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.

Frayne Speech Festival
This Friday, 18 students will travel to Geelong to participate in the Annual Frayne Speech Festival. The College will have teams representing us in debating, public speaking and voice choir. This festival was established a number of years ago to promote public speaking amongst secondary schools in the Mercy tradition. We wish our teams well and I also take this opportunity to thank Mrs Margaret Leahy and Ms Angela Preiss for their preparation of our public speakers.

MRC Oratory Competition
Our students are also in the midst of preparing for the forthcoming Mercy Regional College Oratory Competition to be held on Tuesday 28th August at the McAuley Campus in the de Chantal Stadium commencing at 7.30pm. All members of the Mercy community are invited to attend this evening.

Science Week
This week the College is celebrating National Science Week. Under the leadership of Mr John Houlihan, Head of the Science Faculty our students, parents and staff were able to participate in a number of science activities. Of particular note was the Year 9 excursion to Tower Hill and the Astronomy Night held on Tuesday.

Car Raffle
Saturday 1st September marks the beginning of the 33rd year of the Mercy Regional College Car Raffle. The car raffle is certainly now the most important fund raising effort of our PTFA and particularly important this year with our building redevelopment program well under the way. Raffle books and rosters for selling tickets will be distributed shortly.

This year’s prizes are as follows:

1st Prize: 2007 CL Ford Focus Sedan valued at $27,955 including on road costs (Auto, prestige paint, air conditioning, power steering, cruise control CD player, and ABS) supplied courtesy of Manfold Motors

2nd Prize: Travel Voucher valued at $2000 supplied courtesy of Harvey World Travel, Camperdown

3rd Prize: Electrical Goods Voucher valued at $1000 supplied courtesy of Camperdown Retravision

4th Prize: Jewellery Voucher valued at $200 supplied courtesy of Showcase Jewellers, Camperdown and Colac.

5th Prize: Dinner Voucher valued at $100 supplied courtesy of Madden’s Bar & Bistro, Camperdown

This year we have selected a more fuel efficient car which will ensure the running costs for the eventual winner will be more economical. Along with this change we have also increased the value of the travel voucher by $1000 and added a new prize, a $1000 electrical goods voucher from Camperdown Retravision.

The College is indeed grateful to our abovementioned suppliers of raffle prizes for their generosity.
Where possible it would certainly be appreciated if our school community could support these businesses.

I look forward to a very successful car raffle result, which can be easily achieved if all families work together to sell their book of raffle tickets and assist with the selling roster.

**Building Works**

The building program is well under the way with the foundations having been dug for the Arts/Technology building and much of the internal demolition work has taken place. The removal of the hedge adjacent to the convent has revealed the building that will be the new front entrance and reception space.

**Mercy Education Conference**

Last week I attended the 9th Biennial Mercy Secondary Education Association (MSEA) Conference held at All Hallows’ School in Brisbane. The conference left me with renewed energy and commitment to the dimension of the work of educators which lies in the fostering of the spirit of compassion for the most poor; with deeper understanding about what this means for us today, with renewed strategies as to how this might be done locally and in wider forums; and with stronger networks with others likeminded educators.

From Tender Courage: A reflection on the Life and Spirit of Catherine McAuley, First Sister of Mercy, by Isabelle Keiss rsm and Joanna Regan rsm writes:

> Catherine McAuley could have been insulated and isolated against the miserable poverty of Dublin. Instead she recognized the call of the Spirit, and accepted it with a grateful love and a willingness to put it at the service of others. As recipient of God’s mercy, she saw herself as a steward. Gifts were gifts for others. Direct and practical in her response, she went out into the gutter and garret to teach, to soothe and to shelter. She had discovered that her charism, her gift for others, was mercy, a charism to the cutting edge of brokenness and imbalance.

> Giving outward expression to this inner grace, with a singularly keen eye for the special needs of her time and an astute perception of the methods by which they could be successfully met, she quickly attracted others drawn by a similar call to respond to the actions of God in their lives.

The conference challenged us to examine what is the call of the Spirit to us educators today - locally, nationally, globally?

As a result of the above question conference delegates we asked if we were ready to draw on the gifts we have received: our wisdom as to the methods by which the special needs of our time can be successfully met, to make a response to the call and support each other in continuing the work of Catherine McAuley.

The conference was a most worthwhile experience which enabled Mercy educators to gather together to develop close ties and foster our common Mercy spirituality and ethos.

**Coming Events**

**Friday 24th August**
- Frayne Speech Festival – Geelong

**Tuesday 28th August**
- MRC Oratory Competition 7.30pm

**Thursday 30th August**
- Principals of Mercy Schools meet at MRC

**Friday 31st August**
- Principals of Mercy Schools meet at MRC

**Monday 3rd September**
- PTFA Meeting 7.30pm O’Keeffe Campus

**Tuesday 4th September**
- Board Meeting 7.30pm

---

**ANDREW WATSON**

**PRINCIPAL**

**World Youth Day 2008**

Leesa Henriksen
Parish World Youth Day Leader

We had a positive turnout to our first World Youth Day gathering! On Wednesday evening we gathered at St Thomas’ School in the community room for an information session. Stacey Atkins, Ballarat Diocesan Youth Representative, came along and spoke about the events that will take place in the lead up to World Youth Day and in particular the events in Sydney next year.

At this stage we have 15 interested youth who will attend as part of the St Thomas’ Parish group, and we hope this number continues to grow.

The evening finished with a chat and a bite to eat and already we look forward to our next get together on Sunday October 21st. On this day we will have a Youth Mass and then make our way to Warrnambool for lunch and ten-pin bowling!

Please contact me if you have any questions or are interested in our next get together.
Mercy Awards

VCE (Yr 11 & 12) Mercy Award

Ben Blain for his organisation of the Year 12 Jackets.

Middle School (Yr 9 & 10) Mercy Award

Narelle Place for her tolerant good humoured approach to life at MRC.

Junior School (Yr 7 & 8) Mercy Award

Nicola Sharp for her Bagpipe playing exhibition at Assembly on Tuesday.

From the Wellbeing Coordinator
Kerin Glennen

Drinking and the effect it has on our young people in our community:
It is widely accepted by the community that the addition of ethanol in petrol will damage a car’s engine. Yet we are happy to drink ethanol. The alcohol in alcoholic beverages is ethanol. Beer, wine and spirits all contain ethanol that has been produced using fermentation. In spirits, the alcohol is further concentrated by distillation.

Our sporting ability might be affected by just one night’s drinking each week.

Drinking affects hydration level, so starting a sporting event partially dehydrated from a few beers the night before could seriously affect a participant. For example, each 1% loss in body weight due to dehydration typically leads to a 2 to 3% reduction in running performance.

If a runner suffers dehydration it can potentially ruin a good performance in so many ways including:

- Blood volume decreases, so less blood returns to the heart.
- Consequently the amount of blood a heart pumps with each beat decreases.
- Then less oxygen rich blood reaches the working muscles.
- Muscles have less oxygen with which to produce energy aerobically.
- The consequence then is that you run slower.

When a young person drinks a good deal, or drinks rapidly, there can be lag time before medical complications begin to show. "Sleeping it off" can and on some occasions does disguise further progress into a coma and unfortunately may result in death. You can support someone who has drunk too much by:

- Checking them for injuries they may have sustained.
- Turning them on their side, and prop their head. This lessens the chances of choking should they vomit.
- Keeping them warm and give them water, staying with them and check regularly for signs of alcohol.

If you have ANY CONCERN CALL AN AMBULANCE, it is much better to be safe than sorry.

Contact the person’s parents and or guardian and explain what has occurred, they will thank you.

Death from alcohol poisoning usually means the drinker died because:

- The blood alcohol level was so high that it affected parts of the brain and nervous system that controls, breathing, heartbeat, and related body functions.
- The person dies because he/she stopped breathing and his/her heart stopped beating, usually while unconscious.
- The person vomited while unconscious, inhales the vomit and suffocates.
- The alcohol reacted in combination with some other drug, over the counter and or prescription, or illegal. These deaths can happen with a relatively LOW BLOOD alcohol level.

The session of winter sports is coming to an end, 16-18 birthday parties are being celebrated, the summer/Christmas session will soon be with us, these celebrations, on some occasions may lead to alcohol over indulgence of young people. What needs to be remembered is that teenager’s bodies/brain and internal organs are NOT developed enough to cope with alcohol. Please take some time to discuss the drinking of alcohol and the harmful side effects that it does have on young people in our community with your son/daughter. This discussion may assist with prolonging a life of a young person from within our community.
From the Head of Science
John Houlihan

International Competitions & Assessments for Schools (ICAS): Science
Students from Mercy won University of New South Wales awards for their academic achievement when they participated in the recent ICAS. Students whose achievement was outstanding were awarded Certificates of Credit and Distinction.
The ICAS are conducted annually across Australia and in 12 other countries. There are over 1.5 million entries worldwide.
The ICAS assess knowledge, problem-solving and high order thinking skills in Science.

The following students were awarded a certificate of Distinction:
Year 11: Joshua Saunders
Year 10: Hugh Saunders
Year 8: Jahd Anderson, Genevieve Darcy, Connor Saunders
Year 7: Nick Clarke, Jarrod Rethus

The following students were awarded a certificate of Credit
Year 12: Rhiannon Cabel, Louise Place
Year 11: Nicholas Stephenson
Year 10: Daniel Lee, Jacqui Heffernan
Year 9: Jordan Clarke, Natalie Fleming, Alex Place
Year 8: Samantha Alexander, Jac Domney, Grace Evans, Luke Evers, Bridget Glennen, Natasha Heyden, Callum Kinnear, Bridget O’Brien, Harry Rounds, Thomas Skene, Bryan Woodmason, Matthew Woodman
Year 7: Danielle Delaney, Darci Green, James Keough, Michael Krybold, Laura McKenzie, Lucy Place, Elizabeth Smith, Kiara Williams, Jacob Gray, Elliot Pyke, Elizabeth Smart

I congratulate each of the above students on their outstanding academic achievements and I also congratulate each student who attempted the competition and received a certificate of participation. The competition was compulsory for years 7 and 8 and optional for years 9 - 12.

Chess Tournament 2007
John Houlihan

On Wednesday 8th August, Mercy was represented by a strong field of students in the annual Secondary Schools Ballarat Diocese Chess Tournament at Trinity College, Colac.
The team consisted of Nicholas Stephenson and Joshua Hickey (Co-Captains), Adam Thulborn, Verity Thornton, Allan Noone, Hugh Saunders, Alex Place, Eamonn O’Connor, Marcus Blain and James Lenehan.
Chess Kids facilitated the tournament and the day was a rewarding experience for all those involved.

The students whilst unsuccessful in their effort to claim the spoils of victory, displayed great sportsmanship in the manner in which they conducted themselves. The students had an enjoyable and relaxing time whilst interacting with students from the other schools such as Emmanuel College, Warrnambool.
St Joseph’s College (Mildura) and Marian College (Ararat) both tied for first place.
Congratulations must go to Nicholas Stephenson, who achieved an overall placing in the top 25% of the region, which was a great effort. Nicholas received a certificate of credit for his efforts.

Dynamite for the Minds
James Castles

On the 28th of August the O’Keeffe Campus will play host to 65 Diploma of Education students from the University of Ballarat. The University students will be working closely with our Year 9 students in a program called “Dynamite for the Minds”. The day will focus on a range of multiple intelligences designed to show students and staff how to learn in many different and exciting ways.
I encourage all parents that can get to the O’Keeffe Campus between 9.30am-1.30pm to come along to what will be something incredibly unique.
It would be great to see you there.
Year 12 Agricultural and Horticultural Studies Excursion
Tony Wynd - Year 12 Ag Studies Teacher

Last Thursday the Year 12 Ag class travelled to Tony and Jenny Phillips’ farm ‘Birriwindi’, near Mortlake to study Tony’s whole farm plan as part of their study on Sustainability in Agriculture. The first thing the class did was to look at Tony’s aerial map of the farm and take note of the various geographical features of the farm and how Tony incorporated these into his plan. The farm was only treed on one spot and over the years Tony has broken the paddocks down to a small size and has put in direct seeded trees into nearly every paddock. The class enjoyed the chance to quiz Tony on different land types and how he used them on his farm. The class would also like to thank Tony for his time and willingness to share his knowledge and allow them to have a first hand viewing of his farm.

Year 10 Agricultural Welding Course
Report by: Candice Anderson and Christina Lee

This year as a part of our Agricultural Studies in Year 10 we are currently participating in a Welding Course at Glenormiston College. During the semester we will be learning the many aspects of welding such as safety precautions as well as learning the various styles including arc, mig, tig, oxy, aluminum and gas welding. Every Wednesday for our double lesson we head to Glenormiston College to participate. Currently there are eight students participating, three of these who are girls. Greg Couldhart will be continuing to instruct us throughout the semester. So far it has been a very insightful experience with us learning to arc weld in a half decent manner in just three weeks and not only this but all our skills are improving rapidly! We have also learnt plenty of safety tips and little facts regarding our workspaces and the safety of others as well as ourselves. So far this course has proved to be a very enjoyable activity and with the knowledge we have gained from this welding course, it will leave us with life long skills that will no doubt prove to be useful in the future.

At the completion of this course we will each receive a certificate recognizing our achievements in the area of basic welding from South West TAFE.

Year 7 and 8 Assembly
Tony Wynd

On Tuesday the Year 7 and 8 students from both campuses joined together for their second combined Assembly for the year. The students were entertained by a smorgasbord of talent from the group. The Assembly was ably led by Jahd Anderson who introduced the SRC representatives from each class who informed the assembly of their activities for this semester. Year 7a led the Assembly in song with Jocelyn McDonald singing ‘Am I not pretty enough’ accompanied by Sam McDonald and Callum Humphries. The Year 8 girls performed a dance that was very well received by all. Monique and Laura McKenzie also performed a dance. Perhaps one of the most interesting items was Nicola Sharpe playing the bagpipes and explaining how they work – it was hard to believe that she has only been learning for 2 years. The Year 10 Voice Choir performed for the group – this was a practice for the Frayne Speech Festival. The Assembly concluded with the presentation of awards by Mr Wynd to students who had contributed extra to the life of the school.
Mercy Transition Days at O'Keeffe  
Report by: Jacqui Dubois Year 6  
St Thomas Primary School

On the 26th and 27th of July the Grade 6 students from St Thomas Primary School, St Colman’s Mortlake and St Patrick’s Camperdown all went to Mercy Noorat and Mercy Camperdown as a part of transition program.

When we arrived we had Mrs Henriksen until 11:30. At 11:30 we had recess. After recess we had home economics and I went with Ellie Moloney. We made pizzas. On my pizza I had ham, cheese, capsicum, bacon, onion and tomato paste. It was yummy and was so much fun to be able to cook at school!

After lunch we had IT and we did some PowerPoint on the Simpsons. After that we took the cameras and took some photos. That was the end of the day at Mercy Noorat.

The next day we went to Mercy Camperdown. We all met in the theatre room and found out our groups. After we found out our groups we went to the stadium and played some games that were heaps of fun.

After we had finished playing the games we went into our groups and my group did science. It was interesting and when we had done everything in the science room we went to the stadium and played games. Soon enough it was time to go home. I had a great 2 days at Mercy and look forward to going there in 2008.

Below are a couple of photos from the day.

Year 10 Retreat  
Report by: Holly Smith

On Wednesday the 25th of July we set off on our way to the Araluen Lutheran Camp in Anglesea. After a 2-hour drive down there, unfortunately with out the boys who were to arrive the following day, we were happily welcomed by the camp administrator, before settling in. Later in the morning we where given the opportunity to meet with Leigh, who discussed with us the importance of our choices, as difficult as they can be sometimes, and always sticking by our friends. The afternoon was finished perfectly with a team exercise, a rope challenge, a walk down the street and then free time, in which most of us chose to practice our performances for the red faces which would be held later in the evening.

The rest of the night was filled with laughs, a lot of talk about chickens, self saucing pudding and a movie, little miss sunshine. That night we all went to bed with smiles on our faces, full stomachs and twinkles in our eyes. Our first day on re-treat had proven it’s self to be well worth the bus trip down.

We were all up by 7 o’clock the next day. Breakfast consisted of fruit, toast, cereal and pancakes. Compliments to the chef.

Before the boys arrived we girls had the opportunity to hear all about the teachers lives before they came to the school, like Mrs. Wilson’s adventure travels over seas, and Annett’s travels around Australia with her children, before getting the chance to ask questions.

The boys arrived about 11.00 just in time for our beautiful Sunday morning mass with Father Dennis. Thankyou to Caitlin for decorating the alter with some flowers from the bush lands surrounding the camp. During the mass we gave thanks for our time spent together and for the wonderful qualities and individuality of each of us. The mass ended with a song before lunch and then the departure of the girls. Fridays was spent sleeping for most of the girls I’m sure, and group activities for the boys who were still down at the Araluen Camp.

Thankyou to all the teachers, Annett, Leigh and everyone else that made our wonderful retreat possible. Here are some photos of the retreat.
From the Director of Learning and Teaching - Careers Report
Mrs. Lisa Pope

Work Experience
Applications for work experience in 2008 with Zoos Victoria (including Melbourne Zoo, Healesville Sanctuary and Werribee Open Range Zoo) close at 4.00pm on Friday, 12th October 2007. For more information addressing all issues regarding work experience, including times and attire go to www.zoo.org.au. Applications have to be submitted through Mrs Pope.

International College of Creative Arts
ICPP is one of Australia’s most highly respected private tertiary colleges. With campuses located in South Melbourne and Sydney, the College provides ‘hands on’ career training in the necessary technical, creative and business skills needed to successfully enter the professional photography and advertising industries. Students can choose between two year full time Diploma courses in Applied Photography or Creative Advertising and part time Certificate courses in Professional Photography. For more information: Phone 9696 2800 or Email: inquiry@icpp.net or Web: www.icpp.net

University Of Melbourne - Dookie College
Open Day
Sunday, 26th August 10.00am-2.00pm
GOTAFE will provide information on Agriculture, Production Horticulture and Viticulture courses, including full time residential Advanced Diplomas in Agriculture. Information on traineeships and short courses for 2008 will also be available. The National Centre for Dairy Education Australia will provide information on career opportunities in the dairy industry including traineeships, short courses and full time residential Advanced Diplomas in Agriculture. Further information at www.gotafe.vic.edu.au/dookie or www.ncdea.edu.au or call 1300 468 233 or 1300 62332

Scholarships

University Of Melbourne
Access Melbourne - Special Entry and Access Scholarships Scheme
The University of Melbourne is committed to significantly increasing the number of students from educationally, financially or socially disadvantaged backgrounds enrolling in undergraduate programs. Access Melbourne is a combined special entry and access scholarships scheme designed to increase participation of students from diverse backgrounds. To be eligible for Access Melbourne you must:
- Be an Australian or New Zealand citizen
- Have not been awarded results in a degree course at a tertiary institute in Australia
Have demonstrated the capacity to successfully undertake the course of your choice; and
• Apply for a University of Melbourne course through VTAC.

You may also apply under any of the following categories. You may apply under more than one criterion:
• Recognition as an indigenous Australian. For more information: www.services.nimelb.edu.au/cie/
• Difficult family circumstances. For more information: www.services.unimelb.edu.au/counsel/
• Disadvantaged socio-economic background. For more information: www.services.unimelb.edu.au/finaid/
• Disability or long term medical condition. For more information: www.services.unimelb.edu.au/health/
• Non-English speaking background. For more information: www.services.unimelb.edu.au/llsu/
• Under-represented school (MRC has been classified as an under-represented school at the University of Melbourne. For more information: www.access.unimelb.edu.au
• Rural or isolated. www.services.unimelb.edu.au/housing/

How to apply for Access Melbourne - you must complete the relevant sections of the SEAS Access and Equity online application form available at www.vtac.edu.au. Special Entry Access Schemes (SEAS) information booklets are available from VTAC. Each of the Access Melbourne eligibility criteria corresponds to a SEAS Access and Equity category. Applications, together with all relevant supporting documentation and statements of support, must be submitted to VTAC no later than 5.00pm Friday 12th October 2007.

How to apply for a Melbourne Access Scholarship - you are not required to submit a separate application to be considered for a Melbourne Access Scholarship. All Access Melbourne applicants will be considered for a Melbourne Access Scholarship, provided you indicate you are interested in being considered for an Access Scholarship at the University of Melbourne on the online application. Further information about Access Melbourne and the application process can be obtained from: www.access.unimelb.edu.au

In addition to Melbourne Access Scholarships, the University awards over 50 Melbourne National Scholarships annually to very high-achieving students. If you wish to be considered for a Melbourne National Scholarship, you must submit a separate application directly to the University. More information about Melbourne University Scholarships is available from: www.unimelb.edu.au/scholarships or Phone: 8344 7467

Australian College of Natural Medicine - Open Day - Sunday, 26th August - 11.00am - 3.00pm
Find out about the ACNM and its courses, talk to students and enjoy some great demonstrations!
Bachelor Degree, Advanced Diploma and Certificate level courses in:
- Acupuncture
- Aromatherapy
- Chinese Massage
- Counselling
- Herbal Medicine
- Homeopathy
- Massage
- Mind-Body Medicine
- Musculoskeletal Therapy
- Naturopathy
- Nutritional Medicine
- Reflexology
- Remedial Therapies

Information seminars will be held at 368 Elizabeth St Melbourne on 23rd September, 11th November and 9th December at 2.00pm. ACNM will be offering one full and one half scholarship to two lucky Year 12 students commencing study in Semester 1 in 2008. Applications close on 28th September at 5.00pm. For more information: Phone 9662 9911 or www.acnm.edu.au

MRC/ St. Pat’s Canteen Roster
Term 3  Weeks 7 & 8 
Starting time 10.15am. Any enquiries to Rose ~ on 55932011 or A/H on 55932862. Thanks.

<table>
<thead>
<tr>
<th>WEEK 7</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>MON AUG 27</td>
<td>HELEN ROSE 55945290</td>
</tr>
<tr>
<td>TUES AUG 28</td>
<td>DONNA BAXTER 55926227</td>
</tr>
<tr>
<td>WED AUG 29</td>
<td>HELEN HICKEY 55932641</td>
</tr>
<tr>
<td>THURS AUG 30</td>
<td>ANGE CUNNINGHAM 55932260</td>
</tr>
<tr>
<td>FRI AUG 31</td>
<td>LEANNE FIELD 55932627</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 8</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>MON SEPT 3</td>
<td>MARIE JONES 55952244</td>
</tr>
<tr>
<td>TUES SEPT 4</td>
<td>DENYSE VANDENEYNEDE 55951568</td>
</tr>
<tr>
<td>WED SEPT 5</td>
<td>DIANNE GLENNEN 55925314</td>
</tr>
<tr>
<td>THURS SEPT 6</td>
<td>BARBARA WATSON 55943216</td>
</tr>
<tr>
<td>FRI SEPT 7</td>
<td>BERNADETTE PLACE 55945220</td>
</tr>
</tbody>
</table>

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>