ISSUE 1-3

6th March, 2009

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 2009
Learning: Through the Mercy tradition we encourage our community to seek knowledge, to nurture curiosity and to love learning.

Black Saturday and Ash Wednesday
The recent tragic bushfires have been a sobering reminder of the tenuous nature of humankind’s grip on life. Death and sometimes, sudden death, is a reality of life. We humans are the pinnacle of God’s creation but we are not the centre of the world. We have no choice but to live in and with creation. We are not in control. We are not God and so, hard on the heels of the events of Black Saturday, we begin the season of Lent with Ash Wednesday. The Cross of Ashes drawn on our forehead sets us on the Lenten journey of prayer and self-sacrifice as preparation for the greatest celebration of them all: Easter – the Resurrection of the Lord.

The Ash Wednesday ceremony does not have the status of Sunday Mass and it is not a Holy Day of Obligation. However, it has become popular. Ash Wednesday seems to strike a chord in the human heart – the yearly need to take a step back from normal indulgences in the good things of life, to take less notice of the wants of the body and to look beyond one's own particular concerns. It is a journey within a journey without.

May we make the most of the Holy Season of Lent?

School Closure
On Tuesday, the College was forced to close the school due to the perceived high fire risk in our surrounding areas. The College was informed that the Department of Education would make an announcement at 2.00pm on Monday advising of school closures and bus cancellations. At this time we were advised that the bus runs to the south and north would not operate only causing a small number of our students not being able to get to school. At this time, a letter was distributed to students advising of this fact. At 2.55pm several minutes before our classes concluded for the day, the College was informed by the Department schools in the area that no bus services would operate on Tuesday. As 90% of our students travel on buses each day, the College had no choice but to close for the day. The late notice of the cancellation of bus services prevented written notification being sent home. I found the late notification unacceptable and hence difficult to clearly communicate to parents what was occurring the next day. I have taken this issue up with various people in the Department of Education and sought undertakings that in the future schools be given enough time to formulate an appropriate response and allow communication with parents about possible school closures. I trust that parents will understand the difficult position that Mercy faced on Monday afternoon.

Emailing of the College Newsletter
During 2009 we will be continuing to send the College Newsletter, via email, to all families who have provided us with email addresses. Those people who don’t have email will continue to receive the newsletter via their son or daughter. If anyone changes his/her email address please let the College office know of the change. If any families wish to take up the option of receiving the newsletter via email, please email your address to office@mercy.vic.edu.au
Welcome Fr Neville
This week, the Parish of Camperdown welcomed Fr Neville Stanislaus, who is taking Fr Denis’ place while he is on leave. Fr Neville will be with us for the next six weeks. We hope Fr Neville enjoys his time with our community.

HCSN Swimming Carnival
Last week, the College excelled at the Hampden Secondary Schools Sports Association (HSSSA) swimming sports coming away with the junior, intermediate and senior shields and overall winner's title at the event. Congratulations to all our swimmers and Mr Castles for an outstanding effort.

A number of students also won the following age champion categories:

U/14 Female  Kayla Spicer
Male   Dylan Lee
U/15 Female  Caitlyn Mitchell
Male  Daniel Unwin
U/17 Male  Xavier Darcy
U/20 Female  Katie Milbourne

Year 8 Camp
Last week, our Year 8 students undertook their Annual Camp, at Princetown, which has an environmental theme. The students enjoyed their time away from the classroom and made the most of the opportunity to do some learning in the field. I was able to visit the Year 8’s during the course of the three days. I was most impressed with the way all students participated in the programs and all teachers spoke very highly of the students’ behaviour and involvement.

This camp certainly cannot operate without a team of dedicated staff. When staff volunteer to organise and attend such camps it requires a significant sacrifice of personal time. It requires teachers to be away from families and other commitments for three days and while on camp, being responsible for students 24 hours a day. With little sleep each night, our teachers are able to ensure that our students have a wonderful and worthwhile experience. I also think it is important to note that not one extra dollar is paid to staff who undertake camps and retreats.

I am indeed grateful to all staff who organised and participated in our Year 8 Camp this year. I trust that both parents and students are grateful for their efforts also. I wish to thank the following staff who gave up their time to allow the camping and retreat program to operate: Sharyn Thulborn, Berni Sinnott, Darren Cheeseman, Wayne Walsh, Ian Nicholson, Rebecca McGrath, Rebecca Rees and Leanne Carpenter

O’Keeffe Campus “Open for Inspection”
Many families are very keen to have a look at the development of the O’Keeffe Campus. Our Year 7 families had the opportunity to view the new campus at the Year 7 Welcome BBQ. To accommodate these requests, there will be an “Open for Inspection” of the O’Keeffe Campus, for all families, on Wednesday 18th March from 3.30pm - 6.30pm. Afternoon tea will be available during this time. Prospective families are also more than welcome to attend. I look forward to seeing many of our families on this afternoon.

Date Claimer
Last year at the Annual Mercy Dinner was held where the College welcomed back and honoured past student, Dr Lauren Bourke and I am sure that all those in attendance would agree it was a great night. This year the fourth Annual Mercy Dinner will be held on Friday 22nd May commencing at 7.00pm at the Noorat Community Centre. I am delighted to announce that our guests this year will be Sara Tindley and Peter Daffy. Peter a well renowned local musician reunited with Sara last year in Camperdown when they performed at Court a’Fair café. From all accounts, this was a wonderful evening of entertainment and I am delighted that they have accepted the College invitation to perform at the Mercy Dinner. This will provide a unique opportunity for the College to promote the performing arts by being able to recognise two past students have have been able to achieve great success in this area. They are both very inspiring artists. This year again the College will also be taking the opportunity to honour staff members who have given 15 and 25 years of service to the College. It promises to be a most enjoyable evening, so please make a note in your diaries and keep the date free.

PTFA Meeting
The next PTFA Meeting held on Monday, 16th March at the O’Keeffe Campus. At this meeting the School Fee Raffle will be drawn. The prizes for the raffle are:

- 1st Prize: 1 year’s Tuition Fees Paid
- 2nd Prize: 50% of 1 year’s Tuition Fee paid
- 3rd Prize: 25% of 1 year’s Tuition Fee paid.

Sold tickets and money to be returned to the office by Friday 13th March.

Best of luck and thank you, once again, for your ongoing support of the PTFA.

At this meeting, an opportunity will also be provided to tour the new facilities at the O’Keeffe Campus. A good opportunity for parents to have a look at was has been achieved at the O’Keeffe Campus and to support the hardworking PTFA Committee.
**Presentation Ball**

Once again, our Year 11 students will be participating in the Presentation Ball at the end of term 1. The Presentation Ball, this year, will be a fully ticketed event. The need for this has arisen, due to concerns that have been raised over recent years, about the number of guests who attend the Presentation Ball. In particular, concerns relate to compliance with fire regulations at Glenormiston College, Occupational Health and Safety issues for staff and parents who volunteer, as well as concerns about the number of unsupervised children on the evening, the poor behaviour of some guests and general, security concerns.

Therefore, each Year 11 family who has a child participating in the Presentation Ball will be allocated 10 tickets. If a family does not have a need for all 10 tickets they can be returned to the College for distribution to other families who would like additional tickets. With families, Year 11 students and staff the total number of guests for the 2009 Presentation Ball will be in excess of 750 people. This is a number that can be catered for comfortably by Glenormiston College.

**News of Past Students**

Last week in the Doxa Newsletter, an article was published about the Doxa Cadetship Program featuring one of Mercy’s past students, Martin Phillips. After completing VCE at Mercy, Martin applied for and was successful in gaining a position in the Doxa Cadetship Program. The program operates by providing financial assistance to school leavers looking to commence tertiary studies, in a relevant field while gaining practical work-experience in the industry. Martin is now in full time employment at BAE Systems as a Graduate Algorithmic Engineer. The Mercy community extends its congratulations to Martin for successfully completing his cadetship and on his appointment to BAE Systems.

**Along the Track**

I have attached to this newsletter, for your interest, on page 11, a reflection title “If Only” written by Jim Quilinan from the Diocesan Catholic Education Office in Warragul. I hope you enjoy this reading.

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**Mercy Awards**

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

Anatasia Walsh for community spirit and inclusiveness.

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

Tom Moloney for his positive approach to his academic studies.

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

Rachel Beaton for producing work at a consistently high standard.

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**ATTENTION**

**RE: Conveyance Allowance for Private Car Use Only**

If you use your car to transport your child or children to catch the bus to come to school and the drive to the bus stop is 4.8kms or more, I would like to hear from you. Please ring me at the College office on 5593 2011 so a claim for Conveyance Allowance can be lodged on your behalf to help offset the cost of you using your own private car.

*Sue Bohm – Office Manager*
From the Wellbeing Coordinator  
Kerin Glennen

Communication Today:  
These days we are blessed to have the internet and mobile phones to assist us in our daily lives. Having these "new avenues" of communication within our community also challenges us to use them correctly and for the primary reason that they were developed for.... "improved communication".

At no time of the development of the "net" and "mobile" was this technology seen as sinister enough to bring undue stress to those who receive messages. Parents need to be aware, not only the positives of technology but also the negative side, that occurs on some occasions.

What are children aged 12 - 18 doing online?  
The Internet becomes a valuable tool for homework and projects for teenagers. At the same time, younger teens start to become more dependant and self-assured, wanting more freedom and coming more under the influence. Their online and email contacts tend to expand. Some may challenge the use of a filtering software and attempt to access "forbidden" material. Many are "net savvy" they know about hacking into systems and understanding basic computer programming.

What parents can do:  
Stay in touch with what your children are doing online. While it may become less feasible to actively supervise their access, continue to discuss internet issues and share internet experiences.

Keep the computer in a public area of the home.

Reinforce safety messages and cyber rules. NetAlert has created house rules and internet safety contracts to help families create internet safety strategies. Young teens, in particular, should be reminded of the need to protect their privacy.

Ensure that teens understand that posting to newsgroups makes their email addresses public.

Ensure that both you and your teenager understand the laws relating to copyright, privacy, software piracy, hacking, harassment and obscenity. These laws are administered by the Police and Government agencies.

Mobile Phones:  
Mobile phones are no longer just a way to make voice calls when you are out and about. You can send messages via SMS, pictures, video via mms, access email, IM and chat, as well as surf the net. Many mobiles phones, include cameras, sound recording capability and can also track where the user is.

The "always on" nature of mobile services means that these risks such as bullying, sending nuisance messages or making inappropriate contact is always present. This may happen at any time, anywhere while there is no supervision in place, either at home, down the street and/or in the company of others.

Watch Out:  
Young phone owners should not give anyone their personal details. This includes your name, address, current location, credit card details and school. If you receive an inappropriate message then SAVE the message and contact your local police and seek advice. Only send the kinds of messages and pictures you would be happy to receive.

Communication:  
Internet technologies such as email, chat rooms and electronic conferencing are fast, easy and effective means of communication and sharing of information, internet-enabled devices, including mobile and camera phones and personal-digital-assistance (PDAs), can also be used for text messaging and exchanging photographs or videos. There are, however, risks associated with using these technologies.

Despite the educational and social benefits of the internet and mobile phones there are risks associated with their use and police and government agencies are involved in investigating complaints regarding the use and abuse of such technology.

Technology is a fine tool, but when it is abused problems then arise and unfortunately, mobile phones and the net have no borders, only guidelines. Remember, do not send a message and/or photo that you would not be happy to receive yourself.

Additional Information  
NetAlert is the Australian Government's Online Safety Program, set up to protect Australian families online. www.netalert.gov.au

Complain about telephone services in Australia www.190complaints.com.au

Medical Forms:  
Each family was given medical forms for their children. These were to be filled out and handed back to the College office. These forms are extremely important and need to be kept on file for the year. If you have not returned these forms, please do so asap.

Just a reminder to parents that if at any time you need to update your child(ren)'s medical form, please contact the office. Up-to-date medical information assists the college in being prepared to help your child whilst they are involved in any activities or camps etc. at Mercy. Thank you for your support in this area.
School Community Approach to Drug Education (SCADE)
Vicki Askew-Thornton – Wellbeing Team Member

This year we are implementing the second stage of our SCADE program. This program forms the basis of Mercy Regional College’s Drug Education Strategy. It involves:

1) Incorporating drug education as a permanent fixture of the Year 9 curriculum.
2) Expanding the number of SCADE student leader teams from one (in 2008) to three, in order to strengthen our youth participatory approach.
3) Further developing our positive working relationships with relevant community agencies for the delivery of our drug education strategy.

The following calendar of activities summarises how we will achieve the above aims during 2009:

Year 9:
- A series of practical classroom activities based on the ‘Rethinking Drinking’ set of resources.
- Formation of the Year 9 SCADE Student Leader team to assist in evaluating the success of the program.

Year 10:
- Formation of the Year 10 SCADE Student Leader team.
- Two full-day Alcohol and other Drug Issues Forums (Friday March 20th and Monday October 12th).
- Additional student-led activities during Pastoral Care as required.
- Parent Alcohol and Other Drugs Issues Forum during Term 3 or 4.

Year 11:
- Formation of the Year 11 SCADE Student Leader team.
- Conduct and collate results from youth alcohol and other drug questionnaire.
- Two full-day Alcohol and other Drug Issues Forums (Tuesday June 2nd and Tuesday September 1st).

Further updates on the progress of our SCADE program will be provided through the newsletter throughout the year.

HELP WANTED
MRC 2009 Athletics Carnival

If there are any parents interested in helping out with the Athletics Carnival on the 11th March, please give me a call at the school on 5593 2011. It would be fantastic if you could help. I look forward to hearing from you. Thank you for your support.

James Castles – Sports Coordinator
Dear Students and Parents

Our Instrumental Music Program has commenced with a few staff hiccups this year, as some of you maybe aware, which has delayed the commencement of teaching some instruments. In March we hope all our instrumental teachers will have commenced lessons. I thank students and parents for their patience as I know there are many enthusiastic musos out there who just want to start their music lessons! Information about your instrument lessons is provided below.

I also wish to notify you that I have resigned as Music Teacher at MRC as of 27 February so I can pursue university study, but I will be continuing as MRC Strings Teacher one day a week. A new Music Teacher will be appointed shortly. In the meantime if you have any queries, please contact the MRC School Office on 5593 2011.

Wishing you all a wonderful year of making music,

Fiona Pugh
MRC Music Director

Guitar Lessons
We have advertised for a replacement Guitar Teacher as Alex Francis resigned early this term. We hope to appoint a new Guitar Teacher very soon. All students who have not been contacted will learn from our new Guitar Teacher. Semester lesson payments will also be adjusted. Because of this, Invoices will be issued in March for guitar students learning from our new guitar teacher. Some guitar students have recommenced lessons with Peter Sharp on a Tuesday and will receive Music Semester Fee Invoices soon.

Saxophone, Clarinet and Brass Lessons
We have appointed two teachers to teach these instruments. Mr Casey Tucker will be based at our Camperdown, McAuley Campus on Fridays and Ms Rebecca Bradshaw will teach at O’Keefe Campus at Noorat and some lessons at McAuley Campus, also on Fridays. Lessons commenced with Mr Tucker on Friday, 20 February and Music Semester Fee Invoices will be issued soon. Lessons with Ms Bradshaw will commence in March and you will be notified of the date in the near future. Students learning with Ms Bradshaw will have their fees adjusted accordingly and will receive their Music Semester Fee invoices in March.

Singing Lessons
Singing Lessons commenced at McAuley campus with Mr Casey Tucker on Friday, 20 February. Music Semester Fee Invoices will be issued soon. Singing Lessons at O’Keefe campus will commence, in March, with Ms Rebecca Bradshaw. Students at O’Keefe campus will have their fees adjusted accordingly and will receive their Music Semester Fee invoices in March.

Violin and Cello Lessons
Violin and Cello Lessons commenced on Tuesday, 17 February at McAuley and O’Keefe campuses. Music Semester Fee Invoices will be issued soon.

Drum Lessons
Drum Lessons will commence with Mr Jon Emry in March. Students will have their fees adjusted accordingly and will receive their Music Semester Fee invoices in March.

Piano and Flute Lessons
Lessons commenced with Ms Michelle McKinnon on 5 February. Music Invoices will be issued soon.

CATHOLICs RETURNING HOME
An Invitation to Non-practicing Catholics

If you are a Catholic who has been away from the Church for a while this invitation is for you. Our faith community misses you and is incomplete without you. No matter how long you have been away and for whatever reason, St Thomas’ Parish invites you to consider renewing your relationship with the Catholic Church.

There will be informal listening sessions and an update of the Catholic Faith in a support – group format on six consecutive Tuesdays commencing Tuesday, 19th May at 7.30 pm in St Thomas’ meeting room (rear of Church).

For further details please contact Louise 0439 282 720.
CAMPERDOWN’S Mercy Regional College has excelled at the Hampden Secondary Schools Sports Association (HSSSA) swimming sports coming away with the junior, intermediate and senior shields and overall winners’ title at the event.

Mercy won convincingly on 664 points followed by Timboon P-12 (474), Cobden Technical School (362), Terang College (289) and Campberdown College (223).

This year the birth dates for each age group was changed, resulting in the names of all winning swimmers being written into the record books.

Mercy Regional College sports coordinator James Castles said the college had a number of good swimmers and consistent performances at the sports event was the key to winning.

He said he was surprised by how well the students performed.

Mercy was strong in the relays and Mr Castles said because the relay teams received double points it helped the college’s overall total.

“It was fantastic,” he said.

Some of the Mercy students will compete at the Catholic All Schools Sports Association Swim and Dive Meet in Melbourne next month.

“We should have a few good times. Hopefully we’ll have a few more in the relay teams than we usually do.

“We went so well (at the HSSSA) this year,” Mr Castles said.

He is also expecting good individual results against tough competition.

He said some of the students who would perform well in Melbourne included Kayla Spicer, Daniel Unwin and Xavier Darcy.

Both Kayla and Daniel swim with the Warrnambool Swimming Club under head coach Jayson Lamb and have competed at various state competitions this year.

They train seven days a week.

Kayla said she was looking forward to representing the college.

“I’m excited. I work hard for it and I like to get the results,” she said.
From the Director of Learning and Teaching
Mrs. Lisa Pope

Upcoming Career Days

22nd March - Veterinary Science Open Day (10am - 4pm). The University of Melbourne. Werribee.

7th April - Talk and Tour La Trobe University (Year 10,11,12 and families)

24th - 26th April - The Age Careers Expo

24th June - Geelong Careers Expo - Deakin Waterfront Campus (6.30-9.30pm)

30th June - Experience La Trobe: Bundoora (Year 10,11,12)

7th July - Experience LaTrobe: Bendigo

24th - 26th July - The Herald Sun Careers Expo

9th August - RMIT Open Day

16th August Open Day La Trobe: Bendigo

30th August Open Day La Trobe: Melbourne

24th September Talk and Tour La Trobe: Bundoora

Please check the College website for more career information, dates and university websites

For more information, please email the Careers teacher Mrs Lisa Pope on info@mercy.vic.edu.au

The Education Tax Refund - Get 50% back

Under the new Education Tax Refund, parents and others who are eligible can now claim 50% of their eligible education expenses, up to $750 for primary students and $1500 for secondary students.

This means you could receive a refund each year of up to $375 for each primary and $750 for each secondary school student in your care.

Are you eligible?

To be eligible, you must have received Family Tax Benefit Part A for each child whose education expenses you wish to claim. You can also claim the Education Tax Refund if you were stopped from receiving Family Tax Benefit Part A because your child received any of the following:

- Youth Allowance (student) aged 18
- Disability Support Pension
- ABSTUDY
- the Veterans’ Children Education Scheme
- the Student Financial Supplement Scheme
- a scheme under s258 of the Military Rehabilitation and Compensation Act 2004
- an Australian Postgraduate Award.

Independent students are also eligible to claim.

What can you claim?

You can claim the purchase, lease, hire or hire-purchase costs, repairs and running costs of:

- laptops, home computers and associated costs — for example, internet and paper
- educational software, printers, USB flash drives, disability aids to assist in the use of computer equipment for students with special needs
- stationery and art supplies
- school textbooks and associated learning materials
- trade tools and safety equipment for secondary school trade courses.

Some of the expenses you cannot claim include school fees or the cost of school uniforms, school excursions or travel to and from school, musical instruments or sporting equipment, clothing or footwear. For a more comprehensive list visit www.educationtaxrefund.gov.au

When can you claim?

You can claim your education expenses in your 2009 tax return. If you do not have to lodge a Tax Return, you will be able to lodge a separate claim with the Tax Office from 1 July 2009.

Remember, you need to keep all receipts for expenses you claim.

If your education expenses in one year are more than the claim limit for your children, you can add the excess to your education expenses for the following year.

For more information: Phone the Tax Office on 132861 or visit www.educationtaxrefund.gov.au

NOTIFICATION

Loreto Celebrating Mary Ward – 400 years

Loreto in Portland – 125 years
Join in the celebration
20th-22nd March.
Contact Bayview College
5523 1042

www.educationtaxrefund.gov.au
Year 8 Princetown Camp
Report by: Jacque Dubois, Genevieve Lee and Declan Wright

On Wednesday, February 25th, we headed off to Princetown on our Year 8 Camp.
On our way we stopped at Port Campbell and split into 2 groups.
One group would visit the Port Campbell Surf Life Saving Club and was shown around by Shane Maslin, the President. While this was happening the other group would continue on the Discovery Walk.
After this we headed to Loch Ard Gorge, where many people got their feet wet and we saw a dead albatross and penguin.
We then arrived at Camp, set up our tents and had free time. It was time for everyone to cook their tea. That was a success for most people.
After tea our Red Faces performances were held. There were many funny acts including: Dances, comedy acts and boys and girls dressed up as each other.
We then watched a movie and went to bed.

Day 2 started with breakfast then a long, tiring walk to the beach. We searched rock pools and on the way back swam in the river with our clothes on.
We returned to camp and chilled out for an hour, then Mrs. Sinnott took the people, who wanted to go, back for another swim.
In the afternoon, we were organised into groups and did a range of activities, including a rock-climbing wall.
People were still climbing the wall well after tea time. A few people conquered their fear of heights and some people just could not get enough of it.
We had another movie that night and most people went straight to sleep.
On the morning of the final day, we packed up our tents and headed for home. We were supposed to go to Gibson’s Steps and the Twelve Apostles, but we could not go because of the fires.
Instead, we all went back to school.
It was a great Camp and thankfully everyone survived.
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<tr>
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<th>Subject</th>
<th>Assessment Item</th>
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<tr>
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<td>Art</td>
<td>Pencil Technique Folio &amp; Visual Diary</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>RE</td>
<td>Assessment Task on School Founders</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>English</td>
<td>Writing Folio Task Descriptive 1</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>Maths</td>
<td>Multiples, Factors &amp; Primes, Assessment</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>Home Economics</td>
<td>Assignment ‘What To Eat for Good Health’</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>RE</td>
<td>Road to Emmaus Assignment</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>English</td>
<td>Writing Folio Task Descriptive 2</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>Graphics</td>
<td>Visual Diary – unit work completed</td>
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**YEAR 8**

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<td>Assignment ‘Food For Fun’</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>English</td>
<td>Minor Task – Character Planning Sheet</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>Religion</td>
<td>Graphic Representation – Early Christian Community</td>
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<td>Graphics</td>
<td>Visual Diary – Unit Work Completed</td>
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<td>Graphic Representation – Spread of Christianity</td>
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<td>Viking Lifestyle Assignment</td>
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**YEAR 9**

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<td>Science</td>
<td>Research Assignment</td>
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<td>Food</td>
<td>Design Folio 1</td>
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<td>Aboriginal Totems</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>RE</td>
<td>Changes in Eucharistic Celebrations</td>
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**YEAR 10**

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<td>Script Overview/Road To Freedom Tasks</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>Robotics</td>
<td>Completion and Programming of the First Working Robot</td>
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<td>Art-Photography</td>
<td>Documentary Photography Written Assignment</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>PE</td>
<td>Chapter Test</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>Religious Education</td>
<td>Oral Presentation – in Class (After Research)</td>
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<tr>
<td><strong>7 w/e 20/3</strong></td>
<td>Hospitality</td>
<td>Folio Piece 2</td>
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<tr>
<td><strong>7 w/e 20/3</strong></td>
<td>Robotics</td>
<td>Completion and Programming of the First Working Robot</td>
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<tr>
<td><strong>7 w/e 20/3</strong></td>
<td>Art-Photography</td>
<td>Documentary Photography Written Assignment</td>
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<tr>
<td><strong>7 w/e 20/3</strong></td>
<td>Graphics</td>
<td>Planometric Drawing Task Due</td>
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<tr>
<td><strong>7 w/e 20/3</strong></td>
<td>History</td>
<td>Annotated map exercise</td>
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**YEAR 11**

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<thead>
<tr>
<th>Week</th>
<th>Subject</th>
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<tbody>
<tr>
<td><strong>6 w/e 13/3</strong></td>
<td>Food 1</td>
<td>SAC 1</td>
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<tr>
<td><strong>6 w/e 13/3</strong></td>
<td>Health HD 1</td>
<td>SAC 1-Case Study</td>
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<tr>
<td><strong>6 w/e 13/3</strong></td>
<td>Religious Ed 1</td>
<td>Designing a Religion Task</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>Foundation English</td>
<td>Supernatural Tasks</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>General Maths 1</td>
<td>Test-Chapter 1</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>Outdoor Education 1</td>
<td>SAC 1</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>Physical Education 1</td>
<td>Test 1</td>
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<td>Business Management 1</td>
<td>Outcome 1.1</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>English 1</td>
<td>Outcome 1-Othello; Oral Presentation (Reading and Responding)</td>
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**YEAR 12**

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<th>Week</th>
<th>Subject</th>
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<tr>
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<td>Food 3</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>Psychology 3</td>
<td>Area of Study 1-TEST</td>
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<td><strong>6 w/e 13/3</strong></td>
<td>Outdoor Education 3</td>
<td>SAC 1</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>Accounting 3</td>
<td>Test 2</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>Biology Unit 3</td>
<td>Test – Chapters 1 – 4</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>Psychology 3</td>
<td>SAC Poster – Area of Study 1</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>English 3</td>
<td>Outcome 1-Oral Presentation-Romulus, My Father</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>Further Maths 3</td>
<td>Chapter 4-Test</td>
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<td><strong>7 w/e 20/3</strong></td>
<td>Design Technology 3</td>
<td>SAC 2</td>
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* Please note that changes may occur and students will be notified by subject teacher of any changes.
If only my people had heard me, if only they had walked in my ways — I would swiftly have crushed their enemies.

Psalm 80

If you spend a lot of time thinking about “what might have been,” you’re not alone. The author of Psalm 80 puts those very words into the mouth of God! Sadly, however, for some people life is full of “if onlys”. I should have done this or that and so on. If we have an altercation with someone, when we brood over it, we often think of our best lines long after the event is over — if only I had thought to say. . . Sometimes it seems our past is full of regret at what might have been and dreams about what could have been if only. . . While such thoughts about what might have been are practically unavoidable, it is what we do with them that counts. None of us is perfect, after all.

There are two great examples of “if only” in the Gospels. Despite his motivation being so much in dispute today, Judas betrayed Jesus into the hands of his captors. Yet so soon afterwards, the Gospel of Matthew tells us, he is consumed by guilt and remorse and he hangs himself. Judas betrayed Jesus, but when he learnt that Jesus had been sentenced to death, he was deeply sorry for what he had done — he returned the thirty silver coins to the chief priests and elders saying I have sinned by betraying a man who has never done anything wrong, and then he went out and hanged himself. Matthew 27:3-8

On the one hand, guilt, remorse, regret can be very destructive. They can ferment deep seated and very destructive anger. Sometimes the moment has passed so there is nothing much we can do to reverse or repair the situation. That can lead us to beating ourselves up, as the expression goes, even belittling ourselves. Regret can be very destructive but we can learn to use it as a tool to bring positive change in our life.

Despite a very clear warning from Jesus and in turn a very strong denial that he would ever do such a thing, Peter goes ahead and denies Jesus not once but three times. Peter began to curse and swear, ‘I don’t know that man’ (Matthew 26:74). In contrast to Judas, however, Peter is able to use his mistake, to use his regret to deepen his commitment.

So regrets are not always counter productive. While the same thoughts can bring the pain, they can also be the seeds of improvement. Firstly, “if only” thoughts can lead to a better understanding of ourselves. They can lead to change, to doing things better by encouraging us to learn from our experience. What we did we actually do? What might I have done differently — not by trying to think of better lines or better put downs we might have used but why did I get myself into this situation in the first place and how might I have handled it differently. Asking such questions might also show us how things might have been even worse.

So what did I learn from this situation? If I had the chance to do it over would I respond differently and what might that look like?

Peter and Judas were alike in many ways. Both were close companions of Jesus, they walked with him, sat beside him, listened and talked. Both it seems were impetuous characters. If we listen to the scholars it seems that both of them did not understand Jesus’ way — both were impatient for the restoration of Israel. Their difference comes from the way they handled their betrayal of Jesus. Much of that difference resulted from their relationship with Yahweh — compassionate and merciful, patient, always faithful and ready to forgive. (Exodus 34:6), and Jesus, the one whom Pope Benedict calls, ‘God with a human face’.

Perhaps the hardest thing is to learn to forgive ourselves. Most of us do not find that very easy. We all know that we could have done things a little differently, a little better. Yes, our actions or words have hurt people. Saying sorry is important, being willing to make amends where that is possible is essential in any healing process. But that does not stop the feelings of regret that can sometimes consume us. Somehow, if we feel bad enough about whatever we did, even about ourselves, we think that it might serve as some kind of appropriate penance.

But being a disciple, a follower of Christ means responding in love — for others and for ourselves. When Jesus tells us that all the commandments can be boiled down to a single one, love, and he adds a very clear description: Love, as I have loved you. How did he love? Jesus continued to love, forgive, and give his life even as those he was loving were walking away from him, even working for his destruction. That’s a real challenge: Forgiving others, forgiving ourselves is difficult because we feel that we have never experienced that kind of love, the kind of love God offers us.

That great mystic St John of the Cross described our life’s journey as a journey into darkness until we greet and are transformed by the dawn. We make mistakes, we suffer regrets, remorse, depression. But it is here that God meets and transforms us. He wrote:

Among lovers the wound for one is the wound for both
And the two have but one feeling. (SC 13-9)

John describes God as deeply involved in human lives, uniting with us, meeting us in our own woundedness and vulnerability. If only we allow that to happen.

Regards
Jim Quilliman

Phone: 0401 353 023
Email: jquillinan@dcsi.net.au

If Only

3 March 2009

Diocesan Catholic Education Office PO Box 322 Warragul Vic 3820 Australia
Don’t forget to purchase a ticket in our Fee Raffle.

The prizes for the raffle are:

- **1st Prize**: 1 year’s Tuition Fees Paid
- **2nd Prize**: 50% of 1 year’s Tuition Fee paid
- **3rd Prize**: 25% of 1 year’s Tuition Fee paid.

Each family has received four tickets for this raffle; however more can be purchased from the office to increase your chances!

Cost of each ticket is $5.00

The raffle will be drawn on

**Monday 16th March at the PTFA Meeting**

to be held at the O’Keeffe Campus

This is a great opportunity to have your fees paid for one year for one child.

Therefore encourage everyone to have a go and purchase 1, 2, 3 or 4 tickets.

Sold tickets and money to be returned to the office by **Friday 13th March**

Best of luck and thank you once again for your on-going support of the PTFA.