives and their futures, with many reporting a confidence in their ability to achieve their goals after school. They saw their family relationships as cohesive and positive and reported strong engagement with their communities through a range of activities. Despite this, many young people still see the potential challenges they may face as they transition out of school and are concerned by a range of issues which they see having an impact on their life personally or having broader social implications. Mental health was one of the three most commonly cited barriers to young people's future plans, as well as being nominated by around one third of young people as an important issue in Australia today.

Gender differences

Coping with stress, school or study problems and body image were the top three issues of concern for both males and females as highlighted in Table 1.5. The proportion of females concerned about all of these was much higher than the proportion of males.

- Just under six in ten females indicated that **coping with stress** was a major concern (extremely concerned: 27.1%; very concerned: 31.1%), compared with around one quarter of all males (extremely concerned: 10.1%; very concerned: 16.7%).
- Females were also more concerned about **school and study problems** with 43.8% (extremely concerned: 17.9%; very concerned: 25.9%) indicating this as a major concern, compared with 23.8% of males (extremely concerned: 8.6%; very concerned: 15.2%).
- Four in ten (40.9%) females were concerned about **body image** (extremely concerned: 17.6%; very concerned: 23.3%) compared with only 16.8% of males (extremely concerned: 5.9%; very concerned: 10.9%).
- Close to three in ten (27.9%) females indicated a major concern about **depression**.

Table 1.5: Issues of personal concern to young people by gender

Females	Extremely concerned %	Very concerned %	Somewhat concerned %	Slightly concerned %	Not at all concerned %
Coping with stress	27.1	31.1	24.8	10.6	6.4
School or study problems	17.9	25.9	28.3	16.9	11.1
Body image	17.6	23.3	29.2	17.8	12.1

By continuing to revisit this information in the survey it helps remind the Pastoral Care team to continue to encourage discussion about concerns. It is also important to acknowledge there are students in the school community with diagnosed mental health issues who are being supported in school and as a team we work closely with parents and the outside specialists. However, for a lot of students they feel stress and anxious but they do not have a diagnosed concern.

Therefore, it is important to acknowledge the anxious feeling before exams, before performances and important events but also normalise the feelings because they will occur and it comes down to how a student can turn the feeling around to be positive.

Message from the Director of Wellbeing

When your daughter talks about feeling stressed, listen to what she is saying and then ask her questions such as;

What makes you feel that way?

What do you feel could happen?

What could you do to make the situation better?

By asking your daughter questions you are finding out why she is feeling that way and giving her ownership of her feelings and what she can do, without jumping in with solutions. It is important to start giving her the tools to build resilience and work through situations so she is able to face events with courage. We all want the students at Mercy to be able to handle situations themselves and thrive.

Regularly I say, as your daughter approaches the end of the Term her tolerance will not be as high as it was at the start of the Term. If she is worried about something, continue to ask her what she could do to make the situation better or a little easier. It is natural for students to have disagreements and not get on with everyone, but we need to allow them time to deal with the situations and work out the next steps. If we do not give them the ownership, we are doing them an injustice if we are expecting them to thrive. To thrive takes courage and perseverance which includes making mistakes and trying again.

We all need to remember nothing can be perfect all the time, and not everyone will like everyone all the time, there will be the hiccups, but again it is how it is handled and spoken about that will make all the difference. It is also important when friendships change, the word bullying is not thrown around. A breakdown of a friendship is not bullying. We need to remember a breakdown of a friendship can be hard and often 'time' and 'space' is needed before things can get better.

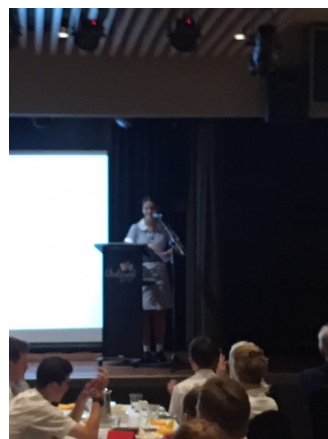
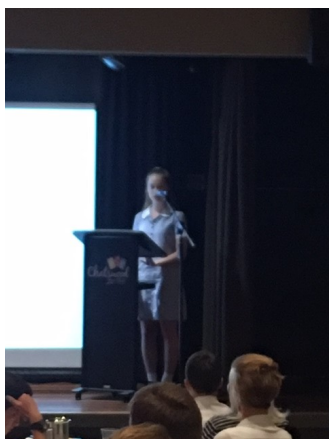
STUDENT LEADERSHIP SPEECH PROGRAM

This Term the 2019 St Pius College Student Leadership team invited Mercy Student Leaders to take part in a speech course which involved giving prepared and impromptu speeches. School Captain Sarah B and School Prefect Hannah N proudly represented Mercy. The statistics were 22 boys and 2 girls.

The course provided Sarah and Hannah with a lot of information and many 'how to moments' when giving a speech. They learnt about voice projection, body language, eye contact, how to deal with nerves, power posing, and the importance of preparation and practice.

The course culminated with every student having to present a speech to a room filled with parents and friends. Sarah and Hannah both gave insightful, intelligent speeches that stood out on the night. They are both to be congratulated for continually being able to deliver speeches to room of 22 boys each Friday afternoon after school for four weeks.

The St Pius College Student Leaders were very welcoming and showed great passion for their leadership portfolio. St Pius is in good hands for 2019. We thank St Pius College and Assistant Principal of Pastoral Care and Wellbeing Mr Brannan for their generosity and support in allowing Mercy Student Leaders to be given the opportunity to take part in this course.



2018 WORLD TEACHER'S DAY

At the end of Week 2 this term was Australia's World Teachers day. In Australia it is always the last Friday of October. Below is one of the beautiful cards the School Captain Sarah B and School Vice-Captain Gabrielle P put together for each teacher.



TO:

You're the **HEART** of every classroom
The **SOUL** of every school
Because of you we will have our own voice
So thank you for passing knowledge
You have always challenged us to work hard and get
good grades.
Thank You for continually inspiring me to do my best I
found guidance, friendship, discipline and love,
everything, in you
Thank you!
HAPPY TEACHERS DAY!

Mrs G McDermott
Director of Student Wellbeing



COLLEGE BACKPACK AND SPORTS BAG

Mercy Catholic College Backpack and Sports Bag will no longer be available through Lowes.

The new supplier will be Cowan and Lewis located at 1315 Pacific Hwy, Turramurra.

Backpack orders may be placed online or alternatively, parents are welcome to go to the shop Monday- Friday between 9:00am and 5:00pm or Saturday 9:00am-12:00pm.

Although currently in production, the backpack will be available in early November.
To order online:

Go to <http://cowanlewis.com.au>

Hover over the **SCHOOLWEAR** link

Click **ON CAMPUS**

Locate Mercy Catholic College and place order

Review your cart, enter your details and select payment method and shipping method. Proceed to checkout to complete your order.

Shipping Methods – Free delivery to school, twice per week on Tuesday and Thursday

Purchases may also be posted home for a fee

Payment methods – Credit card, print fax order form or arrange a phone call for an over the phone payment.

Please note, that discussion is still underway in regards to the Sports bag design but they will also soon be available.

If you require any assistance with online ordering, please contact Cowan and Lewis on (02) 9449 8931.

Ms Kath Parker
Business Manager

AUSTRALIAN WAR REQUIEM

Last Sunday the Chamber Choir performed in 'The Australian War Requiem' as part of Remembrance Day celebrations at the Sydney Town Hall. This critically acclaimed work by Australian composer Christopher Bowen is a choral and orchestral work based on the real life letters exchanged between soldiers and their mothers during the WWI.

The performance was the result of months of musical preparation for the Mercy Chamber Choir. Our students joined forces with Waitara Voices to perform the role of the 'young voices of the future'. This part in the music represents the voices of hope and renewal that can be heard in the distance as a backdrop to the horror of war.

Our students delivered an impressive musical performance. It was obvious that the quality of singing has developed in all of our choristers as a result of their participation in this project. Working alongside professional musicians in both the Orchestra and Sydney University Choir was a thrilling experience for many.

Mercy Chamber Choir is grateful for the opportunity given to us by Mr Bowen in allowing us to perform his magnificent work. We look forward to potentially collaborating on other projects such as this in the future.

Kathryn McGreal

Director: Mercy Chamber Choir

Editor's Note: A big thank you goes to Ms Kath McGreal for her dedication and commitment in working with the Choir to get them to such an outstanding level of quality.

Ms Kavanagh



L'OREAL GIRLS IN SCIENCE FORUM

Emma W, Julia H, Margie B, Olivia R joined Mrs Smeulders on an excursion to the L'Oreal Girls in Science Forum on the 13th of November at the University of New South Wales.

There were four inspiring Fellows that were being sponsored by L'Oreal and came to speak to us.

- Dr Kirsty Short - a virologist who is investigating the connection between influenza and obesity, diabetes and asthma.
- Dr Katarina Miljkovic - the only Australian scientist to be working with NASA to monitor Mars' crust
- Airlie Chapman - a mechanical engineer who specialises in aeronautics and is developing swarm robots.
- Asha Bowen - A paediatrician who strives to reduce skin infections in Aboriginal children

We had an opportunity to hear from the Fellows including their scientific interests and the discoveries they have made. Each scientist gave a short presentation about the Fellow's research and experiences as female scientists, they also discussed the potential for future study or careers in science. There was plenty of time for questions and discussion and we were encouraged to pursue a scientific vocation and help increase the representation of females in science.

After the forum, we were off to our first activity - exploring the Museum of Human Pathology. We went to a lecture. We identified the visual difference between healthy and diseased organs. We looked specifically at the liver of an extreme alcoholic and the oesophagus of a smoker. There were hundreds and hundreds of fascinating yet confronting human specimens. We were meant to answer questions, but we got distracted by the expanse of information.

Enjoying the Museum of Human Disease



Our second activity was physics. It was very much a scientific performance packed with experiments. We learned about radio waves, resonant frequency and enjoyed the smashing of a banana that had been submerged in liquid nitrogen. We went on a tour and viewed the quantum physics labs. The level of perfect sterilisation was astounding. It never occurred to me that a single dust particle could destroy an experiment just by passing by.

We left the forum with a newfound appreciation for the different types of sciences and were inspired to perhaps pursue a career in science.

Article by Olivia R

MEET A KEEPER EXCURSION

On the 8th of November, 5 Year 11s and 5 Year 10s embarked on a careers day to Taronga Zoo alongside our Careers Advisor Mr Regoli. After a strenuous journey to get to the zoo with seeming complication after complication (opal cards, missing people, and more!) we finally arrived to catch the cable car up to the careers talk.



We were shown to a building in amongst all the zoo animals, and sat down for approximately an hour to get the inside scoop of the zoo. We were spoken to by zookeepers with years of experience within the zoo and around the world, including Antarctica! These talks gave knowledge of the jobs within the zoo, and how to achieve them, ideas contrary to that of many who assume the zoo is just a place to clean and cuddle animals.

We discussed the nursing, business, tourism and organisational sides to the zoo before being granted the opportunity to meet a keeper and explore the zoo with free morning tea. Mercy was guided to the 'Backyard to Bush' section, where we met the sweetest zookeeper to run us through some of the zoo behind the scenes.

We were able to meet and pet a female echidna and observe her newborn baby pug, learning about the breeding process at the same time. Then, we were able to feed the goats and understand all the hard, yet rewarding work, that the zookeepers do.

Once we finished up, we were given free roam of the zoo to understand our surroundings, observe the animals and ponder the thoughts of becoming a zoo volunteer, keeper, and more. All in all it was a super fun and rewarding day that certainly swayed me to consider a job in zoo keeping or around the zoo, even though I never had before!

Hayley H—Year 11

CAN YOU SPARE AN HOUR HELPING OTHERS AT THE MYER GIFT WRAPPING DESK

Dear Students, Parents and friends,

I am Linda O'Cain a volunteer for Mary's House domestic violence refuge located in northern Sydney and I am emailing you in regard to our next fund raising venture.

For the second year Mary's House will be looking after MYER Chatswood's gift wrapping service. Our regular volunteers and other North Shore school pupils will be involved in participating and I would like to invite students and, perhaps, parents from your school to participate as well. It is a wonderful community initiative whereby students can increase their community service time which counts towards programs such as the Duke of Edinburgh Award and Mercy's Blue and Gold award.

The event will run from 7th December up to and including 24th December. There is a dedicated online sign up register to make volunteering a breeze. By clicking the login volunteers can choose a date and time that best suits them. Volunteers are given training and will work a minimum of two people per session. For younger volunteers we can organise supervision by an adult.

Here is the login to enable the volunteers to choose a date and time that suits them best:

<http://signup.com/go/zCFgkFP>

For more information please contact Linda O'Cain 0413 583 153 Myer Gift wrapping Co-ordinator



BBSSSA TENNIS

BBSSSA tennis was a great day, full of new experiences and challenges. As a team to be participating in the senior Championship tournament brought Olivia K, Georgia C and myself (Achsa S) challenges that helped enhance our abilities and assisted in challenging our tennis skills while competing with our opponents.

Although it was a hot day, we managed to play the game with a good sense of game skill and teamwork. It was a great experience competing with other schools from the Broken Bay Diocese and a good break from school.

The Under 14 team of Alyssa P ,Rhea N and Camryn C also had a very promising day until Camryn sustained an ankle injury and the team had to forfeit, however St Joseph's East Gosford supplied an extra player so that all their matches could continue and they had the opportunity to pit themselves against all the other teams, and know that next year they will be very competitive.

Many thanks to the parents who attended and Ms Knapinski for the opportunity to participate.



CO-CURRICULAR ACTIVITIES FOR 2019

MCC Chatswood DANCE

Performance Ensemble

In conjunction with the existing co-curricular recreational dance classes at Mercy College, *InSync Moves* offers *performance-based* dance classes to provide dance opportunities to all students in an encouraging, supportive and challenging environment. Classes cater to all levels of ability with a focus on developing a student's confidence, teamwork skills, performance skills, musicality and physical fitness. A team of highly experienced and qualified teachers deliver classes in a variety of styles. The program is committed to developing a solid foundation of dance technique, while providing an exciting class experience with fresh, up to date choreography. Throughout the year students will have the option to participate in additional workshops with high profile guest teachers & attend excursions to see professional productions.



PERFORMANCE GROUPS

Students with a passion for dance have the exciting opportunity to join the Dance Performance Ensemble & gain performance experience at competitions, festivals and various school events throughout the year. Students attend a 75-min weekly dance lesson to learn & develop a group performance piece.

Participation in the program requires a full year commitment & entry is by audition only (early term 1, 2019). Open to students in all years.

Cost: \$608 (full year upfront/5% disc applies) or \$320 (2 x instalments) paid directly to *InSync Moves*

Included: tuition, costume, hair/make up lesson, competition entry fees

Dance Styles offered: Jazz, Contemporary & Hip Hop

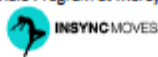
Additional costs: Dance uniform, dance shoes, hair/ make up needs, excursions (optional)

Class times: Tuesdays, Wednesdays, Thursdays 3:20pm – 4:35pm (Class allocation/days tbc)

To express interest, visit & click on the MCC link at: www.insyncmoves.com.au

School contact: margaret.kellendonk@dbb.catholic.edu.au

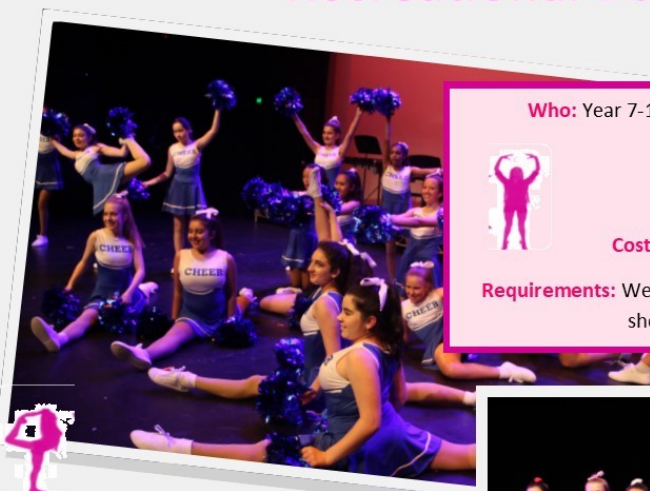
The Dance Performance Ensemble Program at Mercy College is proudly delivered by



CO-CURRICULAR ACTIVITIES FOR 2019



Mercy Catholic College Recreational Dance Group



Who: Year 7-12 students under the tuition of Mrs Cathy Hansell

When: Monday afternoons

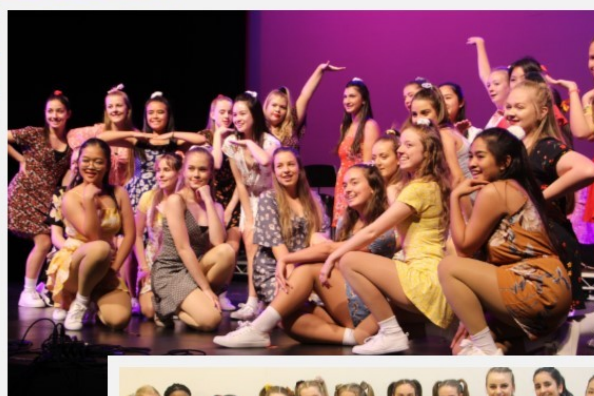
Where: Flexible Learning Space

Cost: TBC (approx.\$10-14 per session Payable per term)

Requirements: Wear comfortable clothing e.g. Tights and a T Shirt, dance shoes if you have them, socks or trainers



MCC Recreational Dance Group is open to Year 7-12 students who are interested in Dance and performing! Over the course of the year various Dance Styles will be explored in a fun atmosphere. The Dance Group will also have opportunities to perform during the year. If you love music and movement, want to keep fit and healthy with friends and develop performance experience, this is the group to join. All groups will perform at the annual College Creative Arts Showcase.



THANK YOU—YEAR 7 BBQ

A great big thank you to all the Year 9 parents who joined me last Friday to help set up and provide a bite to eat to the incoming 2019 Year 7s! We made quite a team! The evening went off so well and clean up was a breeze!

Thank you also to the Year 9 students who helped out with serving and clean up. You were amazing and did it all with no directions from me!

I would also like to thank the four Year 7 students who had everything set up by the time I arrived, who through out the event helped us out and who did a great job with clean up! "

Tina Teixeira
President P&F
mccpandf@gmail.com



MERCY CATHOLIC COLLEGE
CHATSWOOD
EST. 1890

Providing Excellence in Teaching and Learning since 1890

At Mercy College we recognise a girl's individual talent and strive to provide positive experiences so each may realise their full potential. We aim to develop young women who will be resilient, respectful, compassionate, independent and leaders of the future.

Through excellence in education, our young women are inspired to become critical and creative thinkers and leaders with a sense of social responsibility and discipleship.





**Accepting applications
for Year 7, 2021 now**



Catholic Girls Secondary College, Years 7 – 12

Mercy Catholic College 101 Archer Street, Chatswood NSW 2067

Phone: 02 9419 2890 | www.mercychatswood.nsw.edu.au

	
<p><i>You are warmly invited to join ...</i></p> <p>Broken Bay Catholic School Parents in Celebrating 2018</p> <p><i>Catholic Education: Respecting the Past - Leading the Present - Securing the future</i></p> <hr/> <p>Tuesday 4 December – Dinner 6.30 pm Catholic Schools Office Pennant Hills</p>	<p>SPECIAL GUEST Dallas McInerney Chief Executive Officer</p> 
 <p>Includes a short AGM</p>	
<p>RSVP: Monday 3 December - www.brokenbayparentcouncil.com</p>	