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.

Mercy Ethos Programme
For this edition of the Mercy Newsletter, I write from Dublin, Ireland, where I am currently participating in
the 2009 Mercy Ethos Formation Programme - Catherine’s Story, Our Story. My time in Dublin has
enabled me to walk in the footsteps of Catherine McAuley and to appreciate, more deeply, the
courage, faith and vision of this remarkable woman and the richness of her legacy, which we are
fortunate to share. This experience has challenged the minds and moved the hearts of all participants.
The experience has lead to a greater appreciation of the enterprise of Mercy which we are very much part
of and experience a strengthened commitment to the work that we do in the name of Mercy.

In essence, the seven day program has exposed the heritage of Mercy through hearing and reflecting
upon the story of Catherine McAuley and the early years of the Congregation. In particular, from my
perspective, the programme has:
• raised my awareness of the legacy left by the early women of Mercy
• enabled me to explore leadership in the context of Catherine’s life and ministry and the implications of this for our College
• allowed the reflection on how my experience and learning can inform my role as a leader in a Mercy ministry today
• developed an appreciation for the potential enrichment from cross-ministry/inter-
congregational networks amongst leaders of Mercy organisations
• developed a sense of the global Mercy network of which we are a part
• recognised in my experience how a spirituality of Mercy is at work
• developed and enhanced my skills for reflection on an integration of my experience into daily life.

I provide for your reflection the following thoughts about Catherine McAuley:

Catherine McAuley’s love and care
for the poor have inspired thousands
to undertake works of Mercy in all
parts of the globe.

Her life of generous service to the needy,
her deep faith and her trust in providence
have been the inspiration
to thousands of Mercy Sisters,
their associates, families, friends, colleagues,
co-workers and companions in ministry.

We stand on the shoulders of those who
have gone before us and carry the flame of Mercy for a new time
with new needs in
a new moment in history.

(Adapted from Sr Ethel M Bignell rsm 29th Sept 2005)

HSSSA Athletics
On Wednesday, 1st April, Mercy was victorious in the Hampden Secondary School Sports Association Athletic competition, defeating Cobden Technical School for the second year in a row. In addition, Mercy won the Intermediate and Senior Shields, which will be presented at the next College
Assembly. This was an outstanding team victory and one all our participants can be very proud of. This was certainly a wonderful result for our College. Congratulations are extended to Mr James Castles and all members of our Athletic Team. Of particular note are the following students who won their particular age division:

**AGED CHAMPIONS**
Under 15 Female: Caitlin Hickey
Under 16 Male: Jahd Anderson

Congratulation Caitlin and Jahd!!

**MRC Cross Country**
The Annual House Cross Country Competition took place last week using the Noorat-Terang Fun Run/Walk track. The students commenced in Terang and ran to the O’Keeffe Campus. There were many favourable comments about the new course. The overall results for the Cross Country were:
Ryan 219 points
Markey 179 points
Frayne 173 points
Tindley 168 points

The Age Groups Champions were as follows:
Under 13 female Marnie Jones
Under 13 male Ben Sanders
Under 14 female Libby Steele
Under 14 male Declan O’Connor
Under 15 female Caitlyn Hickey
Under 15 male Brendan Richardson
Under 16 female Elise Bant
Under 16 male Jahd Anderson
Under 17 female Stephanie Jamieson
Under 17 male Xavier Gstrein
Under 18 female Georgia Muir
Under 18 male Chris Baxter

Congratulations to Ryan House and our age champions!

**Building the Education Revolution**
As part of the recently announced stimulus package, a significant amount of money has been made available through a new program titled “Building the Education Revolution”. Mercy Regional College is entitled to apply for two separate elements under this program. The first element is the Science and Language Centres for 21st Century Secondary Schools. This element of BER will fund the building of science laboratories and language centres in secondary schools. Funding will be provided for major refurbishments of current science laboratories or language centres to create state of the art facilities is also possible under this element of BER. The Block Grant Authority, Catholic Capital Grants will conduct a competitive process to fund projects in secondary schools that satisfy the eligibility criteria for funding and can demonstrate the greatest need and readiness and capacity to be able to build the facilities within the 2009-2010 financial year.

The second element of this program that Mercy is entitled to apply for is the National school Pride Program. This element of BER will provide funding to every Australian school - primary and secondary, government and non government, to undertake construction of small scale infrastructure and/or minor refurbishment projects. I am delighted to announce that during the last week of the holidays the College received confirmation of a $200,000.00 grant from this program.

Our $200,000.00 grant will be used to:
- provide shade Sails at the O’Keeffe Campus
- complete extensive paving and landscaping works at the O’Keeffe Campus
- provision of a new basketball court at the O’Keeffe Campus
- complete refurbishment works for the reception area and staff room at O’Keeffe Campus
- provide an air lock for the reception area at the McAuley Campus

**Prayers**
At the end of last term, the College learnt of the death of Margaret Leahy’s father, Eric and also that Pat and Dawn Glennen (parents of Kerin and Andrew Glennen) were involved in a very serious car accident just outside of Geelong.

The Mercy community extends its deepest sympathies to Margaret and her family and we continue to pray for the recovery of Pat and Dawn Glennen.

In the last week of the term break the College was informed of the death of Zac Clarke a former student of Mercy. Zac is fondly remembered by staff and many students. We extend our deepest sympathies to Jan Clarke and family.

**Uniform Shop**
The College has reviewed the trading hours for the Uniform Shop after it first 2 months of operation. To allow students from all year levels to access the uniform shop during either recess or lunch the following trading hours will apply from next week.

**New Uniform Shop Trading Hours (effective from Tuesday 24th March)**
- Tuesday 9.30am to 11.30am
- Wednesday 1.00pm to 3.30pm

**Along the Track**
I have attached to this newsletter, for your interest, on page 12, a reflection title “How can we be so cruel?” written by Jim Quilinan from the Diocesan Catholic Education Office in Warragul. I hope you enjoy this reading.
ANZAC Day
Last Saturday, the nation celebrated ANZAC Day. Mercy Regional College was well represented at the various ANZAC Day services held in the region. In particular I thank the staff and students who formally represented the College. From all reports the students once again were wonderful ambassadors for the College.

THE ODE
They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

As we remember all those who have fought and died for our safety we might use the following prayer:

Lord,
Last week we remembered with thanksgiving those who made the supreme sacrifice for us in the time of war. We pray that the offering of their lives may not be in vain. On ANZAC day we dedicated ourselves to the cause of justice, freedom and peace; and for the wisdom and strength to build a better world.
Amen.

Mercy Dinner
Last year at the Annual Mercy Dinner the College welcomed back and honoured past student, Dr Lauren Bourke. 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. 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. This will provide a unique opportunity for the College to promote the performing arts by being able to recognise two past students have been able to achieve great success in this area. They are both very inspiring artists. An invitation was posted home to each family last week.

College Open Afternoon / Information Evening for Year 7 2010
On Wednesday, 6th May, 2009 Mercy Regional College will hold an open afternoon and information session. The O’Keeffe Junior Campus will be opened from 3.30pm to 6.00pm for families to view the campus in operation. During this time families can arrive at any time and have a look at the facilities and educational programs that are offered. A light tea will be provided after 6.00pm for families who wish to go straight to Camperdown for the information session and who have travelled long distances. The information evening at McAuley will commence with registration at 7.00pm and the evening program, beginning at 7.30pm, will be followed by a tour of the Senior Campus. Please let family and friends know of this date if they are considering enrolling their son or daughter at Mercy Regional College for 2010.

Andrew Watson
PRINCIPAL

Mercy Awards

VCE (Yr 11 & 12) Mercy Award
Lucy Adams and Melissa Brewer, for fund raising for the Year 12’s and helping with the Presentation Ball.

Middle School (Yr 9 & 10) Mercy Award
Josef O’Sullivan for his willingness to help others in Woodwork.

Junior School (Yr 7 & 8) Mercy Award
Stephanie Laing for her care and concern in looking out for the well-being of other students.
COMING EVENTS  
TERM 1

TERM 2  
Tuesday 5th May  
Board Meeting 7:30pm

Wednesday 6th May  
MRC Open Afternoon/Evening  
O’Keeffe Junior Campus 3.30pm – 6.30pm  
McAuley Campus 7.00pm for Registration

Monday 11th May  
PTFA Meeting @ McAuley Campus – 7.30pm

Tuesday 12th May  
NAPLAN (Yr 7 & 9)

Wednesday 13th May  
NAPLAN (Yr 7 & 9)

Thursday 14th May  
NAPLAN (Yr 7 & 9)

Monday 18th May  
HSSSA Cross Country

Thursday 22nd May  
Mercy Feast Day Mass de Chantal Stadium 9.30am  
Year 9 Retreat @ O’Keeffe Campus 10am – 7pm

Friday 22nd May  
Year 7 Retreat – Noorat Community Centre

Monday 1st June  
Year 9 Camp begins

Tuesday 2nd June  
Mass & Official Opening of O’Keeffe Campus  
Board Meeting @ 7.30pm

Wednesday 3rd June  
Year 9 Camp concludes

Monday 8th June  
Queen’s Birthday Long Weekend

Tuesday 9th June  
VCE Exams  
Year 7, 8 & 10 Exams

Wednesday 10th June  
VCE Exams  
Year 7, 8 & 10 Exams

Thursday 11th June  
General Achievement Test

Friday 12th June  
School Holiday – no classes

Monday 15th June  
PTFA Meeting @ O’Keeffe Campus – 7.30pm  
Year 9 & 11 Exams

Tuesday 16th June  
Year 9 & 11 Exams

Wednesday 24th June  
Ministry Retreat

Thursday 25th June  
Ministry Retreat

Friday 26th June  
Term 2 concludes at 2.30pm

Open Afternoon & Information Evening
On Wednesday, 6th May 2009, Mercy Regional College will hold an open afternoon and information session.

The O’Keeffe Junior Campus, McKinnon’s Bridge Road, Noorat will be opened from 3.30pm to 6.00pm, for families to view the campus in operation. During this time families can arrive at any time and have a look at the facilities and educational programs that are offered. A light tea will be provided after 6.00pm for families who wish to go straight to Camperdown for the information session and who have travelled long distances.

The information evening will commence with registration at 7.00pm and the evening program beginning at 7.30pm followed by a tour of the McAuley Senior Campus, Henderson Street, Camperdown.

Open Afternoon @  
O’Keeffe Junior Campus, Noorat  
Families are welcome to view the Campus in operation  
at any time from 3.30pm – 6.00pm  
(a light tea will be provided after 6.00pm for families who wish to travel onto Camperdown)

Information Evening @  
McAuley Senior Campus, Camperdown  
7.00pm Registration  
7.30pm Information Session followed by a tour of the campus
<table>
<thead>
<tr>
<th>Week</th>
<th>Subject</th>
<th>Assessment Item</th>
</tr>
</thead>
</table>
| 3    | Home Economics | Assignment ‘The Greengrocer!’  
SOSE       | My Imaginary Island. Task  
LOTE       | Test: Colours/Shopping/Numbers 10-30                                            |
| 4    | Science      | Research assignment  
RE                     | Life of Joseph  
English                  | Boy Overboard Task 2                                                      |
| 3    | Home Economics | Assignment ‘Sweet Endings’  
English     | Research Task – “The Great Depression”  
LOTE       | Test: Colours/Shopping/Numbers 10-30                                            |
| 4    | Religion     | Scriptual Imperative for Justice  
SOSE       | Debate: Citizen Issues  
Science                  | Practical Report                                                        |
| 3    | Maths        | Chapter 5 – Test Expanding  
English     | Film as Text – Stand By Me – Response  
Graphics    | Isometric Drawing Task Due  
PD                     | Future Job, Research Task                                                    |
| 4    | Maths        | Maths Project: Prime Numbers  
RE                     | Synoptic Gospel Task                                                       |
| 3    | Science      | Test                                                                                       |
|      | Graphics     | Design Project Due                                                                        |
| 4    | VCAL         | “Getting Roadworthy” Task  
Art-Photography                  | Self Portrait Photographic Assignment                                       |
|      | English      | Shakespearean Sonnets                                                                     |
| 3    | Health/HD 1  | SAC 2-Data Analysis  
Business Management 1       | Run Your Own Business Task (Outcome 2)  
Physic 1                  | Research Assignment commences  
Ag/Hort 1                  | Outcome 2-Business Plan  
General Maths 1            | Test-Chapter 2                                                               |
| 4    | Design Technology 1 | Begin production work                                                                 |
| 3    | Physical Ed 3 | SAC 3                                                                                       |
|      | Accounting 3 | Test 3                                                                                       |
|      | Biology Unit 3 | Test – Chapters 5&6                                                                         |
|      | Physics 3    | EPI Due                                                                                       |
|      | Further Maths 3 | SAC 1-Investigative Project                                                                |
|      | Further Maths 3 | Chapter 7-Test                                                                             |
|      | Maths Methods | Test and Review                                                                              |
| 4    | Chemistry 3  | Practical Assessment task  
Business Management 3       | Sac Task (Outcome 2B)  
Biology Unit 3              | SAC practical Task – Area of Study Two  
Outdoor Education 3                      | SAC 2                                                                       |
From the Director of Teaching & Learning
Mrs. Lisa Pope

Curriculum Report
Leadership Breakfast at Geelong Football Club
Tuesday was an early morning start for eleven of our Year 12 student leaders. They travelled to the Geelong Football Club for a Leadership Breakfast, which included a pathways talk, sponsored by Deakin University and Gordon TAFE. The breakfast highlighted the importance of investigating and choosing pathways to enable us to enjoy a rewarding career/s. Several of the Geelong Footballers dined with us and gave our students the opportunity to ask questions about life as AFL player but also highlighted the planning they too have begun for their careers after footy.

Mid Year Examinations
This Year is the first year that all students from Year 7 - 12 will sit a Midyear exam. Over the next few weeks it is important for our students to begin to minimise the stress that is often associated with exams. Some suggestions to help in exam preparation are:

- Study Area – Where possible study in a well lit, quiet area away from as many noises and distractions as practicable. Keep your study area tidy and well organised so you do not waste time looking for things.
- Find out about the exam - Find out what format the exam will take. For example Multiple Choice, Essay Style, Short Answer etc.
- To do Lists – Make a “to do” list before each study session. Breaking tasks down into small, manageable tasks will make it less overwhelming. Cross them off with a texta or pen as you go.
- Past Exam Papers - Ask your teacher for past exam papers. They can be a useful insight into what your exam will be like and can also provide a guide for what you know and the areas in which you need help. If possible, practice some under exam conditions and get your teacher to mark them.
- Form a study group - Forming a studying group can be a helpful way to revise your notes and work through past exam questions (it can also help you feel supported, keep you motivated and focused).
- Minimise Distractions - Switch the mobile phone or Internet/ Email off! You can always ask others to take messages and leave it on message bank. Phone calls can be returned later when your study is finished.
- Wallpaper - Write down key concepts you have to learn on small sheets of paper followed by examples of how they are used. Post these sheets around your house, e.g. your bed, on the toilet door. It helps with remembering things like equations and quotes. Who knows, others in the family may learn something new!
- Ask your Teacher - Your teacher can help if you are having trouble developing a study routine or need help with understanding subjects or a particular topic. Asking for help doesn't mean you're a failure or stupid - it's smart to tap into their experience and knowledge to help you perform better. Keep going back to them if you're still unsure or you have more questions.
- Know your preferred learning style - Some people work better using text based memory tools, like acronyms. Other people find visual tools more useful, e.g. mind maps or tree diagrams.
- Take Regular Breaks – Know your limits – Get up and go for a walk or a break for ten minutes. It is important to keep yourself refreshed.
- Avoid Procrastinating (dithering or time-wasting in getting started).
- Make a study timetable - Write down all the things you need to do each day of the week and how long you need for each, including time for enough sleep, relaxation and exercise. Find out the date of each exam and work out a study timetable leading up to them. Include tests that will help you identify gaps in your knowledge. This can give you some direction and help you focus on what to study each week or day.
- Use your Study periods wisely - Many of our senior students have supervised study periods. This is a great opportunity to ask questions and find out our information.
Exam Timetables
These will be released in upcoming newsletters. However, the dates for Midyear Examinations are in the school calendar as follows:
Year 12 Midyear Examinations – 9th, 10th & 11th June
Year 11 Exams 15th, 16th & 17th June (all subjects excluding RE).
Year 10 Exams 9th, 10th & 11th of June (All subjects excluding RE).
Year 9 Exams 15th & 16th June (Core subjects: English, Maths, SOSE, Science, and Physical Education).
Year 7 & 8 Exams 9th and 10th June (Core subjects: English, Maths, SOSE and Science).

Reports
VCE Mentor & Progress Reports – Mailed on the 22nd of May. Year 7-12 End of Semester Reports – Mailed on the 26th June.

Key Curriculum Dates
NAPLAN Testing (Year 7 and 9 students) – 12th, 13th & 14th May.

Careers Report
Mrs. Lisa Pope

Deakin University
Deakin University is offering several future student events at each of its four Campuses in the coming months to experience University first hand.

Discover Deakin – Tuesday 7th July, Thursday 16th July, Tuesday 22nd September and Monday 28th September

Open Days – Geelong Sun 9th Aug 10 am – 3 pm
Warrnambool Sun 16th Aug 10 am – 2 pm
Melbourne (Burwood) Sun 23rd Aug 10 am – 4 pm
For further information on open days, please visit the website: www.deakin.edu.au/open

Royal College Of Nursing - Nursing Expo
Sunday 17th May at the Royal Exhibition Building Carlton 10 am – 3 pm. This is the only expo in Australia to profile all nursing options. RCNA’s Nursing and Health Expo will give students direct access to top Universities, TAFEs and Hospitals in Victoria. The RCNA Nursing and Health Expo is a must for all secondary school leavers interested in a career in nursing. For further info contact Royal College of Nursing, Australia expo@rcna.org.au Phone 1800 061 660 or www.rcna.org.au

Rmit University
Advertising Career Day – Saturday, 22nd August – 10 am – 3.30 pm
Public Relations Career Day – Saturday, 5th September – 10 am – 3.30 pm
Recommended for anyone considering advertising or public relations as a career. It will provide a realistic up-to-date overview of the industry and employment opportunities. Cost $55.00 per person (includes refreshments and light lunch). Book early as places are limited and close on 18th August.

Olympic Park Sports Medicine Centre
Careers in Sports Medicine Evening – Friday 22nd May 2009 at the Lexus Centre in Melbourne. This is an excellent introduction to the world of sports medicine for secondary students and their parents. For more info contact Emma Thorneycroft on 1300 859 887 or ethorneycroft@opsmc.com.au

Sports Medicine Australia
SMA will be conducting the Careers in Sports Medicine and Science Seminar for senior secondary students on Sunday, 24th May from 9.15 am – 12.40 pm to be held at the Melbourne Sports & Aquatic Centre. Students $35.00 and Parents $25.00. For more information contact Bree York via email at bree@vic.sma.org.au or phone 9674 8707.

Australian Catholic University
Are you in Year 12? Do you make a difference to your community? You could be eligible for the Early Achievers’ Program and gain a place at ACU National by December 2009. The early achievers program is open to school leavers and non-school leavers and considers the contribution that you have made to your community through your school or workplace, local community organisations, culture, sport and/or a religious group. For more Information and application details visit: www.acu.edu.au/earlyachievers

University Experience – Ballarat Campus
Education – Monday 29th June
Nursing/Paramedicine – Wednesday, 1st July
University Experience is a program designed to allow future students the opportunity to interact with academic staff and current students, to try out the course they are interested in studying, and to experience a truly hands on sample of life at ACU. To register for these exciting events please visit: www.acu.edu.au/university experience

La Trobe University
Talk & Tour La Trobe University on Thurs 24th Sept 9.30 am–12 noon with optional afternoon activities. For more info or to book your place use the online registration form www.latrobe.edu.au/talkandtour or call 1300 135 045.

Monash University
Australian Council For Education Research Limited - Umat Admission Test
For 2010 students who wish to study medicine and health science degree programs at undergraduate level. Registrations close on 5th June. For more info Phone 9277 5746 / 5502 or http://umat.acer.edu.au

Deakin University - Great Career Where You Live
Deakin University is conducting an information day for year 11 students from around the district on Friday 29th May 2009 from 9.45 am – 3.20 pm. Come to Deakin University at Warrnambool for a fun filled day with lots of activities and information. There will be tours of the campus and St John of God Hospital. Learn about health care opportunities, meet uni students, academic and health professionals. There are only a limited number of places for this event and applications close on 13th May. For more info phone Pat Nesbitt or Kelly McDonald on 5563 3235.

Some Upcoming Dates For Information
17th May - Royal College of Nursing and Health Expo Royal Exhibition Building Carlton (10am-3pm)
29th May - Year 11 Occupations in Health Day at Deakin Warrnambool / St John God Hospital.
24th June - Geelong Careers Expo - Deakin Waterfront Campus (6.30-9.30pm).
29th June - ACU Experience Education.
30th June - Experience La Trobe: Bundoora (Year 10,11,12).
30th June - Experience Monash, Caulfield (10 to 12, Parents). For more info please feel free to email the Careers teacher on info@mercy.vic.edu.au

Vet Taster Day At South West Tafe (Year 9 And 10 Students)
South West TAFE offer a VET taster day for the following studies: Automotive, Engineering, Hospitality, Multimedia, Plumbing, Environment and Sustainability, Bricklaying, Building, Furniture/ Cabinet making, Fashion, Horticulture/Landscaping. This day enables students to experience VET Courses and would be especially useful for students considering VCAL next year. The date for this day is 22nd July, however names need to be registered soon. The VET taster day for Hairdressing & Beauty is Friday 24th July. Please see Mr Walsh or Mrs Pope if you are interested in attending as it is good opportunity to consider if you would like to make VET Part of your future studies!

Year 11 - Deakin University Careers Day
Each Year Deakin Uni offers an Occupations in Health Careers day in the following areas: Psychology, Occupational Therapist, Nurse, Doctor and Physiotherapist. This day involves tours to St John of God Hospital Warrnambool. The day is offered only to Year 11 students and will occur on Friday 29th May (students need to arrange there own transport). If you are interested please see Mrs Pope for enrolment forms which must be completed by the 13th May.

Careers Info for Parents And Students
Posted near the Year 11 room is a list of events that are being offered at Johnno's shed regarding careers info. Please check out what is available and what may interest you. Each session is to be held in the evening.

For more information on Careers, Open Days, Application Forms etc please see Mrs. Pope

TRAINING [VET]– MAKING SENSE OF THE JIGSAW
. . . and the Expo Bus!
Next Wednesday, May 6th, Johnno's Shed at Cobden is the date and venue for the third “Your Questions Answered” session in the lead-up to the Warrnambool Careers Expo.

The first two sessions, which looked at the role of parents in career education and university and TAFE options, were successful with participants very satisfied with the presentations.

“Training – Making Sense of the jigsaw” next Wednesday evening will see Wayne Robertson and Darren Mounsey from WestVic Workforce, Shane McKew (MEGT), and Jan Sefton from WDEA joining Regional Industry Careers Advisor Graeme Poynton on a panel that will explore all the ways that young people can tackle certificate courses and apprenticeships and traineeships – before and after leaving secondary school.

The evening will provide parents and students from all schools in the area with a great opportunity to get up-to-date information as well as ask questions of people that work in the training field.

Questions like:

SBA - what does that mean?
What is an ATC?
How does it all work?
What is an RTO?
What are Group Training Organisations?
Certificate 3? Certificate 4?
What happens if you change your mind?
What support do you get?
and many more . . .

DON’T FORGET WEDNESDAY MAY 13th: Free bus to the Warrnambool Careers Expo at Emmanuel College. The bus will leave Cobden at 6 pm but it will pick up students and/or parents on the way to the Expo. If there are passengers in Timboon, Camperdown or Terang, it may go through those towns. Please ring LCP facilitator Kelvin White (5595 1700) to book seats so we can use the appropriately-sized bus.
Sports Co-ordinators Report
James Castles

Catholic All Schools Swimming Report
On March 31st a group of students from Mercy Regional College headed to Melbourne Sports and Aquatic Centre to represent the school in the Catholic All Schools Championships. The College finished third overall in Green Division 400 to 900 students.

1. Catholic Regional College Melton Green 275
2. MacKillop College Swan Hill Green 241.5
3. Mercy Regional College Camperdown Green 177

It was an amazing experience for all students involved. The college brought home 10 gold, 6 silver, 1 bronze medal. The highlight of the day was the Boys 15 Year Olds 200 Freestyle relay team, winning in a great time of 1.53.94.

Inter-school Dressage Challenge & Mortlake Showjumping Report
The first term was a very busy term for sport at Mercy Regional College. We had a number of students representing the school in a variety of different sports. Two of those sports included Dressage and Showjumping. Emu Creek Pony Club hosted the 2009 Interschool Dressage Challenge on Friday 20th March. The schools involved in the event are listed below.

Camperdown College
Mortlake College
St. Colman’s School
Colac College
Timboon College
Terang College
St Thomas’ Primary
Derrinallum College
Port Fairy Consolidated school

Hamilton & Alexandra College
Kings College
St Pius Primary School
Simpson Primary
Merrivale Primary School
Warrnambool Primary
Warrnambool College
Emmanuel College
Nullawarre Primary

There were over 80 students competing on the day and the four students, Sarah Bone Verity Watt, Kerry Geppert, Briony Kent, who represented the school did a fantastic job. The highlight of the day was Briony Kent winning her division on her horse, Pecky. Friday, 3rd of April, was the Mortlake Showjumping Championships. The college had Ella Rounds, Verity Watt, Briony Kent, William Greig and Bethany Evans-O’Keefe competing, with Sarah Bone unfortunately having to pull out of the event at the last minute due to her horse being injured. The students represented themselves and the school with pride, with the team finishing 5th overall. Thank you to the parents for helping out. At Mortlake, I was able to witness the effort that goes into these events. It is certainly a big job, so congratulations and thank you.

MRC Cross-Country Report
Mercy Regional College completed our Annual Cross-Country event on April 22nd 2009. The venue was the Terang/Noorat Walking Track and this proved to be a good location to cater for all abilities. The overall results from the day saw Ryan house winning with 219 points from Markey 179 points, Frayne third 173 points and Tindley fourth 168 points. The overall age group champions and their times are listed below along with our 2008 winners. Well done to all the students who took part in the event and thank you to all the staff members who assisted with the day. It was also great to see parents there supporting their children. The HSSSA Inter-school Cross-Country will be held Monday, 18th. It will be a very good challenge for all students who will represent MRC.

Medal Winners
Kayla Spicer with 4 gold, 1 silvers
Dylan Lee with 2 gold, 3 silvers
Daniel Unwin with 3 gold, 2 silvers
Liam Darcy with 1 bronze

Gold for the Relay Team: Daniel Unwin, Michael Krybolder, Liam Darcy, and Dylan Lee.

Thank you to all the parents, grandparents, and friends for making the trip to Melbourne. Both the students and college appreciate your support.
MRC Cross-Country Report

Age Group Champions

<table>
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<tr>
<th>Year</th>
<th>Female</th>
<th>Age</th>
<th>Winner</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>2009</td>
<td>13</td>
<td>13 Female</td>
<td>Marnie Jones - Tindley</td>
<td>24.36 mins</td>
</tr>
<tr>
<td></td>
<td>14</td>
<td>14 Female</td>
<td>Libby Steele - Tindley</td>
<td>23.58 mins</td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>15 Female</td>
<td>Caitlyn Hickey - Tindley</td>
<td>24.50 mins</td>
</tr>
<tr>
<td></td>
<td>16</td>
<td>16 Female</td>
<td>Elise Bant - Tindley</td>
<td>33.42 mins</td>
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<td>Lewis Taylor - T</td>
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HSSSA Athletics Carnival Report

On April 4th the HSSSA Athletics Sports were held at the Leura Oval in Camperdown. Mercy Regional College fielded a very strong team based on performances from the House Athletics Sports. The college took out the Overall Shield, Intermediate Shield, Senior Shield and just missed out on the Junior Shield, by 5 points. It was a great day with the students trying their hardest all day. The highlight of the day was Caitlyn Hickey and Jahd Anderson becoming Age Champions. Currently, the Mercy Regional College Athletics team is been selected and will be announced on May 5th. The team will travel to Olympic Park Melbourne to compete in the Catholic All Schools 15th September.

<table>
<thead>
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<th>Age</th>
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<tr>
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<td>Chester Gardner</td>
<td>TIMB</td>
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<td>Caroline Costelloe</td>
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<td>COBT</td>
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<tr>
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<td>Caitlin Hickey</td>
<td>MRC</td>
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<tr>
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<td>TERA</td>
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HSSSA Athletics Carnival Overall Total

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Junior Total

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Senior Total

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<table>
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Dairy Farming Family Fun Day

2009 Train Trip to Melbourne
A Drought Recovery Event

Are you looking for a great day out with your family, some fun to and from Melbourne and a chance to catch with up with other dairy farming families? If so, book your seats soon so we can all share the same carriage or 3 and mingle together.

Sunday, 7th June 2009
(It is the Queen’s birthday long weekend and planned accordingly so the kids can sleep in on Monday morning)

Return Train Tickets
Adult: $26.00 from Warnambool
$22.20 from Terang
$18.60 from Camperdown
$14.80 from Colac
(Children U/16 travel free)
(more details will be provided on receiving your train booking)

When we get to Melbourne, the day is yours to do what you like:

Some good deals & places to visit for your consideration:
- MCG (Hawthorn vs. Sydney) 60 Free Seats / Tickets available
- Docklands Stadium (Essendon vs. Adelaide): Unfortunately no free seats available
- Phil: Ticket Master on 136100 to book (your responsibility)
  - Melbourne Aquarium (free entry for children)
  - Melbourne Zoo (a 30% discount is offered)
  - Science Works ($6 / adult & Children free entry)
  - Melbourne Museum ($6 / adult & Children free entry)

Booking for a seat on the train is essential
Cheques / Money Order to be made payable to ‘WestVic Dairy’
EFTPOS is also available (payment is required before tickets can be issued)

WestVic Dairy, PO BOX 67, Terang Vic 3264
Phone (03) 55922477 or Fax (03) 5592 1342

Sponsored By:
Along the track

How Can We Be So Cruel?

A retired principal told me recently that he had lived with a remark made by a teacher when he was in his mid teens, quite some years ago. “Are you as stupid as you look?” the teacher asked him one day in class. It may not sound much but to a self conscious teenager it took on added proportions. It highlights the fact that we can be very cruel to each other – sometimes what we say can be much more hurtful than any punishment imposed.

The put down, the insult, the cynical or scathing remark is usually a way of trying to make us feel superior, particularly in situations where we may not be coping. In fact, psychologists claim that we subconsciously hate in others those weaknesses we most despise in ourselves. That may well be true – it is worth thinking about that when we take time to reflect on how we treat each other, how we encourage each other, how we nurture the growth in each other, no matter how old we are.

When a group of people brought the woman caught in adultery to Jesus, (John 8:2-12) they wanted to corner him – to force him to deny their interpretation of the law of Moses. Jesus simply looks down at the ground and begins writing in the dust. There are many interpretations of that gesture, some even that he was writing down the sins of the accusers gathered around him. They persist and he replies that the person who is without guilt should cast the first stone. Then he bends down and begins writing again. They all disappear, leaving the woman. Jesus stands up, looks around and asks here where the accusers are, “Has no one condemned you? Neither do I”.

It is a marvellous gesture – it is described in detail in John’s gospel and details like that are not included by chance. We are obviously meant to think about it. This woman is dragged before him, humiliated and scorned, used in a vindictive game. But there is no put down from Jesus – no further humiliation. There is no diatribe on adultery – just the quiet “Go and sin no more”. The gesture also allows for space - to allow those caught in their own trap to retreat, perhaps undeservedly, with some shred of dignity. What would they take from this encounter? What would the woman?

It is a great lesson about the act of forgiveness. We can feel very smug and proud in forgiving someone – it is easy to take the moral high ground, to play the wounded party, being magnanimous. When a conflict happens we can be willing to give lip-service to the idea of forgiveness, but what we really want is justification for our own position and for withholding ‘privileges’ from the one who offended them. Real forgiveness has no preconditions, no ifs or buts – it is about reconciliation, about the restoration of relationships.

Matthew writes a lot about the nature of forgiveness. Real forgiveness does not include making judgements (Do not judge and you will not be judged. Matt 7:1).

Secondly, forgiveness is not a passive thing, rather it is what we might term something almost aggressive, well, at least proactive because it actively seeks to bless the offender. How do we know that?

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?”

Jesus answered, “I tell you, not seven times, but seventy-times seven.” (Matthew 18:21-22)

When Jesus tells Peter to forgive 490 times He is not setting a numerical value on forgiveness. He is saying that forgiveness is to be unlimited. But more than that, it is a very positive act, something that brings benefit to both:

“You have heard that it was said, ‘Eye for eye, and tooth for tooth.’ But I tell you, if someone strikes you on the right cheek, turn the other cheek to him. And if someone wants to sue you and take your shirt, let him have your cloak as well. If someone forces you to go one mile, go with him two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you. (Matthew 5:38-42)

That’s the whole point of this passage:

If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? Be compassionate, therefore, as your heavenly Father is compassionate. (Matthew 5:43-45)

 Forgiveness and reconciliation is at the heart of Jesus’ message. It is not easy to forgive one whom you know is going to offend against you again and again – even seventy times seven times! What an enormous change in attitude that requires. Big changes begin with small steps – take Jesus’ example. Write in the dust – give people room to move, to change, to reflect, to grow. Forget about the put downs and the lectures – putting people in their place. Trust in God and God’s way of forgiving.

Regards

Jim Quilliman

Phone: 0401 933 023
Email: jquilliman@dcsei.net.au

How Can We Be So Cruel

Diocesan Catholic Education Office PO Box 322 Warragul Vic 3820 Australia

31 March 2009

12
<table>
<thead>
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<th>WEEK 2</th>
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</tr>
<tr>
<td>HOMEMADE JELLY IN CUP WITH SPOON</td>
<td>$0.50</td>
</tr>
<tr>
<td>FROZEN FRUIT TUBES 50c FRZN YOGHURT</td>
<td>$1.50</td>
</tr>
<tr>
<td>SLUSH PUPPY--cannot be ordered on lunch order</td>
<td>$1.50</td>
</tr>
<tr>
<td>ICY POLE VARS</td>
<td>$1.00</td>
</tr>
</tbody>
</table>