



# The Mercy Voice

**Term 2 Issue 5**  
**24 June — 5 July**  
**2019**

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**Upcoming Events:**

**TERM 3**

**9 August—Staff  
 Spirituality Day: Pupil free  
 day**

**21 August - Staff  
 Development Day: Pupil  
 free day**

**WEEK ONE**

**22 July — Term 3  
 Commences**

**23 July—Year 9 Parent  
 Teacher Night from 2pm**

**24 July—Co-curricular Photos**  
**25 July—BBSSA Netball Gala  
 Day**

**26 July—Winter Sleep Out**

**WEEK TWO**

**30 July — U13 Rugby League  
 Gala Day**

**30 July—Year 8 Parent  
 Teacher Night from 2pm and  
 Subject Information Night**  
**2 August—Year 11 Business  
 Excursion**

**SAVE THE DATE**

**P&F TRIVIA NIGHT**  
**Saturday 7 September**

*Dear Parents and Carers,*

If you have been around the school lately and into our new building across from the main campus, you would have noticed all the new furniture which allows for flexible learning. Our students and the teachers are delighted by the new spaces. The girls have choice in where they will sit and the teachers flexibility in how they want the class organised according to the activity they will be doing.

This furniture has been paid for from your funds. The P&F levy you pay with your school fees, always goes back into resources for your daughter/s to use. Your funds for this year have been used to pay for this wonderful new furniture.



**YEARS 8 & 10 PARENTS:  
 SAVE THE DATE**

It's time for Year 8 to start thinking about what electives they will be doing for Stage 5 (Years 9 & 10) and for Year 10 to decide what will be their course of study in Stage 6 (Years 11 & 12).

Families will be emailed a copy of the relevant Subject Selection Booklet in Week 1 of next term in preparation for the Information Evenings.

Year 8: July 30 is the Year 8 Parent/Teacher/Student interviews from 2pm to 6.30pm. During this time you can talk to teachers who will be set up in the library to answer questions you may have about their subjects.

## Message from Principal

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Year 10: August 13, is the Year 11 (2020) Information Evening from 4pm to 6pm. On this evening you will be given general information about Stage 6 NESA requirements, as well as having the time to speak to specific teachers about their subjects.

### **ACADEMIC REPORTS FOR SEMESTER ONE:**

Parents of girls in Years 7 to 10 will receive their daughter's Semester 1 report in the mail this week, or early next week.

Once again I remind parents to have a conversation with their daughters, identify the effort, cooperation, punctuality and behaviour. If she is working to best of her ability, then that is all anyone can ask for. If she has a number of days listed as late or if effort is poor, it's important to have that conversation about why she is disengaged with her learning.

### **PARISH OUTREACH DINNERS:**

Fr Jim (Parish Priest at OLD church), held a meeting last Saturday to gauge the interest in the community of beginning a programme to supply dinners to the marginalised in the Chatswood area. We are looking for students and parents who may be interested in becoming part of the project. Caitlin G in Year 11 will email your daughters a google form to fill in if they want to join the group. All students are welcome, but if under the age of 15, they will need to have a parent accompany them on these evenings.

### **REQUESTS FOR EXTENDED LEAVE:**

I have recently received a number of requests for girls to be absent from school. This is just a reminder to families that leave requests are granted at the discretion of the Principal following guidelines set down by the Department of Education.

When an absence is required a formal approval must be sought in advance via a written request to the Principal. The request must include the dates of leave and the general nature of the leave. The Department of Education does not deem family holidays as a justifiable reason for children to miss school.

Where possible leave should be sought at least one month in advance. In general leave will not be approved where the leave requested coincides with an examination block, a series of assessment tasks, if there already is a pattern of absenteeism or the number of days requested breaches the number of days leave permitted within a given school year.

This procedure is outlined in your daughter's College Planner on page A10.

### **END OF TERM PRAYER:**

A big thank you to everyone (teachers, support staff, students and parents) who have contributed this term in some way. Mercy has a strong sense of community and it is because everyone does their "bit" in working hard and supporting each other. We prayer for a safe holiday for all.

*Best wishes*



**Principal**

We thank you God, for this term;  
for the challenges, the successes and  
the mistakes from which we have learnt.  
Be with us during the holidays as we spend  
our time with family and friends.  
Give us strength and courage to do what is right  
to be witnesses of our faith.  
Help us to be a practical Christian these holidays;  
to appreciate what others do for us,  
to give time and effort to help others,  
to be peacemakers in our family.  
Keep us safe in our activities;  
give us good rest and good fun.  
Bring us back refreshed and ready for a new term.  
We thank you for our classmates, teachers, other  
staff,  
parents and a community that cares for us.  
May we always be conscious of you in our lives.  
Amen

### COLLEGE UNIFORM TERM 3

Please note the College uniform dress code below. It is your daughter's responsibility to ensure she has read the dress code and wears the correct uniform to school each day. If she has jewellery that is not allowed confiscated, it will be returned at the end of the term. We appreciate your support in upholding the dress code of the College.

#### Uniform

In Term 3 students are wearing the winter uniform. The dress regulations for this uniform are in the College Diary and on the College website. The uniform is checked on a regular basis and if your daughter decides not to wear it correctly then a consequence will occur.

#### General Uniform Regulations:

- If hair touches the collar, it should be tied back with a ribbon, scrunchie or hairclip in navywhite or black.
- Hair should be a natural colour and of a conservative style.
- The following jewellery items may be worn: a watch, one pair of **plain studs or sleepers (gold or silver)** in the lower lobe. All other facial piercing is prohibited. **Plastic studs** are not to be worn. A cross on a chain may be worn **but must not be visible** when worn with the school uniform.
- Make-up, nail polish, acrylic and gel nails are not to be worn.
- Chewing gum is prohibited.

#### Winter Uniform

- Years 7-12: College kilt (length is to be 5cm below the knee), blouse, jumper, blazer, pale grey tights/stockings.

***Please note: kilts are not to be rolled at the waist and torn tights/stockings are not acceptable.***

- All students: high neck skivvies are not to be worn under the blouse.
- Pale grey tights/stockings. Socks are not to be worn under tights/stockings.
- Black, lace-up leather school shoes with no coloured stitching, metal tabs or higher heels.
- The blazer must be worn to and from school as the outer garment.
- Plain navy or black scarf (if required), to be purchased from the College office.
- College blazer is to be worn as the outer garment in Terms 2 and 3.

#### Sports Uniform

This is can only be worn to school if your daughter has training for a team sport before school. She is then required to change into her College uniform. Students who have PE or sports training after school must wear their College uniform to school and change at the appropriate time into their sports uniform.

- School sports cap
- Blue Mercy College shorts
- White polo shirt with school emblem
- Sport shoes (excluding Vans, Converse, Volley's and the like)
- **White ankle socks**
- In winter: College track suit
- The College jumper is not to be worn with the track pants.
- The sports uniform is not to be worn to school (unless specified as above)

A reminder that Year 12 students can only wear their jersey at school. It cannot be worn under the College blazer or to or from school. If they choose not to follow the rule then they will lose the privilege of wearing their jersey.

**Ms L Kayrooz**  
**Assistant Principal**

### **IMPORTANT DATES TERM 3**

- Co-Curricular photos have been postponed till Wednesday 24 July
- Year 9 Parent Teacher Night: Tuesday 23 July, 2pm-6.30pm
- Year 8 Parent Teacher Night and Elective information Tuesday: 30 July, 2pm-6.30pm
- HSC Trial Examinations: 5 August -13 August
- Staff Spirituality Day: 9 August (pupil free day)
- Open Morning 13 August 9 - 11am
- Year 11 Information Evening 2020: 13 August, 4pm – 6pm
- Staff Development Day: 21 August (pupil free day)
- Fathers Day Breakfast: 29 August
- Mercy Week: 2 September to 6 September
- Mercy Day Mass: 2 September
- Year 11 exams: Monday 9 September – 18 September
- Year 7 2020 Orientation Morning: 18 September, 8:30am – 12noon
- Year 12 Graduation and Mass 25 September
- End of Term 3 27 September

**Ms L Kayrooz**  
**Assistant Principal**



# Year 7 Celebrate 100 Days at Mercy College

**Year 7, 2019 have had a very successful first 100 days at Mercy College and their daily smiles and greetings have been a delight. Here are just a few reflections from the Year Group and their teachers ...**



My favourite memory from Year 7 was when everyone joined together at a Year meeting and we all danced and sang along to the song happy day. Tahlia

When I came into the school a little late on the first day and a fellow Year 7 girl asked me if I wanted to sit with them. Since I already knew there wouldn't be any girls in from my PS I sat with them and she introduced me to everyone else we were sitting with. That girl is Sophie A.



My locker getting birthday bombed.  
Audrey





### Memories and Photos of Year 7's 100 Days at Mercy College



Cookie excavations in Year 7 History – the crumbs and chocolate ended up everywhere!



Matilida hitting a lorikeet with a soccer ball whilst playing Newcombe Ball. Mrs Love



Making oobleck in Science this week we got really messy and had fun while learning about something that behaves as a solid and as a liquid. Mrs Smeulders.



Having a very very intense class debate in History. Lori

The STAR treasure hunt. Maggie

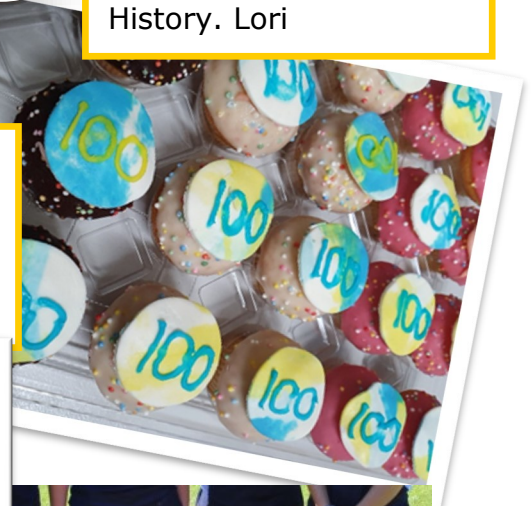


The last music lesson for Term 2. When me and all of my friends sang Say My Name by Destiny Child in front of the whole class. Bianca

In our Geography lesson we got to do world puzzles when we finished our work. We all got really competitive and tried to put together the puzzle faster than the other. Alicia



7E's unicorn in the corner of the room of our Geography classes. Ms McDonald



### YEAR 8 HISTORY & TAS CROSS-CURRICULAR LESSONS

On Friday, 28 June, Year 8D had the opportunity to immerse themselves in Japanese culture in their History and Food Tech lessons. As part of their historical study on the everyday life of Japanese society during the Shogunate period, students learned about the importance of the tea ceremony (chanoyu) which became popular during this time period. This was followed by a lesson in the Food Tech room where the girls baked Japanese-themed banana and matcha mini-muffins (which were utterly delicious) and made matcha latte to drink.

As part of this cultural immersion, the girls also sampled wearing a 'yukata' (Japanese summer kimono). The yukata was worn by Japanese warriors and by the Edo era (1600-1868), it was widely worn by the public when public baths became a popular recreation in Japan.

#### Mrs Selby (History) & Ms Simmons (TAS)



Lauren G & Olivia L



Georgia L



### YEAR 8 REFLECTION DAY

The Reflection Day for Year 8 was an enjoyable and memorable day to build relationships and reflect on our personal spiritual journey. We began the day by taking a bus to the Terrey Hills Community Centre and we all gathered in one big room. Chris Doyle (partnered with his guitar), a talented and engaging presenter, ran our day filled with many fun, interactive activities like student and teacher singing, music, runway shows, this-or-that debates, and lots of dancing! Dancing to songs while arms around loved ones, made all of us realise what a loving and accepting community our school is.

Along with the fun activities of the day, we also discussed important and relevant messages and topics. The main thing that we were spoken to about is true wealth. Usually, when you think about it, it's generally how much money you have or how expensive your possessions are. However, strong faith and having loyal people to surround yourself with is true wealth. We also analysed the hymn "10,000 Reasons", and as groups made a list of 100 things we are grateful for, allowing us to now appreciate everything (and everyone) around us.

Overall, this day was great for us to bond with friends, connect with others and also think about the things we appreciate; that mean the most to us.

**By Anneliese J**  
**Year 8 Creative Arts/Media Representative**





### CSDA DEBATING

We have had an excellent season of debating this year. Years 7, 8, 9, 10 and 12 made it through to the Elimination finals after six rounds of very competitive debating in the preliminary rounds. Year 11 won three rounds of their six preliminary rounds and we are very proud of their achievement with some really curly and interesting topics featuring in the senior rounds this year.

Years 7 and 10 were knocked out of the competition in Elimination 1 after a fantastic season of debating with only one loss each in the preliminary rounds. It is great to see Year 7 making it to the Elimination rounds of what can be a challenging competition. Their skills in debating are developing each week and we know that they will continue to improve their skills next year. Year 10 move into the challenge of debating in the Senior division of the competition next year. The seniors are given no topic areas and the debates are generally more of a metaphorical nature, making for very interesting rounds of debating for the students, audience and adjudicator.

Unfortunately, Year 8 was knocked out in Elimination 2 by Gilroy College after debating the topic, 'That we learn better outside of the classroom.' The students put forth wonderful examples of how we use the knowledge that we gain in the classroom and apply it in multifaceted ways outside the classroom. We are very proud of their achievements this year and look forward to them continuing to develop their debating skills next year.

Years 9 and 12 debated on Friday 28<sup>th</sup> June at St Patricks College, Strathfield in the Quarter Finals, both teams debated exceptionally well and excitingly both made it through to the Semi Final, which will be held next term at Mount St Benedict College, Pennant Hills on Friday 26<sup>th</sup> July. This means that both teams are in the top 4 of the competition this year.

Year 12 debated Nagle College, Blacktown, 'That we should ban single use Prime Minister', their ideas about this were well developed and beyond their years for a very challenging topic. Year 9 debated Casimir College, Marrickville, 'That art has little to teach us', in the affirmative and brought ideas forward that challenged the audience's way of thinking. We wish them the best of luck for the Semi Final.



### CSDA DEBATING Continued....

We would also like to thank the staff that have attended and supported the students over the course of the competition, those that have adjudicated debates and helped with hosting; Mrs Munro, Mrs Mooney, Mr Lijic, Mrs McDermott, Mrs O'Halloran, Ms McDonald, Mrs Symons and Ms Kavanagh. We definitely could not have run debating this year without your invaluable support. Lastly, I would like to thank the parents for supporting their daughters each week, it's great that so many parents are able to attend which means the students have an audience.

I would personally like to thank Mrs Morgan and Ms James for helping me with coaching and running of the competition this year. Your help has been invaluable to me and the students throughout the competition.

### 2019 Debating Teams

Year 7- Bettina M, Isabella F, Summer L, Min S

Year 8- Miranda B, Larissa C, Martha W

Year 9 – Kate S, Isabella H, Sofia S, Jenna B

Year 10- Gen O, Caitlyn W, Sophie S

Year 11- Louise F, Betsy W, Isabella S

Year 12- Claire F, Sarah B, Vanya D,  
Alessia I

**Ms Brandwood**  
**Debating Co-ordinator**

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### An invitation to Year 9 parents, guardians and family members to *As you wish...*

You are invited to 'As You Wish', an exhibition which will feature works that appropriate, transform or adapt traditional fairy tales for a modern audience. In Year 9 English we have been looking at aspects of fairy tales and the students have been given a brief to challenge the way we see fairy tales by producing pieces that will provoking us to examine and critique the values, themes and ideas conveyed in the original tales.

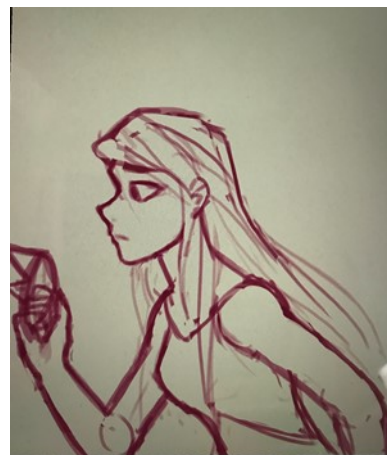
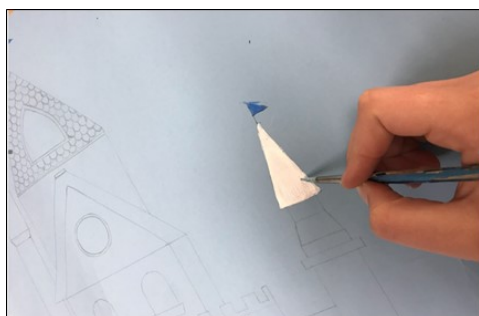
**When:** Year 9 Parent/ Teacher Interviews 23rd July  
2pm – 6.15pm

**Where:** Flexible Learning Space

You are warmly invited to come and have a look at what the students have been working on before or after your interviews.

The English Department

Artists' works in progress:





### YEAR 12 FOOD TECHNOLOGY WORKSHOP WITH NUTRITIONIST SUE FISK

On Thursday 27<sup>th</sup> June, Year 12 Food Technology students worked with Sue Fisk, from Northern Beaches Nutrition on contemporary nutritional issues in our society and the relationship between nutrient intake and dietary disorders, particularly type 2 diabetes and the risk factors for type 2 diabetes.

Meal planning activities included the exciting benefits of active non-nutrients and the many health benefits associated by including these in our diets. For example, the importance of probiotics in our diet and the function of these microorganism in building strong immunity. An adequate intake of calcium is also crucial in the teen years for laying down a strong bone structure.

Sue's message was made clear on how GOOD food can lead to GOOD health.



**Mrs Fiona Cunningham**  
**Year 9 Co-ordinator and Food Technology Teacher**

WILLOUGHBY CITY  
**LIBRARY**

CONNECT



**JULY 2019**  
THURSDAY 25



5.30 –  
8.30pm



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August 21st - 6:00pm - 6:45pm - at St Peter's Catholic College in Tuggerah

August 22nd - 6:00pm - 6:45pm - at the Catholic Schools Office in Pennant Hills

RSVP at <https://tinyurl.com/ICTRSVP>



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## Mercy Catholic College Recreational Dance Group

Limited places available  
Term 3  
See Mrs Kellendonk  
for more details  
9419 2890



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



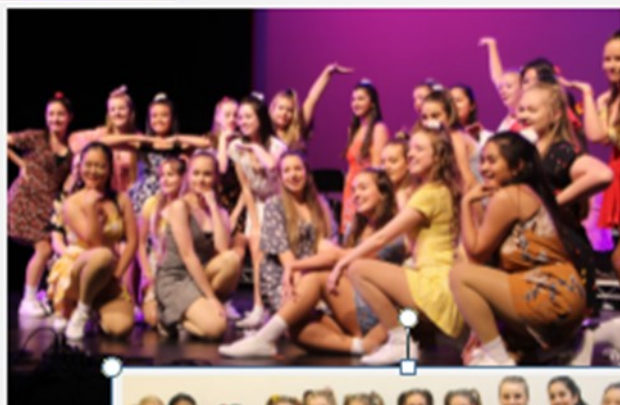
**When:** Monday afternoons

**Where:** Flexible Learning Space

**Cost:** Term 3-\$ 125 (10 Weeks)

**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.





# TRIVIA

*Mercy Catholic College P&F presents their annual*

*Enjoy an evening  
filled with trivia,  
fun, games, laughter  
and a fabulous  
Silent Auction.*

*Purchase your tickets  
[trybooking.com/499554](https://trybooking.com/499554)*

*September 7, 2019 7:00pm HARRINGTON HALL*

# NIGHT



### 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.

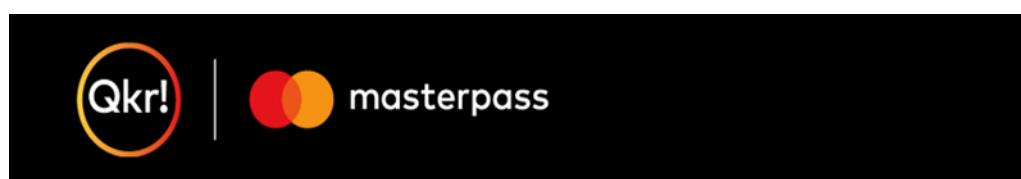
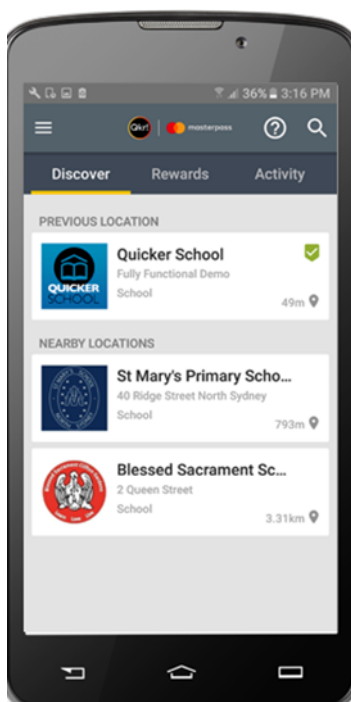
**Note: The [Qkr web client](#) is available for those not wanting to complete transactions from their mobile phone.**

### 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](mailto: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:

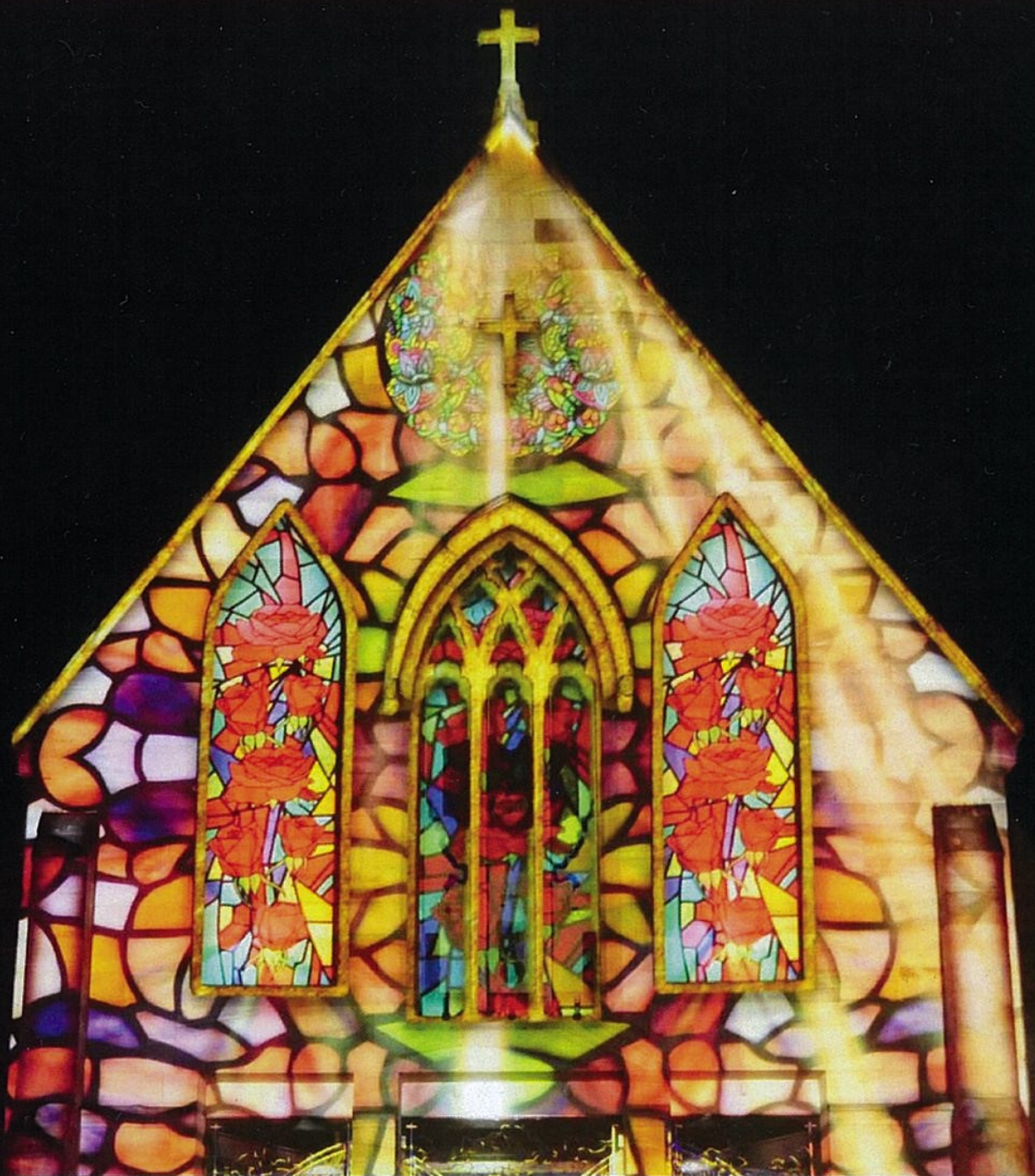
1. Open Qkr! and tap 'Activity'.
2. Scroll down to 'Order History' and tap 'Receipt' to view eReceipts.

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'.



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## The Anxious Kids Seminar is coming to Sydney

Society is in the grip of an anxiety epidemic. One in fourteen kids are diagnosed with an anxiety disorder, and many more go unnoticed. Parents and teachers play a critical role in helping kids to recognise and manage their anxious feelings.

Parenting expert, award-winning speaker and author of 11 books Michael Grose, together with wellbeing expert and researcher Dr. Jodi Richardson will be touring across Australia and New Zealand to present their evidence-based approach to managing kids' anxiety. Here they will speak about the tools and strategies for helping children outlined in their recently released and highly acclaimed book *Anxious Kids*.

This is your chance to hear from the authors of the acclaimed book *Anxious Kids*, in a skills-rich seminar full of actionable steps and take-home ideas.

## Anxious Kids Seminar Tour

Date

**Tuesday  
6 August 2019**

Time

**7pm - 9pm**

Location

**Hornsby RSL Club  
4 High St Hornsby**

Tickets

**\$39.95**

### Who is this seminar for?

This seminar is ideal for parents, carers, teachers and other professionals who work with children.

You can learn:

- The origins of anxiety and how it impacts on children and teens
- How to respond constructively when a child or teen is anxious
- Tools to teach kids to help regulate their anxiety
- The lifestyle factors you can enhance to minimise anxiety
- Why avoidance of anxiety-inducing events is not the answer and what to do instead
- How to create a wellbeing plan for your child or young person



### About the Presenters

Michael Grose and Dr. Jodi Richardson are co-authors of the highly-acclaimed new book *Anxious Kids: How children can turn their anxiety into resilience*.

Michael Grose is one of Australia's leading parenting and educational writers and speakers. Michael supports schools across Australia and internationally to build strong partnerships with their parent communities.

Dr Jodi Richardson is an expert on anxiety, through extensive studies and personal experience. She has spent more than 25 years in the field of health, wellbeing, clinical practice, elite sport and education.



To secure your tickets today, visit:

[www.parentingideas.com.au/anxious-kids-seminar-tour](http://www.parentingideas.com.au/anxious-kids-seminar-tour)





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**SAT/SUN** 9am - 5pm

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