



# The Mercy Voice

**Term 4 Issue 1**  
**14 October — 25 October**  
**2019**

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***Upcoming Events:***

**WEEK THREE**

**29 Oct — BBSSA Tennis**  
**1 Nov—Creative Arts**  
**Showcase Night 6.30pm**

**WEEK FOUR**

**4 Nov — Year 7 Reflection**  
**Day**  
**7 Nov—Year 8 Excursion**  
**8 Nov—BBSSA Softball trials**

*Dear Parents and Carers,*

It was lovely to see the girls back last week from their spring holidays ready to face the last term of the year with renewed energy.

This term once again will include lots of activity in all areas as we move towards the end of the year, from our Creative Arts Showcase, excursions and exams.



**NEW BISHOP FOR BROKEN BAY DIOCESE:**

Pope Francis has appointed Bishop Anthony Randazzo to be the fourth Bishop of Broken Bay. Bishop Randazzo, is currently an auxiliary bishop in the Archdiocese of Sydney, who was born in Sydney but grew up in southeast Queensland.

He was ordained a priest for Brisbane Archdiocese in 1991, where he had parish and diocesan responsibilities. Bishop Randazzo moved to Rome, where he gained qualifications in Canon Law from the Pontifical Gregorian University, and later worked for five years at the Congregation for the Doctrine of the Faith.

Upon returning to Australia, Bishop Randazzo served as rector of Holy Spirit Seminary, which trains priests for the five dioceses of Queensland, before being appointed an auxiliary bishop for Sydney in 2016. He will be installed as our Bishop on Monday 4 November.



Mercy girls meeting Bishop Anthony Randazzo

**PARENT/TEACHER INTERVIEWS TERM 4:**

As usual at the end of term, we will be offering parents an opportunity to speak to their daughter's teachers about their achievements and areas for improvement. To make it easier for parents this year we are setting up a booking system, the same as we have for the Semester 1 interviews. The date set aside for these interviews is Tuesday 17 December. An email will be sent to you later in the term giving you the details of how to put in the time slot that suits you best.

## Message from Principal

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### **PARENTS AND FRIENDS (P&F) ADVISORY COMMITTEE EXECUTIVE:**

The AGM of the P&F was held last Wednesday night. I would like to publically and sincerely thank the out-going Executive of the P&F for their hard work throughout the year. President: Phillipa Sobb; Vice-President: Carmel Daniels; Secretary: Jacqui Hester; Treasurer: Melinda Holmes.

These four women have regularly attended our once a term meetings where their comments were invaluable in shaping the future direction of the College.

They also worked together as a team to ensure that events for parents were well-run and successful occasions. Without their dedication these events would not have occurred. From the whole MCC community: Thank You!!



**P & F Executive 2019**

During the AGM voting occurred for the new P&F Executive, but not all positions were filled. Besides running social functions for parents, being part of this committee gives you the opportunity to have input into what is occurring at the College. If you are interested in being part of this important group please contact either Phillipa Sobb or myself for details.

### **CREATIVE ARTS SHOWCASE:**

There's a lot of buzz and excitement around the corridors these days as we lead up to our Creative Arts Showcase next Friday, 1 November. I'm hoping to see many of you there.

*Best wishes*

*Suzanne Kavanagh*

**Principal**





### YEAR 10 SOCIAL JUSTICE MARKET

In Week 1 Year 10 Religious Education students held a Social Justice Market as a part of their advocacy for their Year 10 RE Guided Inquiry Project.

There were a wide variety of social justice issues that were being presented including Indigenous issues, gender equality, sustainable environment, homelessness and refugees. The students raised awareness about their chosen issues and raised money for organisations that support their cause.



### 2019 BISHOP'S RELIGIOUS ART AWARD

On Tuesday evening I was delighted to attend the Diocesan Bishops Religious Art Awards to see one of our Year 8 students receive a prize for the Stage 4 category.

The theme for the Film Competition this year had a special focus on Luke's Gospel. Students were invited to select a story about Jesus or a story told by Jesus and produce a short film of up to 3 minutes that represented the story.



**Honourable Mention** was awarded to Annabella S. for her short film which was based on the Gospel story of Jesus calling his first Disciples" (Luke 5:1-11).

I congratulate Annabella on her effort and achievement.



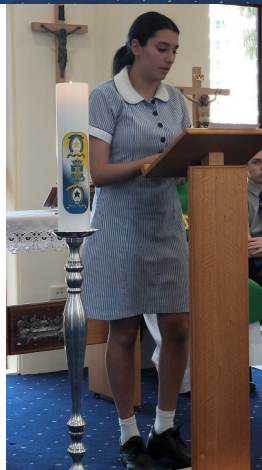
### COMMUNITY DINNERS

On Saturday evening a number of Mercy College students, parents and staff volunteered and hosted our first Community Dinner for Our Lady of Dolours Parish in Harrington Hall. This initiative is not just for parishioners, it aims to support the needy in our local community by providing a weekly meal each Saturday evening for people in need of relationship, community and a nutritious meal. Mercy College is one of four teams of volunteers drawn from the parish and Catholic school communities. This has been a great opportunity for students to be involved in community service and fellowship.



### EUCCHARISTIC MINISTER TRAINING

On Tuesday 22 October, Year 10 students from Mercy College and St Pius completed their Eucharistic Minister training under the direction of our Parish Priest Fr Jim and Youth Ministers Miss Gange and Mr Brannan. Mercy College has 13 new Eucharistic Ministers from Year 10 who will serve at our Chapel Masses in 2020. We congratulate these students for being involved in this important ministry and demonstrating their faith leadership in the College community.



### CATHOLIC MISSION MASS

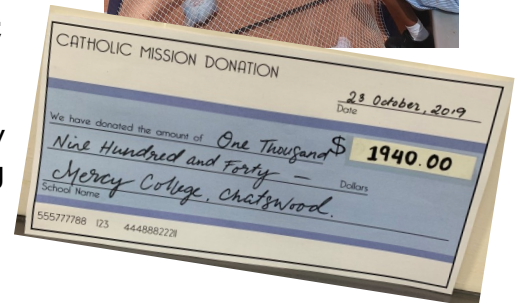
***"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me." (Mt 25:35-36)***

During Catholic Mission Month we have a special focus on raising money for Catholic Mission. This year our Year 7 students raised money for the Catholic Mission Appeal during Mercy Week by participating in the Sock it to Poverty program.

The Annual Diocesan Catholic Mission Mass is attended by representatives of all schools in the Diocese of Broken Bay. This year the theme of the appeal is "Baptised and Sent: The Church of Christ on Mission in the World" which is an invitation for all people to join in and do something extraordinary for mission.

Pope Francis stated in his message for World Mission Day 2019, "I am a mission, always; you are a mission, always; every baptised man and woman is a mission."

Year 7 students have responded to Pope Francis call by raising over \$1,900 for Caritas this year which is an amazing effort from our students.



Below is a reflection on the Catholic Mission Mass by Brooke A. our 2020 College Captain:

I thoroughly enjoyed the Mission Mass as it was a great time to celebrate the mission we already do in our lives as well as be encouraged to keep doing more. It was also exciting to meet Bishop Anthony Randazzo, the new Bishop of Broken Bay.

My favourite part of the Mass was when Matt, who works for Catholic Mission, talked about the countries that he travelled to through Catholic Mission, such as Timor Leste and Cambodia, and what initiatives they support to help improve the livelihoods of the people living there. I was encouraged to remember that mission is about helping others, no matter who they are, as everyone is equal in God's eyes.

### MERCY and ST PIUS X STUDENT YOUTH MASS—Sunday 27 October 5:30pm

The next Mercy & St Pius Student Mass will be held on Sunday Evening at OLD Church at 5:30pm. This will be followed by a BBQ and social activities from 6:30 – 7:30pm

Any students who would like to be involved in the music ministries will need to arrive at 4:30pm. All other ministries such as reader, offertory procession, Eucharistic Minister etc will need to arrive at 5:00pm.

Involvement in the Youth Mass has allowed our students to grow in their faith journey, show leadership in their faith community and develop great friendships with their peers. I encourage all students to come along to the next Youth Mass which will be held this **Sunday 27 October.**

**Ms Gabie Stojanovski**  
**Director of Mission & Religious Education**



### WELLBEING AND MENTAL HEALTH

The World Health Organisation defines wellbeing as "*the state in which an individual realises his or her own abilities, can cope with normal stresses of life, can work productively, and is able to make a contribution to his or her own community*". Wellbeing involves having positive self-image and esteem.

Resilience, which is directly related to wellbeing, is about having the ability to cope with and adapt to new situations. Having a sense of resilience and positive wellbeing enables a person to approach other people and situations with confidence and optimism, which is especially important for young people given the enormous changes that occur with the transition into adolescence and adulthood. Focusing on wellbeing and building resiliency is important in establishing a holistic approach to health, addressing both physical and psychological states.

Over the year through the RISE program the Year Coordinators have been working with their Year Group and doing activities on: What is Wellbeing, Friendships, Building Positive Relationships, Strengths, and how you use strengths to help with situations. Research has shown that positive or optimistic thinkers:

*Are better at coping with stress and hard times.*

*Have lower levels of distress in their life, even when bad things happen to them.*

*Are less likely to get sick*

*Live longer*

*Are less likely to suffer from depression*

*Are less likely to die of a heart attack*

At times we have Friday dance which is a great, fun way to start the day. Dancing has a way of taking your cares away. It does not matter if it is the Electric Slide, the Macarena or crazy moves. Not only does it feel good to the soul, dancing also has some major health perks. Research has shown dancing can improve your mental health by boosting your overall happiness.

Please have a conversation with your daughter about wellbeing, what she thinks it is, how can she help her wellbeing and how does she cope when things do not go to plan.

### THANK YOU TO THE PARENTS

Over the year we may have asked a number of you for your support by attending a meeting with members of the Pastoral team and the Director of Curriculum to decide on how we can best support your daughter.

These meeting help the Pastoral Team work with you in partnership so we can put in place good support for your daughter at school and also discuss what can be done at home.

We would like to thank you and let you know how much we appreciate your help and encourage you to continue to work with us at Mercy.

## THANK YOU TO THE TEACHERS—WORLD TEACHERS DAY IN AUSTRALIA

On the last Friday in October is World Teachers Day in Australia because the actual day World Teachers Day falls in the holidays. The Student leaders designed a beautiful card for the teachers and gave it to them on Friday.

It was a beautiful gesture that shows the gratitude and acknowledges the work that is done. Teachers are passionate educators and love being out in front of a class and inspiring the next generation. Mercy is a great school to teach at and we are very fortunate to have extremely dedicated and loving teachers.

To all the Mercy teachers *Thank you and Happy World Teachers Day*



**Mrs G McDermott**  
**Director of Student Wellbeing**





# MERCY CATHOLIC COLLEGE

CHATSWOOD

EST. 1890

From 2019 the College will recognise both elite athletes as well as students who participate in any Mercy College sporting endeavour who demonstrates team spirit, good sportsmanship, a personal commitment to skill development, a willingness to learn and grow as a sports person, shows a positive attitude and has excellent attendance at training and games. This student may also offer extra effort and time to help and assist as required.

These Awards will be presented at the annual College Awards Night and named:

- Outstanding Sporting Performance Award
- Junior All-rounder Award (Years 7-9)
- Senior All-rounder Award (Years 10-12)

The Outstanding Sports Performance Award will be determined by staff and the All-rounder Awards will be self-nominated and assessed by PDHPE/BBSSSA and MCC Co-curricular staff.

An information and Nomination sheet can be found at the link below and a copy has been sent to all students. If you wish to find out more about these awards please contact Mr Cuttler [mark.cuttler@dbb.catholic.edu.au](mailto:mark.cuttler@dbb.catholic.edu.au) Ms Knapinski [jane.knapinski@dbb.catholic.edu.au](mailto:jane.knapinski@dbb.catholic.edu.au) or Mrs Kellendonk [Margaret.kellendonk@dbb.catholic.edu.au](mailto:Margaret.kellendonk@dbb.catholic.edu.au)

Please consider if your daughter might be a worthy nomination for the All Rounder Awards. 2019 Nominations must be received **by 3pm on Friday 8<sup>th</sup> November**.

[MCC Sports All-rounder Nomination Form](#)

**Mrs Margaret Kellendonk**  
***Co-curricular Co-ordinator***



## CREATIVE ARTS SHOWCASE NIGHT



MERCY CATHOLIC COLLEGE

# CREATIVE ARTS SHOWCASE

THE CONCOURSE CHATSWOOD  
NOVEMBER 1ST, 2019 6:30PM

BOOK YOUR TICKETS  
[bit.ly/CreativeShowcase](https://bit.ly/CreativeShowcase)

### YEAR 11 DAY OF HOPE INCURSION

On Tuesday the 15<sup>th</sup> of October, Year 11 participated in the Day of Hope incursion, presented by Glen Gerreyn. Glen spoke to us about the importance of hope, and how we should not be afraid to do something because our fears hold us back. We learnt to accept the fact that we will fail, and that we become stronger and improve from it.

We were taught how we can overcome the hurdles that prevent us from achieving our dreams, and confront our fears and embrace our talents. Glen also spoke about existential ideas such as the importance of purpose and discovering why you were born, and then growing and nurturing your talent to the fullest of your ability.

I found it interesting when we discussed how the ideas of hope and purpose have transformed Glen's life and the lives of many people he has spoken to. Listening to Glen speak reminded us all that we are important and capable, and that we all have a unique purpose to fulfill.

Lara P—Year 11



## **YEAR 7—2020 INFORMATION EVENING & BBQ**

### **Friday 15 November 2019 – Seeking Year 9 Parent Volunteers**

The information evening for girls beginning their high school years at MCC next year, will be held on Friday 15 November 2019 between 6.00pm and 8.00pm.

Parents of these girls also attend this evening, as do current Year 9 MCC students as they will be the Year 10 'Big Sisters' for these incoming Year 7 girls.

MCC P&F provides a BBQ dinner (sausage sandwiches and drinks) at this event. We are seeking parents of current Year 9 students to cook the sausages and serve the food and drinks.

If you have a daughter in Year 9 this year and are available from 5pm on Friday 15 November, I would be grateful if you could contact me by Monday 11 November

Thank you  
Phillipa Sobb  
MCC P&F President

[perrysobb@gmail.com](mailto:perrysobb@gmail.com)  
0411 429 629



Total Canteen Solutions

# BURGER

## SPECIAL

GRILLED CHICKEN AIOLI BURGER

**\$5.<sup>50</sup>**



# 2019 YOUTH PROGRAMS

## **Phoenix House Resourceful Adolescent Program Tuesdays: 3:30pm-4:30pm**

Learn stress management techniques to cope with exam pressure and peer relationships through self awareness games and activities.

Kate@phoenixhouse.org.au

## **LGBTIQA+ Social Group**

A safe, supportive and inclusive space for young people who identify as LGBTIQA+

Lily Giles 9777 7993

Lily.giles@willoughby.nsw.gov.au

## **"Let's talk about art, baby" Wednesdays: 4:30pm-5:30pm 30th Oct-20th Nov**

Build on your creative skills working on youth-led projects to activate youth community spaces

Chloe.lee@willoughby.nsw.gov.au

## **Rise Music Program Thursdays: 4:30pm-5:30pm 31st October - 4th Dec**

Free tutoring in singing and guitar performance (12-18 years)

iriea.karere@willoughby.nsw.gov.au

## **Youth Drop-In Wednesdays and Thursdays: 3pm-6pm Fridays: 3pm-8:30pm**

Youth-friendly space for young people (12-18 years) to have unstructured time with friends to socialise and participate in leisure activities.

Advice and referral service for young people in need of support.

## **Glam-Boxing Fridays: 4:30pm-5:30pm 1st Nov-20th Dec - \$20 = 8 week pass**

Boxing class for girls (12-16 years). Learn some fun boxing skills to unleash, unwind and nourish yourself in a safe space to explore body esteem.

Renee Simpson 9777 1062

renee.simpson@willoughby.nsw.gov.au

## **Free Feed Fridayz Fridays: 6pm-7pm**

Life skills cooking program to inspire independence, self esteem and make friends. Learn about nutrition and celebrate diversity. New recipes from a different country each week.

Renee Simpson 97771062

renee.simpson@willoughby.nsw.gov.au

## **Basketball Coaching Saturdays: 2pm-5pm Sundays: 2pm - 3:30pm**

Newbee Sports offers basketball lessons for 6 to 16 year olds.

Bruce Guo 0403 679 957

newbeesports@hotmail.com

## **Sydney Basketball Club Saturdays: 9:30am -12:30pm**

Basketball lessons for all levels from beginners to elite players. Coaches are former professional basketball players. Coaching for years 1-12.

Jon 0421 954 909

Sydneybbhi5@gmail.com



**CORNER ALBERT AVE & VICTOR STREET**





# GLAM-BOXING

**Are you aged 12-16?**

**Do want to join a girl's boxing group to empower yourself with skills and have fun?**

**Come join us for an 8 week program that will awaken the force within you.**

**Fridays 4:30-5:30pm  
Start date: 1 November**

We are living in a time that is demanding a social revolution, and what better way to get involved than starting with the change within.

Come along and learn some fun boxing skills with the team from Bikini Bods to unleash, unwind and nourish yourself. Each week we will start with a ten minute discussion around body esteem exploring ideas that will lift us up.

**\$20 for 8 weeks**

Renee Simpson 97771062  
[Renee.simpson@willoughby.nsw.gov.au](mailto:Renee.simpson@willoughby.nsw.gov.au)

**BIKINI BODS**  
WOMEN'S KICKBOXING



Chatswood Youth Centre - cnr Albert Avenue and Victor Street, Chatswood





**free**

**ART PROGRAM**

for those aged  
12 - 18 who are  
interested and  
passionate  
about art

**Let's talk about Art baby**

**COME JOIN US IN CREATING  
A MURAL FOR THE CENTRE!**

@Chatswood Youth Centre

**Wednesdays 4.30 - 5.30pm**  
**30 October - 20 November**

For more information contact:  
[Chloe.Lee@willoughby.nsw.gov.au](mailto:Chloe.Lee@willoughby.nsw.gov.au)

 Chatswood  
youth  
centre

 WILLOUGHBY  
CITY COUNCIL

Chatswood Youth Centre - cnr Albert Avenue and Victor Street, Chatswood

# HOW TO KNOW IF YOUR TEEN NEEDS MENTAL HEALTH SUPPORT

AND WHO TO TALK TO FIRST

**FREE**

**Guest Speakers**

**DR GILDA BRUNELLO**  
M.B.B.S, F.R.A.C.G.P.

**DR JAMES IBRAHIM**  
BA Medicine Mental Health Specialist

**LOUISE KELAHER**  
Peer Support Worker - Health Dept  
Child Youth Mental Health Service

**JAKE CASELLA**  
Program Manager 180 INC  
Youth mental health

WEDNESDAY

**23** **OCTOBER** 2019  
**6:30-8:30PM**

STANTON LIBRARY - 234 MILLER ST, NORTH SYDNEY

**BOOK NOW @ EVENTBRITE**  
**[www.tiny.cc/lnsyi](http://www.tiny.cc/lnsyi)**

For more information email  
[greg.nikoletos@northsydney.nsw.gov.au](mailto:greg.nikoletos@northsydney.nsw.gov.au)  
or call 9936 8100





# DO YOU LOVE LIVE MUSIC?

Join our Event Committee and  
learn how to organise live gigs  
and book bands with other  
passionate young people

Send your interest to  
[lily.giles@willoughby.nsw.gov.au](mailto:lily.giles@willoughby.nsw.gov.au)







### 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.

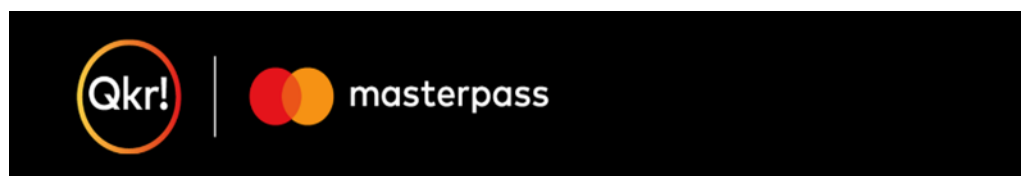
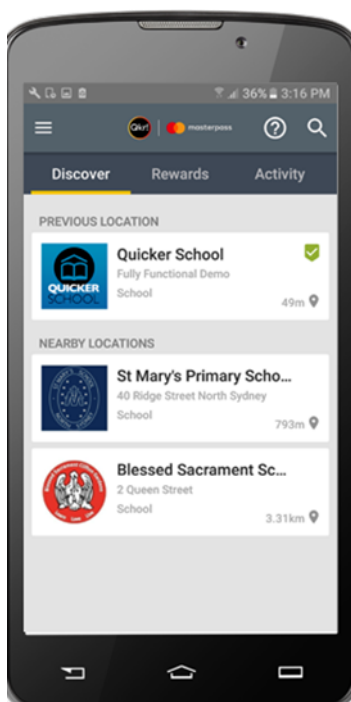
**Note: The Qkr web client is available for those not wanting to complete transactions from their mobile phone.**

### 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.marcard.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'.