Mercy Catholic College, Chatswood



The Mercy Voice

Term 1 Issue 2 10 February — 21 February 2020

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Upcoming Events:

TERM 1

WEEK FIVE

26 Feb— Ash Wednesday
Liturgy 10am
1 March—MERCY COLLEGE
OPEN DAY 2020
SUNDAY 1st MARCH
(Compulsory School Day
for Years 8, 9, 11 & 12)

WEEK SIX

2 March— Year 10 Commerce
Excursion
3 March—Years 11& 12
Textiles Excursion
4 March—U13 & U15 BBSSSA
Touch Football
5 March—Year 12 DT
Excursion
6 March—Swimming Carnival

SAVE THE DATE

Friday 13 March—P&F Cocktail Party 7pm

Dear Parents and Carers,

We had a wonderful, joyous celebration at our Opening Mass on Monday as we welcomed new staff and new students (including 143 in Year 7) to the beginning of our 130th academic year at Mercy College.



Our theme for this year is to "listen to what the Holy Spirit is saying". I reminded the girls that each one of them has unique gifts, whether it is in the classroom, in sport, on the stage or within their own personality. This year in particular they should listen to what the Holy Spirit is calling them to do, so that they do not waste their gifts, but become the best person they can be. I challenged them to "Strive for Better Things" as our motto implores us to do.

What also made this Opening Mass so special was that it begins the 130th year of existence of the College. I made special reference to the courage and commitment of the two young Sisters of Mercy who initially walked, but later travelled by horse and cart each day from their convent in Pymble to the school. We owe so much to them and to the Sisters that followed for setting the foundations of our spiritual and value systems that we have today.

Special guests included Dr Tony Bracken (Acting Director CSO) and Sr Loreto Conroy (Congregational Leader of the Sisters of Mercy). I have invited them back in Mercy Week when the whole school will have "the biggest birthday party ever".

ACADEMIC ASSEMBLY:

Our annual Academic Assembly was held on Wednesday and we invited back to the College the girls who were high achievers in the HSC last year; those who obtained an ATAR of over 90.

We had much to celebrate with 20% of students receiving an ATAR of over 90 and 42% an ATAR of over 80. Three of our students were awarded Premier's All Rounder Awards: Emma Woodlock, Breanna Thorton and Jacqueline Locker. These girls achieved a Band 6 in each of their subjects.

These fantastic results meant that Mercy College was ranked 99 in the State, which makes us in the top 18% of all high schools in NSW.

Claire Frost achieved the highest ATAR and she was invited back to speak to the assembly. She provided many helpful hints for the other students about keeping good habits such as: staying balanced with study, co-curricular and social activities, use the support network around you of teachers, family and friends and making sure you get plenty of sleep (Claire told us she was in bed at 9.30pm every night).



OPEN DAY:

The College's Open Day is on the 1 March, Sunday week. This is an important day for the College as we open our doors to showcase the wonderful learning opportunities that we provide. Many parents will hopefully remember fondly, when they were looking for a school for their daughter, of coming here on Open Day.

We need your help to make this an enjoyable experience for prospective parents and students. An hour or two of your time would be much appreciated. Please refer to Phillipa Sobb's (P&F President) report where she asks you to put your name on a Google Doc.

Remember that it is a <u>compulsory day</u> for all students in Years 8, 9, 11 and 12. The girls do get a day off school in lieu of this Sunday, so if there is an exceptional circumstance and she can not attend you will need to write a letter of explanation and your daughter will be expected to complete community service to make up the hours. Please have this letter to me no later then next Tuesday, 25 February.

P& F COCKTAIL PARTY:

There may be some confusion in regards to the date of the Cocktail Party as it was changed earlier in the year. It is being held on Friday 13 March. Please use the trybooking link to register your attendance. This is a wonderful opportunity to meet the parents of your daughter's friends in a relaxed setting over-looking the Chatswood Golf course.

ato Library

Mercy Catholic College

2020

Cocktail Party

Best wishes

Suganne Kowanagh

Principal

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

Chatswood Golf Club 128 Beaconsfield Road Chatswood Friday 13 March 2020 from 7pm til 11pm

We look forward to welcoming you

Tickets \$45
Canapés and Initial Bar Tab (2 hours)
Smart Casual

Please RSVP by Monday 9 March 2020 https://www.trybooking.com/BIGVM

Enquiries: Phillipa Sobb, 0411 429 629 perrysobb@gmail.com

OPEN DAY

SUNDAY MARCH 1

Sunday March 1, is the College Open Day. Students from Years 8,9,11,and 12 are required to attend.

Students need to arrive at school between 10:30 and 10:45am, in full summer uniform and have their name marked off.

Students from Years 7 and 10 are only required if they are performing in musical items.

Open Day begins at 11am and concludes at 2pm.

Miss Kayrooz **Assistant Principal**

Mercy Girls Inspire

THANK YOU

I'm always pleased to receive positive feedback from the public about our students. I share an email received during the week.

Ms Kavanagh Principal

Arriving at Hornsby Station just 10 minutes ago I found the lift out of order. I was wondering how I was going to get my suitcase up the stairs when one of your students offered to carry it for me.

I could not have managed without the assistance of this aware and unassuming young lady. I do not know her name but I do know that you must be very proud of her.

OPENING COLLEGE MASS

We commenced the year, and decade, with a beautiful Eucharistic celebration. Our Opening College Mass was held last Monday where we filled the church to the brim with over 700 students, staff, special guests, family members and parishioners. Our scriptural theme this year is "Listen to what the Spirit is saying" (Rev 2:7). The Holy Spirit lives and works through each of us in different ways. This year we are called to explore what the Holy Spirit is calling us to be and how we can be the presence of Jesus in our community.

At our Mass we welcomed all the new Year 7 students and new students from the older years. We also blessed our new staff members. As per tradition, we commissioned our new Years 7-11 leaders to embark on their various leadership portfolios for the year.

A special highlight of the Mass was the start of our 130 Years birthday celebrations. Fr Jim, our celebrant, and Ms Kavanagh made

reference to some of the key aspects of our history as one of the oldest schools in the area. We were very lucky to receive a commemorative 130 Years badge, which was blessed by Fr Jim and distributed to all of the Mercy community and special guests. It was also encouraging to have members of the North Sydney Sisters of Mercy help us celebrate our College liturgy and we thank the members of the Catholic Schools Office who were present on the day.

I would like to thank all the members of our College who contributed in so many ways to help create such a wonderful Eucharistic celebration. In particular, the musicians and choir are to be congratulated for their commitment to the liturgical life of the College.

Next week we will be moving into the season of Lent where the students will be participating in Ash Wednesday ceremonies. The next Chapel Mass that is being facilitated by 7 REA will be held in Week 6 on Tuesday morning at 8am. All are welcome.



Thank you Year 12 and Year 11 Parents

Thank you to Year 12 and Year 11 Parents for attending the Information nights in the first two weeks of school. Both nights were a great success and full of valuable information. Your support for these evenings was appreciated.

Term 1

Over the Term your daughter will be receiving more homework, be asked to do assignments and on top of this find time to study. It sounds exhausting however, it can be achieved. Have a conversation with your daughter about having a weekly plan. Make sure she sets time aside for an activity and also time to catch up with friends. Balance is the key to enjoying life. If your daughter does not participate in a co-curricular activity, then make sure she is taking a break and walking. Walk with your daughter, it is a great time to catch up with what is happening in her world.

The Importance of Sleep

Sleep, or the lack of it, is one of the most important physical and mental health issues confronting students today. A good night's sleep lays the foundation for strong academic performance and sound physical and mental health. Yet research shows that the majority of students, particularly senior students receive inadequate amounts of sleep.

More sleep results in:

- being more alert in class
- being better able to retain information and solve problems
- enhanced creativity
- greater energy levels and improved general health
- a lower propensity for illness and absenteeism
- reduced risk of anxiety, depression and stress related disorders

For more information visit: www.felstead.com.au/programs/the-power-of-sleep/ Sleep research suggests that a teenager needs between 9 and 10 hours of sleep every night. Chronic sleep deprivation can have dramatic effects on a teenager's life, including reduced academic performance at school. Even 30 minutes of extra sleep each night makes a difference.

For more information visit: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Teenagers and sleep

Screen Time Blues

Research has been done on how the computer time effects the brainwaves in the hour prior to going to sleep. The effect on our sleep is:

- taking longer to fall asleep
- less amount of REM; this results in less time dreaming
- a greater degree of sleepiness after an 8-hour sleep
- greater difficulty waking up after an 8 hour sleep

For more information about this study

http://www.neuronanos.com/2017/03/screen-time-blues.html

Safe Internet Use

Over the last two weeks in class or Tutor Group your daughter has been discussing safe internet use. Our teacher librarian Siobhan Betts has led this initiative and written about it on the following page.

Mrs G McDermott

Director of Student Wellbeing

WORLD SAFER INTERNET DAY

Last Tuesday February 11, was World Safer Internet Day. The purpose of the day as outlined on the eSafety Commissioner's website (www.esafety.gov.au/safer-internet-day), is to raise awareness about online safety and encourage individuals to work together to create a better internet.

This was the focus for the meeting time for Year 9 last week as they were reminded of the need to communicate with others online in a positive manner, to manage their time and online interactions to ensure that they promote the positive wellbeing of themselves and others, and to reflect on the picture they are presenting of themselves online to others.

These messages were then shared with students from Years 7 to 12 during Tutor Group time.

Students were introduced to the *THINK* acronym, developed as a reaction to online bullying, to encourage social media users to think before they post.

Individuals are prompted to consider whether what they are about to post online is **True**, **H**elpful, **I**nspiring, **N**ecessary and **K**ind, as the poster from The Coaching Tools Company below illustrates.

www.thecoachingtoolscompany.com

BEFORE YOU SPEAK IS IT TRUE? Is this fact or is it really an opinion or feeling? Know & be clear before you speak. H IS IT HELPFUL? Does it help you, them or the situation? IS IT INSPIRING? Also, does it IMPROVE on the silence? IS IT NECESSARY?

Did you know that the THINK acronym was created to help people be kinder on Social Media? Well, it applies to everyday communications too - whether we're talking to work colleagues, family, friends, children or our partner!

What is your motivation for communicating?



This acronym gives the saying, "Think before you speak" meaning! Make "THINK" a practice in your life and your communications will be both kinder and more effective.



In addition to this, students were also introduced to the important role social media can play in either boosting or negatively having an impact on their wellbeing. To help students make positive choices and engage with others online who boost their wellbeing, they were shown Beyond Blue's 6 Tips on How to Use Social Media in a Positive Way.

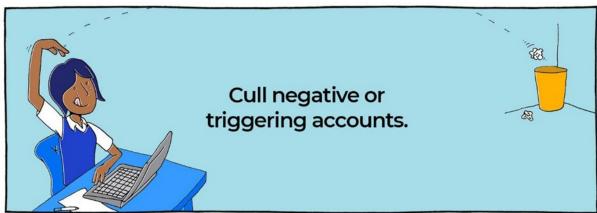












For more information regarding these tips, I would encourage you to visit the Beyond Blue website - (www.beyondblue.org.au/personal-best/pillar/in-focus/6-tips-on-how-to-use-social-media-in-a-positive-way) and consider discussing these with your daughter; in addition to consulting the resources on the eSafety Commissioner's website;

www.esafety.gov.au/safer-internet-day

Ms Siobhan Betts Learning Technology Coordinator

Swimming Carnival 2020

Dear all,

On Friday 6 March, the annual Swimming Carnival will be held at North Sydney Olympic Pool. Our usual venue – Lane Cove Aquatic Centre is still under repair so this is the alternate pool for 2020.

For serious swimmers, the day begins at 8.45am with the 200IM and 50m Backstroke events. Swimmers will make their own way to the pool (public transport or privately).

All students who are not involved in the 200IM or 50m Backstroke have 2 options:

Make your own way to North Sydney Pool by train, bus or privately. Students must arrive at

the pool by 9am. Students will need an Opal Card and must be wearing full sports uniform.

<u>Travel with Mercy staff</u> and some students. Arrive at the College by 8.30am. Students will then be escorted to Chatswood Station at 8.45am where they will board a train with other students and staff. Students must be wearing full sports uniform.

Students can change into their House colours and outfits at the pool and must change back into their sports uniform prior to leaving the pool at 2.30pm.

Students will be dismissed from North Sydney Pool at 2.30pm where they can catch a train with Mercy Staff or make their own way home. If students do not have an Opal Card they will need to leave the pool with staff so they can be escorted through the station gates without paying.

Please bring hats, towels, personal medication, wet weather gear, spare dry school clothes, plenty of healthy food and House spirit.

Schedule

8.45am – Serious Swimmers meet at North Sydney Pool for the 200IM and 50m Backstroke events

8.30am – Students without an Opal Card or who wish to travel with Mercy staff are to meet at school

8.45am – Students at school depart for Chatswood station

8.55, 8,58, 9.04, 9.10am – Mercy student train options

9am – Students travelling by themselves arrive at North Sydney Pool

9.20am - Rolls marked

9.30am - House Cheers

9.50am – Swimming races begin

2.15pm – Announce winners and clean up

2.30pm - Depart from pool

14:35, 14:38, 14:44pm – Mercy students catch trains home or to Chatswood for other connections.

Thank you

Mark Cuttler PDHPE Coordinator

OLD PARISH NEWS

For more information please see Miss Gange (Youth Minister)

MERCY & PIUS YOUTH MASS

Last year the College Captains and Prefects of both St Pius X and Mercy Colleges began a tradition of joining Chatswood Parish each month for their Sunday night Mass.

We're continuing this great school - parish connection this year, and all Mercy students and their families are invited to come and be part of our first Youth Mass of the Year.

SUNDAY, **FEB 23**

Our Lady of Dolours, Chatswood

Students will be leading the ministries of this Mass.

Charisse Gange

Youth Ministry Co Coordinator

YEARS 11 & 12 VISUAL ARTS EXCURSION

On the 14th of February, Years 11 and 12 Visual Arts students had the opportunity to appreciate the works of talented artists at the Museum of Contemporary Art and the Art Gallery of NSW to aid and inspire their creative process.

At the Museum of Contemporary Art, an exhibition by infamous British artist Cornelia Parker, explored ideals of physical and metaphorical transformation of everyday objects. From exploded shed materials to flattened silverware, her works inspired students through their interactive and unique way of looking at ordinary things.

itemporary

At the Art Gallery of NSW students visited ARTEXPRESS, displaying 2019's most outstanding HSC Bodies of Work from across NSW. Each work was extremely unique, with a profound meaning, relating to each artist's observations and experiences. These works were inspiring, revealing the quality and standard of the major works to be undertaken.

This extremely exciting and rewarding experience led students to reflect on their own art making practices and examine their experiences to curate ideas for their own works.









YEAR 7 CAMP

On the Tenth of February the whole of Year 7 including ten teachers, met up at school and went to Vision Valley in Acadia for our orientation camp. The bus ride was 43 minutes long. When we arrived, we were split into 8 groups and we got a list of all the activities we would do for the next 2 days.

There were many fun activities that we all were eager to do such as Zipline, waterslide, canoeing, archery, low ropes and many others. We did 3 activities on Day 1 and 3 activities on day 2. We took turns in fun activities and enjoyed ourselves with meals every now and then. After all the activities it was finally time for getting sorted into our cabins for the night. We ended the day with dinner and we all had a movie night.

The next day was also fun as we did our last three activities. We had to wake up at 6-6:30, pack our bags and undo our beds. We had breakfast and continued with our activities, then we had morning tea and lunch. After lunch, we got our bags, placed them inside a compartment on the bus and we were on our way back to Chatswood.

The camp was a great way to make new friends and bond with your classmates, also it was a great time to meet new people as we did all sorts of group activities that were really fun, one of the many highlights was the dual zipline (flying fox). Overall The Year 7 Camp was amazing and an event we all would never forget.

By Scarlett O, Liana S and Isabella S



CAITLIN-

My experience with the Year 7 camp was really exciting and fun. It was a chance to make friends with people we didn't know well and to get to know everyone better! The things we got to do were pretty fun and some of them included: the waterslide, the flying fox, archery and many other amusing activities.

Everything we did was exciting because they were new things we have never done before. My favourite activity was definitely the flying fox, because we got to go on a really fun zip line and also help out to retrieve the flyers' bags. The cabins were good as well, because we got to hang out with people we didn't know from our classes and build good relationships. So all in all, camp was amazing!

ANNA-

Year 7 camp was a really intriguing experience, the point of the camp was to make new friends and just too feel a tad uncomfortable and out of our skin. Personally I feel that I achieved this. The activities we participated in were fun and inclusive to everyone's strengths. The instructors were very good at explaining the activities and helped us when needed.

The flying fox was my favourite activity because it allowed me to step out of my comfort zone especially going off backwards. Overall, I really enjoyed it and I think it was a very important step for me in high school.





A very successful camp despite the havoc created by the storms the weekend before. My thanks to Miss Kayrooz, Mrs Kellendonk, Mrs Steele, Mrs Fairbanks, Ms Gange, Mrs Oliver, Ms Knapinski, Miss Betts, Miss Bray and our Prefects, Hannah M and Bella R who all contributed to creating a wonderful experience for our new Year 7 students!

Ms Catriona McDonald Year 7 Co-ordinator

Thursday Walking Club



Join Mrs Oliver, Mrs Tailor and Mrs Cleary every Thursday at 1:25pm (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 to Beauchamp Park and Playground. They 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!





MCC P&F Cocktail Party - Friday 13/03/2020

Bookings for the MCC P&F Cocktail Party on Friday 13/03/2020 at Chatswood Golf Club are now open.

This is always a great evening to watch the sunset over the beautiful golf club grounds and catch up with old friends and meet parents in your daughter's year group.

I encourage you to attend if possible as this is the main parent social event for the year. Tickets \$45 for Canapés and Initial Bar Tab (2 hours)

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

Bookings close on Monday 09/03/2020.

MCC 2020 Open Day - Sunday 01/03/2020

We are seeking parent volunteers to help at this event.

You may volunteer for 30 mins or a few hours – any time you are able to give is greatly appreciated. Please find a summary of the tasks on the day.

Service Area	Summary of Tasks		
BBQ -Cooking	Set up BBQs then cooking sausages and onions on 2 BBQs		
BBQ – Serving	Managing and serving food (sausage sandwiches)		
Current Parent Table	Providing information and directions to visitors as required Managing Check In and Name Tags for Parent Volunteers		
Drinks Managing drinks: Urns with cordial / water and ice			
Balloons Inflate and manage distribution of helium balloons to visito			

Your help will ensure all visitors are welcomed and experience the lovely friendly atmosphere at MCC. If you are able to help, I would be grateful if you could add your name (First Name and Surname) to the 'Google Docs' roster file wherever the word '**VACANT'** is listed. If you have a daughter in Year 8,9, 11 or 12, you will have been emailed a link and there is a notification on the MCC App.

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 2020

Cocktail Party

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

Chatswood Golf Club 128 Beaconsfield Road Chatswood Friday 13 March 2020 from 7pm til 11pm

We look forward to welcoming you

Tickets \$45 Canapés and Initial Bar Tab (2 hours) Smart Casual

Please RSVP by Monday 9 March 2020 https://www.trybooking.com/BIGVM

Enquiries: Phillipa Sobb, 0411 429 629 perrysobb@gmail.com

Day	Date	Time	Event	Details
Sunday	01/03/2020	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). Link to volunteer will be sent via email and the MCC App.
Friday	13/03/2020	7.00pm to 11.00pm	Parent Cocktail Party	Chatswood Golf Club Tickets via https://www.trybooking.com/BIGVM
Thursday	07/05/2020	7.00am to 9.00am	Mothers' Day Breakfast	Complimentary Breakfast for Mums and MCC Daughters. Booking Details will follow.
Wednesday	03/06/2020	6.00pm	P&F Meeting	All parents and carers invited and welcome to attend.
Wednesday	12/08/2020	6.00pm	P&F Meeting	All parents and carers invited and welcome to attend.
Thursday	03/09/2020	7.00am to 9.00am	Fathers' Day Breakfast	Complimentary Breakfast for Dads and MCC Daughters. Booking Details will follow.
Wednesday	23/09/2020	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	21/10/2020	6.00pm	P&F AGM and Meeting	All parents and carers invited and welcome to attend. Elections: 2020 P&F Committee.
Friday	13/11/2020	6.00 To 8.00pm	Year 7 2021 Information Evening	Parents of Year 9 students requested to volunteer (BBQ cooking, Food and Drink Service). TryBooking link to volunteer will follow.



Getting started!

Step 1. Download *Qkr!* **on your Android phone or iPhone Via** <u>App Store</u> or <u>Google Play</u> 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.

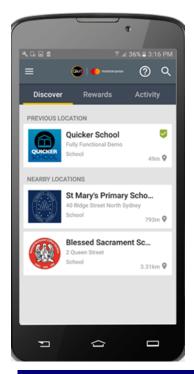
Note: The <u>Okr web client</u> is available for those not wanting to complete transactions from their mobile phone.

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.marcard.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.
- Tap on the mail icon at the top right of your screen.
- Tap 'Send' to email the eReceipt to your email address, or enter another email address, and tap 'Send'.