FROM THE PRINCIPAL

Our Vision
Mercy Regional College serves a wide rural community which values growth and diversity in Catholic Education in the Mercy tradition.

Our Mission
In the Spirit of the Gospels we commit ourselves to the core values of community, inclusiveness, learning, care, justice and mercy, excellence and achievement.

Our Focus for 2007
Community

Through the Mercy tradition we promote the uniqueness of the community and its heritage.

HSSSA Cross Country
Thursday 24th May saw Mercy Regional College for the second consecutive year take out the HSSSA Cross country title. This was a great team effort. Well done to all members of the Cross Country Team.

Hampden Cup
Our Junior Football team competed in the first round of the Hampden Cup on Monday this week. The team had a good victory over Timboon P-12 College and lost to Cobden Technical School by only 4 points. The team plays in the next round on Thursday 14th June.

Enrolments Year 7 2008
Many enrolments are currently coming in for our year 7 classes next year. Once again indications are that all our Year 7 places will be filled quickly. The College will need to make certain decisions about the number of Year 7 classes in the near future. I urge all parents to complete enrolment forms as soon as possible so that initial planning for 2008 can commence. Enrolments for 2008 close on 29th June, 2007.

Victorian Catholic Schools Parent Body
Nominations from Parents within the Diocese of Ballarat have been called for by the Ballarat Diocesan Schools Board for membership to the VCSPB. The role of a parent member is to represent parents of the Diocese of Ballarat on the Council, to attend 4 council meetings in Melbourne and to communicate with parents in the diocese. Parents who represent the Diocese on this council will have all expenses paid by the Ballarat Diocesan Schools Board. Expressions of interest should be forwarded to Mrs Jill Eales at the Catholic Education Office 5337 7131. E-mail: jeales@ceo.balrt.catholic.edu.au.

Letter regarding State Government Funding
I have attached a letter regarding the funding of Catholic Schools by the State Government and information regarding the recent State budget to this week’s newsletter to inform the wider Mercy community that in Victoria Catholic schools receive $578 less per child each year than children being educated in Catholic Schools in New South Wales. Please take the time to read this letter and write to our State Politicians about this matter.

Bus Safety
The recent tragic death of a young 14 year old teenager stepping from a school bus last week in Gippsland is a timely reminder of a number of important bus safety messages for students. Students are reminded to:

- Stand well back from the bus as it drives off
- Wait for the bus to move off completely
- Not cross the road until visibility is clear both ways.

If parents are picking up children they should park on the same side as the bus stop or meet their children at the bus stop.

Examinations
With only a week until their first examinations, I would encourage our Year 10, 11 and 12 students to maintain their study program over this important time. It is essential that parents encourage and support them in this critical time of preparation. The students can be assured of our support and prayers over the coming weeks. Please find attached an examination timetable.
PTFA
The PTFA met on Monday 4th June at the O’Keeffe Campus with the major focus of the meeting a discussion on the uniform. A number of issues were raised and discussed and I have provided below a summary of some of those issues. The discussion on the uniform is still in the very early stages and the PTFA is keen to gather some more information about the various options that are available.

There was general agreement on the following points:

Girls Uniform:
Satisfaction with:
- Girls summer dress
- Jumper (including the VCE Jumper)
- Girls winter skirt
Need to review: Girls shirt

Boys Uniform:
Satisfaction with:
- Boys trousers and shorts
- Jumper (including the VCE Jumper)
Need to review: Boys shirts

With the shirt that both boys and girls wear being identified as needing to be reviewed it was agreed that additional samples of shirts from a number of different uniform suppliers would be obtained. In particular the style and fabric of shirts/blouses would be investigated. No determination was made in terms of the colour of shirts. Again I emphasise that we are still in the very early stages of a minor review of uniform. Both parents and our uniform suppliers will be given plenty of notice about any changes that are decided upon.

It was also very encouraging to see the number of parents who were in attendance at this meeting. I trust that this level of support can continue for the rest of the year. Our next PTFA meeting will be held on Monday 30th July at the McAuley Campus.

Please find attached a letter from the Secretary Anne Carr re the Chocolate Frog Fundraiser.

Cyber Bullying
In the last newsletter I brought to the attention of parents my concerns about the use of text messages. This week I would like to expand on that discussion with information about Cyber Bullying and conclude with a strategy that families can refer to in incidents of this form of bullying. Mercy Regional College has a very clear policy on bullying which includes the various forms of bullying. I have included with this newsletter a copy of that document.

The essence of bullying remains the same regardless of its form, being repetitious and harmful in nature; however, the forms differ with cyber-bullying generally not posing an immediate physical threat.

Of note is the potential audience able to witness cyber-bullying compared to a schoolyard incident. The audience may also engage in the bullying by forwarding e-mails or use of on-line chat rooms and websites, meaning the audience is boundless as bullies can communicate messages widely and at considerable speed. Unlike verbal taunts, the exact wording of which may soon be forgotten, technology enables written words and images to be read repeatedly, potentially reinforcing the message and making it more emotionally harmful.

Unlike the schoolyard, the cyber bully often remains anonymous, meaning students not sufficiently assertive to bully verbally may be emboldened when the opportunity arises without face-to-face conflict of the need to accept responsibility for harm done. This form is deemed more cowardly as bullies can hide their identity, which mitigates their fear of being caught and punished. Cyber-bullying may be beyond the legal reach of schools as this behaviour often occurs outside schools hours using privately owned technology. Therefore parents have a responsibility to ensure that their child is using current technologies appropriately. The various forms of cyber-bullying are listed below:

<table>
<thead>
<tr>
<th>Forms of cyber-bullying</th>
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<tbody>
<tr>
<td><strong>Form</strong></td>
</tr>
<tr>
<td>Email</td>
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<tr>
<td>Instant Messaging (IM)</td>
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<tr>
<td>Chat rooms/ bash boards</td>
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<tr>
<td>Short Text Messages (SMS)</td>
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<tr>
<td>Websites</td>
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</tbody>
</table>

Each family should form a unique strategy with their children on how to deal with bullies, both on and offline.
Examples of Strategies

1. **Clear Communication**: Discuss cyber-bullying with children including any problems they have.
2. **Research**: Discuss with your children the Mercy Regional College Anti-bullying policy.
3. **Investigate**: Know what children are talking about if they come to you for help. Check what they do on-line.
4. **Observe**: Watch out for any behaviour changes of your children.
5. **Contacts**: Know who to contact if your child is being cyber bullied (the relevant Year Level Coordinator at MRC).

If parents would like more advice in internet safety please copy the following website link into your web browser for practical advice from the Australian Government Net Alert Website.


**Coming Events**

**Friday 8th June**
- Board Holiday

**Monday 11th June**
- Queens Birthday Holiday

**Tuesday 12th June**
- Year 12 Exams

**Wednesday 13th June**
- Year 12 Exams
- Year 10 Exams commence

**Monday 14th June**
- GAT
- Hampden Cup 7-9 Football

**Friday 15th June**
- Year 11 Exams commence
- Year 10 Exams conclude

**Tuesday 19th June**
- Year 11 Exams conclude

**Mercy Awards**

**VCE (Yr 11 & 12) Mercy Award**

Kate Rankin and Roseleen Lenehan for the effort they put into setting up the cricket match and BBQ and ensuring the running of the Feast Day activities went smoothly.

**Middle School (Yr 9 & 10) Mercy Award**

Damian Wynd for his extra commitment to the PAL program.

**Junior School (Yr 7 & 8) Mercy Award**

Jac Domney for a positive attitude and excellent application to his work.

**Notices**

**An Inconvenient Truth - Film About Climate Change**

Did you miss it? If you did, we are offering you a chance to see it on Wednesday 27th June at 7.30 pm in St. Thomas’ Church, Terang. Gold coin donation with proceeds to the East Timor Group.

**School Holiday Program – July 2007**

The Corangamite Shire will be running three trips during the school holiday break.

- **Trip 1** - Geelong Splashdown & Shopping
  - Wednesday 4th July
- **Trip 2** - Ballarat Go Karts, Laserforce & Shopping
  - Wednesday 11th July
- **Trip 3** - Movie - Pirates of the Caribbean 3 & Lunch
  - Friday 13th July

For further details regarding the above events, please ask at the College office for a form.
From the Wellbeing Coordinator  
Kerin Glennen

**Alcohol and young people**

What can you, your family and the community do to keep your child safe around alcohol?

Harm minimisation is an approach that aims to prevent, minimise or reduce the harmful or negative effects of drinking. This applies to:

- The person who drinks the alcohol
- His or her friends and family
- The community.

These are some of the practical ways that you can minimise harm associated with alcohol use:

1. helping your child to be strong and resilient when it comes to making choices.
2. promoting positive role models and being one yourself.
3. thinking about ways to minimise harm and maximise safe networks.
4. taking an interest in what they are doing both at home and school.
5. encourage your child to complete their schooling to the highest level possible.

Helping your child to be strong and resilient.....

Adolescents who are strong and resilient are less likely to become involved in long term substance abuse.

(Fuller, A. McGraw, K. *The mind of youth: Resilience* (1999))

**What is resilience?**

Resilience is the ability to rebound or bounce back from a stressful experience. Being resilient is about being able to cope with life experiences. Parents, caregivers, families, friends and communities can help young people to develop and strengthen their personal resilience.

**Role Models**

Good role models can be motivating and influential for everyone. This is particularly so for young people. Sporting, academic, community and entertainment role models are often used as inspirational models for young people. Peer role models can be even more influential than celebrities. Peer role models are more accessible and “reachable” to young people.

Parents, caregivers and family members can also be positive role models for their children. One of the best ways to do this is to model safe alcohol use themselves.

If you drink, remember you’re a role model, please assist the young people in our community to be exposed to positive and supportive role models in their lives.

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From the Head of Science  
John Houlihan

**Siemens Science Experience 2007 / 2008**

The Siemens Science Experience, a three-day hands-on science, engineering and technology program, will be conducted in Australian Universities (e.g. Deakin University, Warrnambool) in 2007/2008 for students who will be entering Year 10 in 2008. Each Program includes a wide variety of practical activities, together with interesting presentations by leading scientists and engineers.

It is a Rotary Youth Services Project and fully supported by the Australian Science Teachers Association. The cost of the three-day program is $95. Local Rotary clubs are often willing to pay this fee.

Further information and application forms are available from Year 9 Science Teachers (Mr Michael Clements, Mrs Fiona Sargeant and Mr Darren Cheeseman) and [www.scienceexperience.com.au](http://www.scienceexperience.com.au)

Early application is advised and ANY Year 9 student is welcome to attend.
**VCAL Excursion Report**
*Report by: Tom Collins 11B*

On Wednesday 30th of May the Mercy VCAL class went to Derrinallum College to participate in a social day that Derrinallum VCAL class was holding. Activities included workshops with cartoonist David Gibb, kite making, and a REACH (Jimmy Stynes) program about self esteem, leadership and working together. We had a barbeque lunch and kicked the footy with the Derrinallum boys then we made our way over to the stadium where the Victoria Police band ‘Code One’ was set up. Other schools participating were Terang College, Camperdown College, and Lismore, Noorat and Skipton primary schools. We enjoyed the police rock band, but the highlights were probably the REACH program - it explored topics about self image that no one really talks about. The experience of visualising our futures, and awakening in our thinking how much opportunity we have was very valuable. All in all, a great day.

The attached photo is Clinton Powling participating in the REACH program.

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**7N Humanities Class**
*Michael Goss*

During Term Two, Year 7s have been working on units to do with Geography. Recently, the class has completed looking at the Asia-Pacific region and in particular, environmental issues affecting this part of the world. One of our final activities was to build a city block and consider how people live in cities. With an estimated 60 per cent of the world’s populations living in cities by 2025, we discussed what was important to retain in a suburban setting. The photos show the class putting together their city blocks which they made in preparation for the task. As part of a small group, students had to explain to others the reasons behind the placement of buildings, utilisation of space and how people would connect with their environment - ‘green’ spaces - in their city block.

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**From the Director of Learning and Teaching - Careers Report**
*Mrs. Lisa Pope*

**UNSW**
Faculty of Engineering Admission Scheme (FEAS) and Rural Scholarships Scheme for students who achieve a UAI between 75 and 87.95 will be considered for admission under the Faculty of Engineering Admission Scheme. For more information on this program please telephone 02 9385 5131 or email: feas@eng.unsw.edu.au. Application forms can be accessed from 6 Aug 07 at www.eng.unsw.edu.au/feas. Applications and more information on the rural scholarship scheme can be made on-line at www.coop.unsw.edu.au

**JMC Academy**
The JMC Academy will be offering practical workshops during July in all five JMC course streams. A Complementary workshop voucher is available if you are interested in attending one of these workshops:
- Audio Engineering and Sound Production
- Digital Media and 3D Animation
- Digital Film and Television
- Music and Entertainment Business Management
- Popular Music and Performance

Contact Marketing and Recruitment on 9696 4117 or Melbourne@jmc.edu.au for more information.
Melbourne University
The University of Melbourne will be hosting Access All Areas on campus on Friday 13th July 2007. This program offers students in Years 10 - 12 and their parents, the opportunity to tailor a behind-the-scenes look at University life which matches their own interests and needs. Registrations are essential for this event and open on line on Friday 1st June. For more information about the program: Phone Karina Farmers on 8344 8809, and to register go to: www.futurestudents.unimelb.edu.au/about/meetstaff/vic/allareas/.

UniExperience: Thur. 12th July - Fri. 13th July
UniExperience gives Year 11 students from rural Victoria the chance to stay on campus at Parkville in the heart of Melbourne’s business district and gather vital information on a range of areas including: Melbourne Model and course offerings for 2008, admissions, career outcomes and student support services.

Applications for UniExperience are currently available through the University’s web site at: www.futurestudents.unimelb.edu.au/about/meetstaff/vic/uniexp. Applications close on 30th May. For more information contact Greg Frank on 8344 4736 or email school-programs@unimelb.edu.au

Monash University
Use of the General Achievement Test (GAT) for Special Entry Access Schemes and Middle band Selection for 2008 applicants.

VTAC and Monash University will implement a three-year trial basis for selection commencing in 2008 as follows:

- As part of their application, Year 12 applicants applying for courses at Monash University in 2008 will be asked to authorize VTAC to forward their GAT results to Monash University
- Monash University will use these results in selection for 2008 courses to award a modest middle-band bonus (up to a maximum of five aggregate points) to applicants whose GAT percentile ranking is higher than the 2007 clearly-in ENTER threshold for the course in question
- If an applicant has more than one GAT result, the best result will be used.

Applicants for Monash courses who do not sit the GAT, or whose GAT percentile scores are not higher than the course clearly-in, or who do not authorize VTAC to provide their GAT results to Monash, will still be eligible for selection on their ENTER on the same basis as before, with any middle-band and/or SEAS consideration that was previously available.

Scholarships at Monash University
To look at the available scholarships at Monash University for 2008 go to the website www.monash.edu.au/scholarships. Mrs Pope also has a copy of this guide in her office.

Victorian School Based Apprentice of the Year Awards
Congratulations to Amy Unwin who was nominated for the Victorian Outstanding School Based Apprentice of the year. Amy has been short listed for this prestigious award, in which the winner will be announced late July, with the presentation to be held at the Victorian Training Awards Night at Crown Palladium.

Amy, Greg Baker (Westvic Workforce) and Maureen Adeney attended the first stage of the award process with an interview held in Carlton this week, in which we were told Amy performed very well.

Amy has worked at the Barongarook Gardens Aged Care facility in Colac since 2005, whilst studying at Mercy and completing Certificate III in Community Services - Aged Care. Amy has always performed exceptionally well in her duties at Barongarook Gardens and she has glowing reports from her Employer, RTO and of course the people she has helped care for. Amy is in the final year of her VCE at Mercy and her work as a School Based Apprentice enables her to obtain a 10% increment on her final ENTER.

Well done, Amy! The Mercy community is very proud of your achievements.
Sports Report
James Castles

Hampden Cup
Congratulations to the Junior Boys Football Team for competing in the Hampden Cup Football Competition which was played on Monday 4\textsuperscript{th} of June at Terang College. The team played two games with the first game against Cobden Technical College, which was a tight contest played in good spirits with both teams showing their commitment for the footy. The Mercy Boys were very unlucky and lost that game by 4 points.
The second game saw Mercy Regional College taking on Timboon in trying condition. Mercy ran away with a 38 point victory.
The Hampden Cup is a round robin event which is organised over two days with the second day scheduled on 14\textsuperscript{th} of June at Terang College. Families and friends are all welcome.
Best Players for the day:
L.Mahony, A.Place, T.Watson, G.Mitchell, J.Gill, J.Meade, J.Lenahan, M.Powling, Jack Lee

Melbourne Symphony Orchestra Excursion
Report by: Emily Kemp & Rachael Harney (7N)
On Friday the 18\textsuperscript{th} May, Year Sevens travelled to Warrnambool. We went to the Performing Arts Centre to listen to the Melbourne Symphony Orchestra. After all the schools were settled, Mr Gill (the conductor) started to introduce the orchestra. Mr Gill told us to sit up straight, or else we couldn’t listen properly. So we all sat up and listened to what Mr Gill had to say. He showed us different parts of the orchestra. Mr Gill asked us some questions and we answered them very well. Daniel Watson (7A) was chosen to have a go at conducting the orchestra. Some kids from other schools did too.
Mr Gill asked Daniel Harry (7A) and some other students to do the Polka to Johann Strauss’ ‘Thunder and Lightning Polka’. We listened to some more pieces – John Philip Sousa’s ‘The Liberty Bell’, Stuart Greenbaum’s (an Australian composer) ‘90 Minutes Circling the Earth’.
When the concert had finished, we visited the Warrnambool Art Gallery. We were put into two groups and were shown around by two guides. They explained all the paintings and they were excellent. We then watched some short films which were made by the Year 12’s from different schools.
After the films had finished we said ‘thank you’ to the tour guides and left for our buses.
It was a great day, and it was really interesting to find out about the orchestra and the art gallery. We heard some wonderful music and saw some strange but very entertaining art. Everyone had fun and we would like to thank Mr Goss, Mrs Gellie, Mr Wall and Mrs Saunders for making it possible.
VCE Outdoor Education Trip
James Castles

Wilson Promontory National Park
The Outdoor Education students had a two night stay at Wilson Promontory National Park in South Gippsland. The camp was on the 28th to the 30th of May. Wilson Promontory was selected as our location for the camp as it was an environment the students hadn’t experienced previously.

The students were involved in a number of different activities, which helped them to learn more about themselves and of course the environment.

The trip highlights included:

- 23km Bushwalk from Tidal River to Sealers Cove
- Education Program organised by Parks Victoria
- Darby Bay Walk
- Wombats!!!
- Singing on the Bus
- Charades

It was pleasing to see that all students enjoyed themselves and the company of their classmates. Looking back on the camp it was a positive experience for all students and staff involved.
7th June, 2007

Dear Parents,

Re: State Budget disappoints Catholic sector

I write to inform you about the impact of the announcements in the recent State Budget on Catholic schools in Victoria.

Firstly, I would like to acknowledge the confirmation of the Government’s election promises through the Budget announcement, namely:

- an estimated $5.5 million in capital funds per annum for 4 years to assist needy Catholic schools, with eligible schools able to apply for building grants up to $350,000;
- the continuation of $2 million school internet access support for Catholic schools; and
- a 10% reduction in WorkCover premiums.

In spite of the funds outlined above, State Government funding in Victoria continues to languish at the bottom of the table compared with all other states. Catholic schools in Victoria receive about $578 less per child each year than children being educated in Catholic schools in New South Wales. This means that Victorian Catholic schools receive $104 million less than their New South Wales counterparts.

Catholic schools had hoped that the 2007/08 budget would provide additional recurrent funds to ensure quality provision, accessibility to Catholic schooling by low income families, support for welfare needs, students with disabilities and refugee students.

The $30 million in capital funding over 4 years to needy non-government schools ($22 million of which is the Catholic school share) is dwarfed by the Government’s allocation of $1.8 billion to rebuild or modernise its own state schools. All of us pay taxes, including GST, and the Victorian Government receives substantial revenue from the Australian Government’s GST collections. Quite clearly this has not been equitably distributed to needy Catholic schools. Given that 22% of Victorian students are in Catholic schools, the distribution of capital funds should be needs-based, regardless of sector, enabling a fairer proportion of the total capital funding to be accessed by those who need it.

In addition, the announcement in the State Budget of $113 million to non-government schools was not a new allocation of funding, as $83 million of this total is no more than a continuation of previous budget commitments to support literacy, numeracy and retention rates. These funds are not additional; they are existing funds that are already included in the Department of Education’s needs-based non-government school’s Financial Assistance Model.

The needs of Victorian Catholic schools are real and urgent. The Catholic sector continues to ask the Victorian Government to contribute 25% of the Australian Government School Costs (AGSRC) to Catholic schools (currently we receive only 16% of the AGSRC from the Victorian Government), and that this increase be incorporated into State legislation.

We all agree that the education of our children is paramount. We need to continue to seek additional funding so that our children receive the education they need for their future life choices, and so that they can contribute to the well being of our communities and the development of Victoria.

If you would like to contact the local member of the Victorian Parliament to discuss these matters, the member’s name is Terry Mulder MP State Member for Polwarth Phone 5231 5046 or Email: terry.mulder@parliament.vic.gov.au

Yours sincerely,

Andrew Watson
Principal
### YEAR 10 EXAM TIMETABLE – SEMESTER 1 [JUNE 2007]

<table>
<thead>
<tr>
<th>SESSION 1</th>
<th>SESSION 2</th>
<th>SESSION 3</th>
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<tbody>
<tr>
<td>Reading Time: 9:15 – 9:20 am</td>
<td>Reading Time: 11:15 – 11:20 am</td>
<td>Reading Time: 1:25 – 1:30 pm</td>
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<tr>
<td>Writing Time: 9:20 – 10:50 am</td>
<td>Writing Time: 11:20 – 12:50 pm</td>
<td>Writing Time: 1:30 – 3:00 pm</td>
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<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>WEDNESDAY</td>
<td>English</td>
<td>MRC Stadium</td>
<td>AG Art, Food IT</td>
<td>MRC Stadium /</td>
<td>Science</td>
<td>MRC Stadium</td>
</tr>
<tr>
<td>13th JUNE</td>
<td>Arts</td>
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<td>normal rooms</td>
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<tr>
<td>THURSDAY</td>
<td>Mathematics</td>
<td>MRC Stadium</td>
<td>Business</td>
<td>MRC Stadium</td>
<td>PE</td>
<td>MRC Stadium</td>
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<td>14th JUNE</td>
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<td>Psychology</td>
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<td>Outdoor Ed</td>
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<td>History</td>
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<tr>
<td>FRIDAY</td>
<td>Design Wood</td>
<td>[normal classes]</td>
<td>Careers Test &amp;</td>
<td>Theatre</td>
<td>RE (as normal)</td>
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<tr>
<td>15th JUNE</td>
<td>Music Textiles</td>
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<td>Talk</td>
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Please Note
- School uniform is to be worn to the school for the exams.
- Students will need to bring looseleaf paper to exams.
- Exam conditions apply for all exams.
- Students will not be permitted to leave the room until the designated finish time.
- Students may bring a novel (not the newspaper) to read if they finish early.

### YEAR 11 EXAM TIMETABLE – SEMESTER 1 [JUNE 2007]

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<tr>
<th>SESSION 1</th>
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<tr>
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<td>Writing Time: 9:30 – 11:00 am</td>
<td>Writing Time: 11:30 – 1:00 pm</td>
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<tbody>
<tr>
<td>FRIDAY</td>
<td>English</td>
<td>MRC Stadium</td>
<td>Health &amp; HD [supervised</td>
<td>MRC Stadium</td>
<td>Legal Studies</td>
<td>MRC Stadium</td>
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<tr>
<td>15th JUNE</td>
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<td>Chemistry Studio Art</td>
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<td>(unit 3 as normal)</td>
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<td>MONDAY</td>
<td>General Maths, Maths</td>
<td>MRC Stadium</td>
<td>Design &amp; Technology</td>
<td>MRC Stadium</td>
<td>Biology IT</td>
<td>MRC Stadium</td>
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<td>18th JUNE</td>
<td>Methods</td>
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<td>Physics (unit 3 as normal)</td>
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<td>TUESDAY</td>
<td>Food Tech, PE, Vis</td>
<td>MRC Stadium</td>
<td>[normal classes]</td>
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<td>19th JUNE</td>
<td>Comm (unit 3 as normal)</td>
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Perfume and Preserve Night
St Thomas, Primary School, Terang.
Garden Information Night

Wednesday, 13th June, 2007 at 7pm
St Thomas Community Centre
Lyons Street, Terang.

$5 Entry which includes Supper

Speakers for the night:
Roses: Andy & Sue Walker from
Merri Rose Farm, Demington Farm,
Fruit Trees: John Clements from
Pearson's Nursery, Allansford

And other exhibitors...

Parenting Ideas Seminar
Adolescence: raising teenagers in the 21st century
with Michael Grose

Civic Hall
165 Timor St
Warrnambool
Saturday 21st July 10.00am
Enquiries & tickets: Kelli Garrison
ph: 5612400
swcs@bigpond.net.au
www.parentingideas.com.au

South West Victorian Branch of the APS
Show your friends, relatives, neighbours and workmates. Encourage them to gather 10 orders of their own to achieve their own FREE Lipstick. Dads can help by taking orders from work. Every woman will thank you for saving them money. The school will thank you for helping to raise funds.

**SPA EXPRESS - “ME TIME”**
**Softly lit candles & beautiful music. **Your very own Nutrimetics designed neck wrap warmed & infused with Lavender (yours to keep) placed around tired shoulders to calm and relax. **Cucumber eye gel pads placed over tired eyes. **Refreshing Citrus Face & body Spritz for uplifting your soul. **A soothing & warm face masque to purify. **Enrich the skin with Rich Apricot Oil for Hydration. **Hands & Nails exfoliated & gently massaged.

**BONUS: - Your 5-6 friends get to join in too.**
Lipstick Drive Order Form

Please Return to <<Mercy Regional College>> by <<Thursday 28th June>>

<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS</th>
<th>PHONE</th>
<th>LIPSTICK COLOUR</th>
<th>QUANTITY</th>
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OTHER ORDERS FROM BROCHURE

Total Amount:

Can be paid in cash, credit card or cheque (Payable to Helen Bourke)

VISA / BANKCARD / MASTERCARD (please circle) CARD NUMBER ______/______/______/______/______

NAME ON CARD ___________________________ EXP DATE ___________ SIGNATURE __________________

Please call me re-☐ Booking a Winter Hydration Treatment for me and 5 friends ☐ Receiving a Brochure ☐ Consultant information

Thank you for supporting <<Mercy College>>
**MRC/ St. Pat’s Canteen Roster**

**Term 2  Week 9 - 11**

Starting time 10.15am. Any enquiries to Rose – on 55932011 or A/H on 55932862. Thanks.

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Mon June 11</th>
<th>Queens Birthday</th>
<th>Mon June 18</th>
<th>Deb Cheslett</th>
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<tr>
<td>Tues June 12</td>
<td>Maureen Kenna</td>
<td>55671016</td>
<td>Tues June 19</td>
<td>Marg McMaster</td>
<td>55933112</td>
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<td>Donna Baxter</td>
<td>55926227</td>
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<td>Wed June 13</td>
<td>Becky Halloran</td>
<td>55964259</td>
<td>Wed June 20</td>
<td>Helen Hickey</td>
<td>55932641</td>
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<td>Catherine Krybolder</td>
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<td>Thurs June 14</td>
<td>Andrea Moloney</td>
<td>55927267</td>
<td>Thurs June 21</td>
<td>Ange Nutting</td>
<td>55952220</td>
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<td>Fri June 15</td>
<td>Leanne Field</td>
<td>55932627</td>
<td>Fri June 22</td>
<td>Colleen O’Connor</td>
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<th>Week 10</th>
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<th>Mon June 25</th>
<th>Trish O’leary</th>
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<td>Tues June 26</td>
<td>Emma Searle</td>
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<td>Wed June 27</td>
<td>Liz Smith</td>
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**MRC PTFA**

**CHOCOLATE FUNDRAISER**

The Parents & Friends will be organizing a Chocolate Frog Drive over the coming weeks.

A box of 48 chocolate frogs will be sent home with the youngest child in each family during the last week of this term.

Each box will have your child’s name on it and an envelope will be enclosed for payment to be returned to the school. Please don’t forget to put your name on the envelope.

The chocolate frogs are to be sold for $1.00 each and the money (and any unsold chocolates) are to be returned to the office no later than Friday 27th July.

We encourage all families to sell at least one box of chocolates as this is a very profitable fundraiser for the school, for every box sold half the money goes to the College.

The upcoming school holidays would be a great opportunity for students to sell some chocolate frogs to their family, friends and neighbours.

We very much appreciate your support for our school fundraising.

*Anne Carr – Secretary PTFA*
WHAT THE COLLEGE DOES:

(Extracts from our Harassment Policy which deals with incidents of bullying).

POLICY:

Mercy Regional College is committed to providing all students and staff with a working, living and learning environment free from harassment. All students and staff are required to honour and support this commitment. It is expected that all other members of the school community will also honour this policy.

VALUES:

All members of Mercy Regional College community have the right to work, learn and live in an environment free from harassment of any kind. This means that all members of the College community accept their responsibility to accord each other respect, tolerance and dignity.

Mercy Regional College provides a supportive environment which encourages positive relations between all members of the school community by:

- Modelling and affirming appropriate behaviour,
- Acting upon any reported cases of bullying,
- Keeping records of incidents of bullying in line with privacy regulations
- Supporting all concerned to resolve the issues,
- Providing in-school programs for students and staff to support this policy, e.g."Hands Off" which is the 3 p's program - hands off Person, Possessions & Personality.

GUIDELINES:

(As stated in our Harassment Policy)

Harassment is unacceptable and will not be tolerated at Mercy Regional College, under any circumstances. Staff are legally obliged to take all reasonable steps to prevent harassment, and appropriate disciplinary action will be taken in any proven instance of harassment involving staff, parents/guardians and students.

ROLE OF PRINCIPAL:

It is the responsibility of the school Principal to ensure that proper standards of conduct are maintained in the workplace in that:
- harassment will not be tolerated;
- all complaints involving students, members of staff or parents/guardians will be investigated seriously and sympathetically;
- positive action will be taken in each instance;
- where necessary disciplinary action will be taken;

CONSEQUENCES:

- to ensure offensive behaviour stops and does not recur,
- to ensure there are no reprisals for having complained or caused offence
- to provide an opportunity for those involved to come to a mutually agreed resolution on tolerance, respect and the rights of others
- where complainants have suffered disadvantage or detriment, the situation should be redressed as far as possible

NB: It is the responsibility of everyone at the College to speak and act against bullying.

MERCY REGIONAL COLLEGE
McAuley Campus
Administration Office, P.O. Box 152
Henderson Street, Camperdown Vic. 3260
Phone 5593 2011 Fax 5593 3941

O'Keeffe Campus
McKinnons Bridge Road, Noorat Vic. 3265
Phone 5592 5353 Fax 5592 5429

ANTI-BULLYING PROCEDURE

Mercy Regional College is a Christian community based on gospel values. It has as one of its aims the promotion of positive interpersonal relationships between all members of the school community. This anti-bullying procedure recognises that any form of bullying is unacceptable at the College as stated in our Harassment Policy.
WHAT IS BULLYING?:-

Bullying:-

"Repeated intimidation, over time of a physical, verbal or psychological nature of a less powerful person by a more powerful person or group of persons."  
_Rigby & Slee_

Seven elements of bullying are:-

1. A desire to inflict hurt
2. That desire is expressed as a physical or verbal action.
3. The action is hurtful and plays upon student's (Victim) vulnerability.
4. There is power in inequality.
5. The actions are without justification although the bully may try to present an argument.
6. The actions or bullying behaviour are repeated.
7. There is evident satisfaction felt by the bully.

EXAMPLES OF BULLYING INCLUDE:-

Physical bullying
Physical violence or threats. e.g. hitting, kicking, grabbing, pushing, damaging, removing or hiding property belonging to others, damaging College property.

Verbal bullying
e.g. Teasing, name calling, ridiculing or putting down others and their achievements, making comments of a sexual nature or spreading rumours about another.

Isolating bullying
eg. Purposefully leaving someone out of activities.

Telephone / Cyber bullying
eg. Repeated menacing phone calls, text messages and emails.

Gesture bullying
e.g. Glaring and menacing gestures.

WHAT PARENTS CAN DO:

If you have any concerns regarding your child's welfare at school (including any incidents of bullying), make contact as soon as possible.

The College will listen to your concerns and discuss with you the most appropriate steps in order to resolve the issue.

Communicate to your child that you need to work with the College in supporting them.

WHAT THE STUDENT CAN DO?:-

You decide what to do.
You have a number of choices.

When the bullying or harassment occurs;

- Look for support from those nearby –
  - Other students
  - Friends
  - Homeroom Teacher
  - Level Co-ordinator
  - Deputy Principal
  - Principal
- Be firm and clear – be confident. Tell them to stop.
- Get away from the situation as quickly as possible.

After the harassment has occurred seek advice;

- Don't blame yourself for what happened
- Talk to a friend, a teacher, another adult or someone you trust.
- Keep on speaking until someone listens.
- When talking to an adult about harassment be clear about –
  - Where it happened.
  - What happened to you.
  - How often it has happened.
  - What you have already done about it.
  - Who was involved.