



The Mercy Voice

Term 1 Issue 1
31 January — 8 February
2019

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Upcoming Events:

TERM 1

WEEK THREE

11-12 February—Yr 7 Camp
12 February—Year 11
Information Evening 6pm
14 Feb—Yrs 11 & 12—Visual Arts Excursion
14 February—Year 7 Vaccinations
15 Feb—Yrs 11 & 12 Drama Excursion

WEEK FOUR

18 February—Opening College Mass—9am
20 Feb—Academic Assembly 10am
21 February—P&F Meeting 6.30pm

SAVE THE DATE

1 March—Swimming Carnival

MERCY COLLEGE OPEN DAY 2019
SUNDAY 3rd MARCH
(Compulsory School Day for Years 8, 9, 11 & 12))

Dear Parents and Carers,

Welcome back to the 2019 academic year. All students seemed to have settled well into the routine of classes and school work, including our 140 Year 7 students.

I particularly welcome all our new families both in Year 7 and in other Year groups to our community and I hope to see you at our parent gatherings and Information Evenings in the near future.

NEW STAFF:

As well as new students we also have a number of new staff I would like to introduce to you:

MISS STEPHANIE BURK: is our new Co-ordinator of the HSIE faculty

MS NAOMI JAMES: will be teaching in the English department

MS KAREN BATAILLE: joins the Religious Education department

MISS CHRISTINE SU: also joining the RE department and the Music department

MRS GAIL COTTON: working two days as a Library Assistant

MS PIPPA SIMMONS: is our new TAS teacher

MR BRETT PARKER: joined the school late last year and continues on in the maintenance department

MISS FRANCESCA PANETTA: will be teaching Italian, job-sharing with Mrs Perrignon

MR SEAN MARSHALL: is not new to the College, but returning to teach Maths and Science

KIRK STREET CAMPUS:

Our new campus on the corner of Kirk and Archer Streets, though not quite finished, has opened for classes. Girls have commented on how lovely the new rooms are and that they are excited by the new modern-look furniture. In just over a week the landscaping will be done and the girls will have a completed, very pleasant environment in which to learn.



VIETNAM IMMERSION EXPEDITION:

Many of you will be aware that each year we run a social justice immersion to Vietnam. The teachers and girls returned this week after spending 2½ weeks working in a school and orphanage.

The major project of this immersion was to build a school. Mercy students and staff laid the foundations 3 years ago and I can proudly say the school is now finished. It is a great achievement that has involved everyone in the Mercy community, as either through fund-raising and/or providing labour, our community has built a school for a very poor rural village.

I can sum up the expedition in the words of one of the students: "the trip was life changing, inspirational and amazing" (Imogen). Check out the photos later in this bulletin.

NEW MOBILE PHONE POLICY:

After sending out the letter to inform you of our Mobile Phone Policy, it has been heartening to receiving so many emails from parents supporting the school's stance. In working together with this, we can make your daughter's life hopefully, a little more safe and healthy.

P&F ASSOCIATION:

I draw your attention to some up-coming events so that you can save the date.

20 February: P&F Meeting. A great opportunity to meet with other parents and also be able to hear what is happening in the College and voice your opinion.

3 March: Open Day. The P&F Committee need volunteers to welcome prospective parents. Please read the P&F President, Phillipa Sobb's article later in this newsletter.

8 March: P&F Cocktail Party: a social evening where you can connect with the parents of your daughter's friends and get to know who forms part of our fabulous community.

I hope to see many of you at all, or some of these events.

Best wishes



Principal

Message from Assistant Principal

Dear Parents/ Carers

Welcome back to 2019. As one week has passed the students have settled back into school life and their studies well. I would like to thank you for ensuring your daughter's uniform is following the uniform standards. A reminder that earrings are to be plain gold or silver sleepers or studs (not stones etc) in the traditional place on the lower ear lobe. No plastics or earrings can be worn if your daughter has multiple piercings.

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

Students need to be at school by 8:35am when the first bell rings, to allow time to be organized for the day.

Tutor Group commences on Mondays, Wednesdays, Fridays and Tuesday Day 7 at 8:45am and on Tuesday Day 2 and Thursdays at 8:40am. If a student arrives after these times they will be marked late. If a student is late three times they will receive a College Detention on a Friday afternoon. If a student has an appointment then a note from a parent must be given to the front office.

Sleeping in or traffic is not an acceptable reason. There are a number of students walking into the school at 8:35am (and later) which does not allow enough time to be prepared for lessons. It is important that students are on time to school so they do not miss any information in Tutor Group or the Pastoral programme RISE. I would ask that you discuss with your daughter the importance of being on time to school with your daughter and coming straight to school and not congregating at the Concourse, in The Chase or the train station.

Your support is greatly appreciated.

Mobile Phones

Thank you for supporting the new procedures for mobile phones at the College. The College is concerned about your daughter's health and wellbeing and we know when you send your daughter to Mercy you want her to be educated and not be distracted by constant messages and the latest snapchat posting.

The new procedures are:

- Your daughter will have her phone in her locked locker everyday while at school. The only exception will be due to medical reasons.
- If your daughter needs to phone home she will go to the office.
- If you need to give your daughter a message you are to phone the office.
- At lunchtime and recess if your daughter wants to use her chrome book she is to go to the library. The playground is for social interactions and not devices.
- If your daughter is seen with a phone during the day it will be taken from her and she is to pick it up from the office after school and she will receive a Friday detention.

It is important that your daughter locks her locker at school. There are numerous students who still do not do this. I would ask that if you could talk to your daughter about the importance of locking her locker and not sharing her lock combination with anyone.

As stated in the College Diary on page A15.

Any electronic devices are not to be brought to school or school related activities, unless requested by the teacher. The school takes no responsibility for the loss of mobile phones or electronic devices that students bring to school.

Tuesday Day 2

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

Important Dates for 2019

Parent Teacher Nights 2:00pm – 6:30pm

Tuesday May 7 – Year 12

Tuesday May 21 – Year 7

Tuesday May 28 – Year 11

Monday July 2- Year 10

Tuesday July 23 – Year 9

Tuesday July 30 – Year 8 Parent Teacher and Elective subject information

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

Year 12 Academic Awards and Graduation Mass

Wednesday 25 September 1:00pm – 6:00pm

Awards Night Years 7- 11

Thursday 12 December 7:00pm

Open Day Sunday March 3 11am- 2pm

It is compulsory for Years 8, 9,11 and 12 to attend on Sunday March 3, to represent the College.

All College leaders, choir, band, drama, food technology and students in other speciality areas will be required to attend. Staff members will inform those students in specialty areas from Years 7 and 10 if they are required.

Please mark this date in your calendar. More information will be coming in the next few weeks.

Miss Kayrooz
Assistant Principal

2019	Term Commences	Term Finishes
Term 1	January 2019	Friday 12 April
Term 2	Monday 29 April	Friday 5 July
Term 3	Monday 22 July	Friday 27 September
Term 4	Monday 14 October	13 December - classes finish 20 December-College closed

NSW SCHOOL VACCINATION PROGRAM

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

In 2019 the following vaccines will be offered:

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

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

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

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

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

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

A Record of Vaccination card will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Frequently asked questions:

My child received the Diphtheria-Tetanus-Pertussis (whooping cough) vaccine when they were aged 4. Do they need this one? Yes this is a booster dose that all adolescents in year 7 require.

My child received the Meningococcal vaccine when they were an infant. Is this the same vaccine? The Australian childhood immunisation schedule included Meningococcal C vaccine. This vaccine contains four strains offering additional protection against Meningococcal ACWY.

Visit www.health.nsw.gov.au/immunisation for further information and translated copies of the Vaccination Information Kits

WELCOME TO 2019

Welcome to 2019 and all the excitement you have endured in starting the new year. Getting back into a routine takes a little time therefore, it will not be unusual for your daughter to feel a little tired when she arrives home in these first few weeks.

Girls want to please their new teachers and being good in class and doing the right thing can mean when they get home they are a little cranky, again just put it down to starting the new year. When they have settled in the afternoon, have a conversation with them about the day, asking "how was the day", do not worry if the reply is one word 'good'.

By checking in on them you are letting them know you care. Let them know if they need any help you are there to help and also encourage them to see their teacher. If they cannot do the work or are really tired write a note in your daughter's diary letting the teacher know your daughter will catch up the next night or on the weekend.

Parents of daughters in Year 12 and Year 11

As parents of a daughter in Year 12 or Year 11 your role is to support your daughter and always encourage her to see her teachers if she does not understand the work. It is also important you remain calm. If your daughter does have a meltdown which is not unusual, your role is to listen and calm her down, it is not a time to lecture or give the motivational speech.

Even though they are in the senior years it does not mean they are disrespectful, your daughter is expected to adhere to the school rules and also the family rules. Have a conversation with your daughter about expectations.

A senior student should not be going out and partying every weekend, this will only lead to exhaustion. Your daughter needs to look after her health by sleeping well and eating well. She also needs balance, she cannot be studying all day on the weekend. Make sure she goes for walks or is part of a team and gets fresh air. Go on walks with your daughter as it is a great time to talk and check in on her to see how she is feeling about things.

This link to the ABC 'Ask the Doctors' series 1 episode 3 is a 29 minute episode that I highly recommend every parent watch about sleep and a teenager doing the HSC. Your daughter having a good night's sleep is a crucial element in helping her better cope with whatever she faces the next day.

<https://iview.abc.net.au/show/ask-the-doctor/series/1/video/DO1625V003S00>

Mrs G McDermott
Director of Student Wellbeing

Isabella's Big Cut

I have been growing my hair for many years as I have always wanted to donate it to those in need.

My aunty has had cancer for the past five years and I was also very sick as a young child and had four operations before I turned five. I know that Variety the Children's Charity does amazing work and supports kids and families who are facing challenges through sickness or with special needs.

To donate your hair they require 35.5cm cut into multiple pony tails so that it can be made into wigs for children suffering with cancer or other medical conditions where they lose some of their hair. They need between 10-20 pony tails to make just one wig! Many of the kids have alopecia which is a auto immune disease which causes hair loss.

I also set up a Hair with Heart fundraising page and so far have raised over \$300 for Variety. The money raised will help kids living with disabilities, illness and disadvantage so I am very pleased that my family and friends have been so generous in supporting me.

My page is here – Isabella's Big Cut - <https://hairwithheart.everydayhero.com/au/isabellas-big-cut>

I hope this can inspire others to do the same – it is such an easy thing to do really and it feels very rewarding to know that you are helping others.

Here are some before and after photos!

Regards
Isabella S—Year 11



Gold Duke of Edinburgh Hike (December 2018)

Late last year, when everyone else were just starting their school holidays, a group of nine dedicated Year 12 girls headed off to the Snowy Mountains for a Gold Duke of Ed hike. We were combining our Practice and Qualifying Adventurous Journeys, meaning it was our last ever Dukes hike. On the 15th of December, we were dropped off at Round Mountain in the remote Kosciuszko National Park to start our 6 day hike.

This hike definitely challenged us, from walking through freezing cold river crossings with the water up to our hips, hiking up steep hills and mountains that nearly seemed impossible and waking up at 5am some mornings for an early start. We slept in tents each night, some camping on a slant, cooked our own dehydrated dinners, trekked through several passes and climbed up 6 mountains. We all persevered until the end, which was 100km later at Thredbo Village (where we were rewarded with a YHA bed and celebratory/birthday dinner.)

It was definitely an experience that none of us will forget and the memories and bonds that were formed will not be forgotten. The Duke of Ed experience has been a remarkable and truly amazing few years as it has provided me with life skills, an appreciation of the great outdoors and it helped to foster lifelong friendships and memories that I will hold dearly for years to come.

Gabrielle P

A message from their supervisor:

"Each member of the Expedition Party is deserving of the highest commendation for the resilience shown, and the way in which they overcame all sorts of adversity in carrying all their clothing, food, shelter and equipment, over an arduous 100km hike across some of Australia's most pristine alpine wilderness terrain.

Few people have the courage and opportunity to navigate the paths the girls walked, and strongly overcame in good spirit, good company and good time. We were blessed, in that the heaviest weather was encountered on the drive enroute and on return, but we did cop our fair share of exposure to rain, high wind and both low and high cloud while walking and camping." Sean Brannan, St Pius X College.

Special thanks to the Pius staff for their organisation; Sean Brannan for accompanying them, Adrian Brannan (Youth Minister OLD Parish) for driving the support vehicle and his back up support, as well as Tony Cunneen, expedition journalist and safety communications officer, and to St Pius X College Principal: Mr John Couani for the generous loan of the outdoor equipment and transport. You gave our girls the opportunity of a lifetime.

And congratulations girls.
Ms Dorey,
Duke of Ed co-ordinator



VIETNAM IMMERSION

Fourteen adventurous students and three teachers, headed off to Vietnam during January to complete community service work in a school and orphanage. Below are some of the students' comments about their time in Vietnam.

Jacqueline: "this trip has definitely opened my eyes up to the world and made me realise how lucky we are here".

Amelia and Claudia: "We believe this (trip) will have a great effect when we get home, as we have learnt to become more thankful towards family, friends and everything they do for us."

Sarah: "I feel that Vietnam has taught me to see life from a new perspective and put myself in other people's shoes".

Chloe: "this expedition has 100% inspired me to really reach out and help those who need it most and start to give back".

Ainslie: "the days of building the school were so rewarding, but it was only until the day we left and we were walking up the street, did it make me realise how much of a connection we had made with everyone (children and families in the village)".



Vietnam Immersion



Vietnam Immersion



Thursday Walking Club



Join Mrs Tailor and Mrs Oliver every Thursday at 1:30pm (weather permitting) for a social and fun walk departing from the main 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 is NOT required as it is included in the Year 7 Orientation paperwork. There is no cost for this wonderful activity!



My name is Phillipa Sobb and, I am the MCC P&F President for 2019.

The lovely P&F Committee members this year are Carmel Daniels (Vice President), Jacqui Hester (Secretary) and Melinda Holmes (Treasurer).

I would like to thank the outgoing 2018 P&F Committee members: Tina Teixeira, Shyla Stephen and Annelise Pearce for ensuring the parent functions were wonderful last year.

I welcome all new families to MCC. I hope your daughters have enjoyed their first weeks at the College. I imagine girls in their Tutor Group ensured they felt very included, welcome and special.

I hope you find as I do, that MCC staff are delightful and always aim to ensure the College is a wonderful place for our daughters to learn and be happy.

You will not see most of the wonderful extra activities that teachers arrange and participate in, with the girls (often at lunch time). However the extra effort teachers put in, above their teaching responsibility, ensures MCC is truly a beautiful school. If you ask your daughters to keep you informed of these activities, you will be grinning after hearing the stories.

I look forward to meeting new families and welcoming back returning families at the P&F Cocktail Party on Friday 08/03/2019.

The link to book your ticket to this event is <https://www.trybooking.com/BAREW>

Please find below of summary of most **P&F Events for 2019**.

We will also arrange some general parent gatherings throughout the year.

We will likely hold a Trivia Night again this year as this has been a great social evening.

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

Phillipa Sobb
P&F President
perrysobb@gmail.com
0411 429 629



Mercy Catholic College

2019

Cocktail Party

MCC P&F invites
all MCC Parents and Carers
to the Annual Cocktail Party

Tickets \$50 pp
Canapés and Initial Bar Tab
Smart Casual

Chatswood Golf Club
128 Beaconsfield Road Chatswood
Friday 8 March 2019 from 7pm til 11pm

Please RSVP by Monday 4 March 2019
<https://www.trybooking.com/BAREW>

Day	Date	Time	Event	Details
Wednesday	20/02/2019	6.00pm	P&F Meeting	All parents and carers invited and welcome to attend.
Sunday	03/03/2019	11.00 to 2.00pm	Open Day	Parents of Years 8, 9, 11 and 12 students requested to volunteer (Welcomers, Balloons, BBQ cooking, Food and Drink Service). TryBooking link to volunteer will follow.
Friday	08/03/2019	7.00pm to 11.00pm	Parent Cocktail Party	Chatswood Golf Club Tickets via https://www.trybooking.com/BAREW
Thursday	09/05/2019	7.00am to 9.00am	Mothers' Day Breakfast	Complimentary Breakfast for Mums and MCC Daughters. Booking Details will follow.
Wednesday	05/06/2019	6.00pm	P&F Meeting	All parents and carers invited and welcome to attend.
Wednesday	14/08/2019	6.00pm	P&F Meeting	All parents and carers invited and welcome to attend.
Thursday	29/08/2019	7.00am to 9.00am	Fathers' Day Breakfast	Complimentary Breakfast for Dads and MCC Daughters. Booking Details will follow.
Wednesday	25/09/2019	3.10pm to 4.15pm	Year 12 Graduation Afternoon Tea	Afternoon Tea is served between the Year 12 Graduation Ceremony and the Year 12 Farewell Mass. Guests include Year 12 students and family. This is a catered event, however parents of Year 11 students are requested to volunteer to serve.
Wednesday	23/10/2019	6.00pm	P&F AGM and Meeting	All parents and carers invited and welcome to attend. Elections: 2019 Committee.
Friday	15/11/2019	6.00 To 8.00pm	Year 7 2020 Information Evening	Parents of Year 9 students requested to volunteer (BBQ cooking, Food and Drink Service). TryBooking link to volunteer will follow.

NSW GOVERNMENT OFFERS \$100 TO PARENTS

\$100 Creative Kids Vouchers Go Live

Families can now access Creative Kids vouchers, providing them with \$100 for every school-age child to help cover the cost of enrolment for creative and cultural learning activities.

Parents can use one voucher for every school age child per year to help meet the cost of structured creative and cultural activities, such as music lessons, languages, coding, drama and theatre, photography and graphic design. Further information is available at:

<https://www.service.nsw.gov.au/creative-kids-fags-parents-guardians-and-carers>

Brigidine College St Ives welcomes

THE IDEA OF NORTH

in concert



Including performances from Brigidine,
Mercy and St Augustine's colleges

FRIDAY 15 FEBRUARY 2019 | 6.00PM

Bowie Hall, Brigidine College St Ives | \$20

325 Mona Vale Road, St Ives

trybooking.com/ZOEA



Next Friday the students in the Mercy College Chamber Choir will be joining the choirs from Brigidine and St Augustine's to perform in a combined choral concert with the professional vocal acapella ensemble 'The Idea of North'.

The concert will begin at 6pm and feature each school performing items individually and then the schools combine to form a massed choir of approximately 100 students to perform pieces learnt in the day long workshop preceding the concert.

Please come along and support our choral students.

All proceeds from the concert will be shared between the participating schools.

Tickets are available through trybooking.com/ZOEA

CANTEEN MENU

FOOD CODING

G - GREEN FILL THE MENU

A - AMBER SELECT CAREFULLY

GF - GLUTEN FREE



BREAKFAST

BACON ROLL (A)	\$3.50
EGG ROLL (G)	\$3.50
BACON & EGG ROLL OR WRAP (A)	\$4.00
BREAKFAST MEAL DEAL (A) EGG & BACON ROLL OR WRAP & A SMALL FLAVOURED MILK	\$6.00
TOASTED BANANA BREAD & A SMALL FLAVOURED MILK	\$5.50
TOASTED SANDWICH HAM, CHEESE, TOMATO & A SMALL FLAVOURED MILK	\$6.00

TOASTED SANDWICH

CHEESE (G)	\$3.50
HAM & CHEESE (G)	\$4.00
HAM, CHEESE & TOMATO (G)	\$4.50

COLD FOOD

FRESH FRUIT SALAD (G) GF	\$4.50
YOGHURT & BERRIES (G) GF	\$4.50
YOGHURT & MUESLI (G) GF	\$4.50
FRUIT(G) FRUIT AVAILABLE DAILY	\$1.00
FRESH FRUIT SALAD	\$4.50

SANDWICH BAR

CHICKEN (G) LETTUCE & MAYONNAISE	\$4.50
CHEESE & TOMATO (G) CHEESE & TOMATO	\$4.00
SMOKED HAM (G) HAM, CHEESE & TOMATO	\$4.50
CHICKEN SCHNITZEL (G) HOMMUS & TABOULI	\$4.50
SALAD (G) LETTUCE, TOMATO, CUCUMBER, BEETROOT, ONION & CARROT	\$4.00
EGG (G) EGG, MAYO & LETTUCE	\$3.50
FALAFEL (G) LETTUCE, TOMATO, CUCUMBER & HOMMUS	\$4.00
TUNA (G) TUNA, MAYO, CUCUMBER & SPANISH ONION	\$4.00
VEGETARIAN (G) GRILLED EGGPLANT, LETTUCE, SUNDRIED TOMATO, ROAST CAPSICUM	\$4.50
BREADS (G) WHITE, WHOLEMEAL, MULTI-GRAIN	\$1.00
WRAP	\$1.00

PASTA

LASAGNA (G) HOMEMADE BEEF HOMEMADE VEGETARIAN	\$6.00
PENNE VEGETARIAN (G) CHAR GRILLED VEGETABLES & SALSA	\$6.00
PENNE BOSCAIOLA (A) HAM, MUSHROOM, CREAM SAUCE	\$6.00
SPAGHETTI BOLOGNESE (G)	\$6.00

PIZZA

MARGARITA (G) CHEESE & TOMATO	\$4.50
VEGETARIAN (G) OLIVES, EGGPLANT & ROAST CAPSICUM	\$5.00
HAWAIIAN (G) HAM & PINEAPPLE	\$5.00
BBQ CHICKEN (G) BBQ CHICKEN WITH ONION & CHEESE	\$5.50

SUSHI

CHICKEN TERIYAKI (G) GF	\$3.50
TUNA (G) GF	\$3.50

TURKISH BREAD

CHICKEN SCHNITZEL DELIGHT (A) CHICKEN SCHNITZEL, ROAST CAPSICUM & CHEESE	\$5.50
CHICKEN DELIGHT (A) ROAST CHICKEN, AVOCADO, SUNDRIED TOMATOES & CHEESE	\$5.50
MEDITERRANEAN DELIGHT (A) OLIVES, ARTICHOKE, ROAST CAPSICUM & FETTA	\$5.50
VEGETARIAN DELIGHT (A) EGGPLANT, SUNDRIED TOMATOES, ROAST CAPSICUM & CHEESE	\$5.50
HAM DELIGHT (A) SMOKED HAM, SUNDRIED	\$5.50

Freshly made on the premises

CANTEEN MENU

FOOD CODING

G - GREEN FILL THE MENU
A - AMBER SELECT CAREFULLY
GF - GLUTEN FREE



ROLLS & WRAPS

SINGLE \$4.00 | DOUBLE \$6.00

SWEET CHILLI CHICKEN (G)
CHICKEN, SALAD & CHEESE

CHICKEN CAESAR (A)
CHICKEN, BACON, CHEESE & CAESAR DRESSING

FALAFEL (G)
FALAFEL, HOMOUS, TABOULI, CUCUMBER & LETTUCE

CHICKEN TANDOORI (G)
CHICKEN, YOGHURT, CUCUMBER & LETTUCE

CHICKEN SCHNITZEL (A)
CHICKEN SCHNITZEL, TABOULI, HOMOUS, TOMATO & LETTUCE

SALADS

	SML	LGE
GREEK SALAD (G)	\$5.00	\$6.00
TOMATO, CUCUMBER, ONION, CAPSICUM, OLIVES & FETTA		

CHICKEN AVOCADO PASTA SALAD (G)	\$5.00	\$6.00
ONION, MAYO, AVOCADO, CHICKEN, CARROT, RED PEPPER & PARSLEY		

TUNA PASTA SALAD (G)	\$5.00	\$6.00
TUNA, CAPSICUM, ONION, CARROT, PARSLEY & PASTA		

PESTO PASTA SALAD	\$5.00	\$6.00
PESTO, OLIVES, SUNDRIED TOMATOES & CARROT		

PUMPKIN SALAD (G)	\$5.50	\$6.50
PUMPKIN, ENGLISH SPINACH, PINE NUTS & FETTA CHEESE		

GARDEN SALAD (G)	\$4.50	\$5.50
MESCLUN LETTUCE, CHERRY TOMATOES, CUCUMBER, CARROT, CAPSICUM & SPROUTS		

POTATO SALAD (G) GF	\$4.50	\$5.00
POTATO, PARSLEY, SPANISH ONION & MAYO		

CHICKEN CAESAR (G)	\$5.50	\$6.50
CHICKEN SCHNITZEL, COS LETTUCE, CAESAR DRESSING, BACON & CROUTONS		

GREEN BEAN (G) (GF)	\$4.00	\$5.00
MIXED BEANS WITH DRESSING		

TABOULI SALAD (G)	\$5.00	\$6.00
PARSLEY, TOMATO, WHEAT GERM & DRESSING		

THAI NOODLE SALAD (G)	\$5.50	\$6.50
GRILLED CHICKEN, VERMICELLI NOODLE, CUCUMBER, MINT, CORIANDER, CAPSICUM & CARROT		

TABOULI & LENTILS (G)	\$5.00	\$6.00
TABOULI, LENTIL WITH LEMON JUICE		

EASTERN DELIGHT (G)	\$5.50	\$6.50
TABOULI, HOMOUS, CHOICE OF SCHNITZEL OR FALAFEL, WITH CRUNCHY PITA BREAD		

BURGERS

GOURMET BURGER (A)	\$5.50
FRESH BEEF, ONION, BBQ SAUCE, BEETROOT, TOMATO & LETTUCE	

CHICKEN CAESAR BURGER (A)	\$5.50
GRILLED CHICKEN, CAESAR DRESSING, BACON & COS LETTUCE	

CHEESE BURGER (A)	\$5.50
FRESH BEEF PATTY, CHEESE, FRESH TOMATO & TOMATO SAUCE	

PERI PERI PORTUGUESE BURGER (A)	\$5.50
CHICKEN BREAST, PERI PERI SAUCES, LETTUCE	

CHICKEN BURGER (A)	\$5.50
FRESH CHICKEN PATTY, LETTUCE & MAYO	

CHICKEN AIOLI BURGER (A)	\$5.50
GRILLED CHICKEN, LETTUCE & AIOLI SAUCE	

DRINKS

WATER	
600ML WATER	\$2.50
1L WATER	\$4.00

JUICE 500ML	\$4.00
ORANGE, APPLE, MANCO PASSION-FRUIT	

FLAVOURED MILKS

300ML	\$2.50
CHOCOLATE, STRAWBERRY	

500ML	\$4.00
CHOCOLATE, STRAWBERRY	

DARE COFFEE 500ML	\$4.50
ESPRESSO, MOCHA,	

FLAVOURED MILK SHAKES	\$4.50
CHOCOLATE, STRAWBERRY, VANILLA & CARAMEL	

HOT DISHES

SPECIAL FRIED RICE (G)	\$5.50
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BUTTER CHICKEN (A) WITH RICE	\$6.00
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STIR FRY VEGETARIAN NOODLES (G)	\$6.00
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LEAN BEEF PIE (A)	\$4.00
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LEAN SAUSAGE ROLL (A)	\$3.80
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SPINACH & RICOTTA ROLL (A)	\$4.50
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QUICHES (A)	\$4.50
VARIETY OF QUICHES	

OVEN BAKED WEDGES	CUP \$4.50
	TRAY \$5.50

BAGUETTES

VEGGIE FILLINGS (G)	\$6.00
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CHICKEN BAGUETTE WITH ASSORTED FILLINGS (G)	\$6.00
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Freshly made on the premises



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.

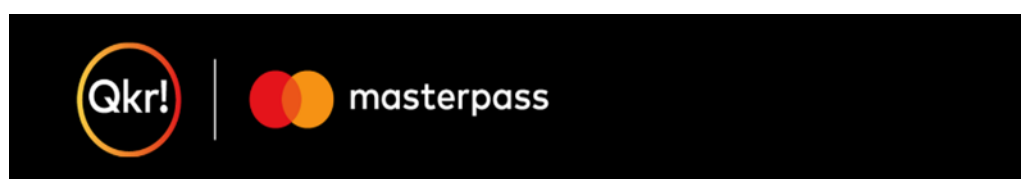
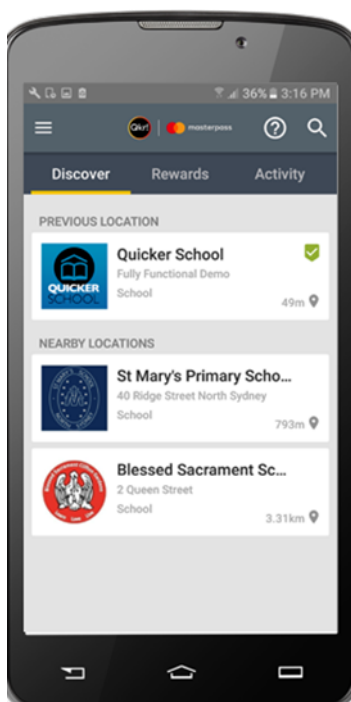
Note: The [Qkr web client](#) is available for those not wanting to complete transactions from their mobile phone.

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'.



In 2019, 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 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 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 that will showcase the talent and creativity of students.

When: Wednesday 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 8 - 8.30am

Where: Drama Room

Cost: \$100 per term (8 lessons)

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