ISSUE 1-1

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 2010
Justice and Mercy: Through the Mercy tradition we seek to act with love, fairness, tolerance and compassion to all.

Welcome
It is with great pleasure that I welcome all members of the Mercy Regional College community to the 2010 academic year. I hope that you have all had an opportunity to rest and relax at some time during the course of the summer holidays. I would like to extend a very warm welcome to our new Year 7 families, along with those families who have, for the first time, students in other year levels. I hope that all our new students enjoy their time at Mercy Regional College.

An invitation is extended to all families and friends of Mercy Regional College to our commencement Mass and induction of Student Leaders to be held on Ash Wednesday, 17th February, 2010 with Mass commencing at 9.30am, at the de Chantal Stadium, McAuley Campus, Camperdown.

Our Vision and Mission Statement includes six core values. During the life of our Vision and Mission Statement, one core value will be the particular focus for the year. In 2010 our core value will be:

Justice and Mercy: Through the Mercy tradition we seek to act with love, fairness, tolerance and compassion to all.

(from the Mercy Regional College Vision & Mission Statement)

The Vision and Mission Statement articulates for us that through the Mercy tradition we seek to act with love, fairness, tolerance and compassion for all. During the year we must strive to ensure that we act justly within our College and ensure that we are fair, tolerant and compassionate to all in our community.

My School Website
Much media attention and community interest has been expressed over the last week about the My School website. While the reporting of our school data presented a very positive picture of our student achievements in NAPLAN, I wish to draw to your attention a number of points about the My School website:

1. What is My School? Why has it been launched?
The My School website is a Commonwealth Government initiative providing the NAPLAN test results and other information for all Australian Schools in a way that allows parents and the wider community to compare each school’s average results with national averages, with averages of statistically similar schools and average results of local schools.

It has been launched as part of the government’s policy of great transparency for educational outcomes.
2. Could My School be used to create league tables of schools?
Yes it could. However, using test results to create league tables of schools ignores the range of learning provided in schools, the richness of the individual school community and its culture, and the importance of the student/teacher/parent/relationship. League tables do not assist students to learn.

3. But aren’t test results important?
Yes, they are, but they are only one part of the full range of information used by teachers and schools to assist the learning progress of each student.

Catholic schools are much more than just test results. Catholic schools provide a unique and distinctive learning environment where Christian values and respect nurture happy, well-adjusted students.

4. How well have students in Victorian Catholic schools performed in NAPLAN tests?
In 2008 and 2009 Victorian Catholic schools scored well above the national and state averages on NAPLAN tests. Initial analysis suggests that student performance on NAPLAN in Victorian Catholic schools was also generally higher than that in statistically similar schools.

5. What further details should be given to staff and parents?
Catholic schools already ensure that parents and school communities have access to a wealth of information, including test results, detailed student reports, reports on post-school destination, staff qualification etc.

Much of the information on My School is already available to parents through the published Annual School Reports and individual NAPLAN reports.

Parents are already aware of their child’s learning progress through reports and meetings with teachers. Each teacher and school community examines students' results as one indication of their learning needs. Programs are tailored to meet those needs, and this will continue. The Catholic Education Office offers significant support for a number of these programs.

Catholic schools are engaged in a school improvement cycle which identifies areas of strength and areas for further development. Each school has developed a School Improvement Plan and annual Action Plan which specifies clear goals, targets and intended outcomes to ensure improvement over time. Parents have access to these plans. School improvement planning ensures that continuous growth and improvement are sustained over time.

Therefore, the My School website will not alter the vision and mission of Mercy Regional College to educate the whole child. Mercy Regional College provides a unique and distinctive learning environment where Christian values and respect nurture happy, well-adjusted students.

Mercy Regional College is a vibrant community of learning, faith and life. Our staff strive to help every child achieve his/her best. The publication of NAPLAN data will not alter that focus.

League tables do not create better learning outcomes, dedicated teachers do. Therefore, I would say to our Federal politicians, all their schools need are more resources to help support the great work of our teachers, sadly a fact that appears to have been missed by our leaders. We need our elected representatives to govern for the whole country and for the future and not to focus purely on the election cycle which sadly appears to be the driving force behind many government initiatives, particularly in education.

Funding of Catholic Schools
Just prior to the new academic year commencing there were misleading claims made in the media by the Australian Education Union (AEU) of a disproportionate percentage of Rudd Government funding is going to non-government schools. Therefore I provide you with the following information about the funding of Catholic and non-government schools.

Productivity Commission figures (2009) show that Catholic schools on average receive $7,685 per student in government funding (state and federal) per year. This is over 30% less than the $11,874 per student funding received by government schools.

State and Territory Governments are the major providers of government school funds. Australian Council for Educational Research figures (December 2007) show.

- Commonwealth funding to State schools - 7% of all government funds spent on education
- Commonwealth funding to non-government schools - 15%
- State funding to non-government schools - 6%
- State funding for State schools - 72%

The AEU press statement unfortunately quotes selectively from a report written for the AEU by Dr Jim McMorrow.
Dr McMorrow's report says:

- The Rudd Government has allocated "unprecedented levels of Commonwealth funding for schools, government and non-government".
- Rudd Government "Commonwealth funding for government schools is projected to increase at a higher level than for schools in the non-government sector" to 2012/2013.

Dr McMorrow's paper also calls for "a comprehensive review of public funding policies for schools across all sectors and governments..." The Deputy Prime Minister has already announced a review.

**Enrolments**

Our enrolments for 2010 have increased significantly from 2009 with the College now having in total 455 students, an increase of over 40 students from last year. Below is a break-down of the various year levels:

| Year 7: 95 | Year 10: 73 |
| Year 8: 81 | Year 11: 75 |
| Year 9: 81 | Year 12: 50 |

**New Staff**

Along with increase enrolments comes the need to increase the number of staff. This year we welcome nine new staff to the College.

**Mrs Janet Backhous:**
Janet will teach Music and Drama this year. She joins us from Colac Secondary College and brings with her a wealth of experience in the Arts. Janet holds a Bachelor of Education majoring in Music and Drama. Janet will also co-ordinate the Instrumental Music Program.

**Mr Luke Bourchier:**
Luke has completed a Bachelor of Commerce and a Masters of Teaching, last year, at Melbourne University. Luke will teach Business Management and English.

**Ms Kirsten Gibson**
Kirsten has completed a Bachelor of Design at the University of Technology of Sydney and a Graduate Diploma of Education at Charles Darwin University. Her specialisation is in the area of Industrial Design. Kirsten will be teaching Woodwork and Design Technology from Year 9-12.

**Ms Stacey Hillman:**
Stacey completed her Graduate Diploma of Education at the University Ballarat at the end of last year after having gained her Bachelor of Applied Science. Stacey will be teaching Year 7 to 11 Physical Education.

**Ms Sarah Hinkley:**
We welcome back to Mercy Regional College Sarah, who is a past student of the school. Sarah for the past two years has been teaching in the UK and enjoying the opportunity to travel while based in London. Sarah has a Graduate Diploma of Education and a Bachelor of Applied Science from Deakin University. Sarah will teach in the Technology and VCAL areas and take on the responsibility for the Head of Teaching and Learning for the Middle School.

**Ms Melanie Sadler:**
Melanie has a Bachelor of Theology from the Melbourne College of Divinity and completed her Graduate Diploma of Education specialising in Religious Education last year. Melanie completed teaching rounds at the College in 2009. She will be teaching Religious Education and English.

**Fr Matthew Thomas:**
This year we are very lucky to have Fr Matthew Thomas, Parish Priest of Camperdown join our teaching staff. Fr Matthew will be teaching Year 9 & 11 Religious Education as well as providing leadership in the important area of Catholic Identity and Religious Education. Last year Fr Matthew was teaching RE at St Joseph's College, Mildura. Fr Matthew hold a Bachelor of Theology, Graduate Diploma of Theology and a Graduate Diploma of Education.

**Mrs Lynn Wadley:**
Lynn has been appointed the Business Manager of the College. Lynn comes to Mercy Regional College after 19 years as Business Manager of St Brigid's College in Horsham. With Lynn's extensive experience and qualifications we look forward to her work in this important area of the College.

**Mrs Narelle Williams:**
The College is pleased to welcome back Narelle, who has previously taught at the College, last in 2002. Narelle holds a Bachelor of Arts in Education, majoring in Mathematics. Narelle will be teaching Year 9 & 10 Mathematics.

I also take this opportunity to congratulate Wayne Walsh on his appointment as the Regional Development Manager for the AFL in the Northern Territory. I thank Wayne most sincerely for his outstanding contribution to Mercy Regional College over the past four years and wish him and his family all the very best for their move north.

**Congratulations**

Over the holiday break Ms Rebecca McGrath announced her engagement to Ben and Leigh van den Berghe married Jessica. Congratulations and best wishes are extended to both couples from the Mercy community.
2009 Year 12 Results
Monday, 16th December was the date for the release of the Year 12 results for 2009. I am delighted to report to the school community that our class of 2009 achieved outstanding results. Georgia Muir was announced as Dux of the College for 2009 achieving an ENTER of 94.7.

A further eight students also achieved an ENTER of greater than 90. They were:

- Matt Hinkley 94.15
- Jacqui Heffernan 92.9
- Jacob Monk 91.65
- Stacey Hall 91.6
- Michael Harney 90.95
- Rachael Broomby 90.75
- Milli Cabel 90.6
- Hugh Saunders 90.4

These students proved what hard work and dedication to their studies can achieve. Each of these students now has a vast array of different option open to them for 2010. I would encourage all students but especially our 2010 Year 12 students to follow the example set by these students.

Diaries, Newsletters and Year Books
During the first week of school all students were given a copy of the College Diary. If this is not the case, please check with your son, or daughter, in the first instance. For those families that were billed for a 2009 College Year Book last year, these will be distributed to the youngest members of your family from Years 8 – 12 in the coming week.

A reminder to parents to return the medical forms which were posted home prior to the commencement of school. This is particularly important for Year 7, 11 and 12 students who are attending camps and retreats next week.

It is the College’s expectation that ALL students will attend camps and retreats during the course of the year. If this is not possible, the reason for a student’s absence from camps and retreats needs to be put in writing to the Principal.

Bus Passes
Students who wish to have a bus pass must have a letter/note from parents detailing the reason for the bus pass. If there is no letter/note from parents a bus pass will not be issued by any of our office staff.

Student Diary
Each student has been issued with a College diary. Contained within the first 8 pages is information relating to the various school rules, regulations and policies. I would urge all parents and students to take the time to read these pages.

Lunch Passes
Lunch passes are only issued to students who live close to the College and with a parent’s permission. Friends are not permitted to go with students who have been issued a lunch pass and a letter from parents is required before a pass will be issued. Lunch passes are not issued to students who wish to go down the street for lunch or to run errands for parents. There are significant legal liability issues surrounding the care of students during the school day, hence the need for all students to remain on school grounds during recess and lunch.

Extended absences from the College
Wherever possible, extended absences from school for holidays and other commitments should be avoided. Where this is not possible, a written letter to the Principal explaining the circumstances is required. To send a message to school via your son or daughter informing the class teacher of a week’s family holiday is not acceptable.

Uniform
I would like to remind all students of the importance of representing Mercy Regional College to the highest possible standard when in the general community. One very practical way in which all students can achieve this is by wearing the College uniform correctly and with pride. The details relating to the College uniform are clearly expressed in various documents, including the student diary. I would ask for parents’ support in ensuring that all our students wear the uniform correctly and proudly.

Please pay particular attention to uniform details. There should be no make-up, jewellery, unnatural hair colour or mis-matched uniform apparel.

In relation to the boy’s shirt, students in Year 7 & 8 should be wearing only the white shirts. These students have not had the option of purchasing the old green shirts. For students in Year 9 – 12 the transition period from green shirts to white shirts concludes at the end of 2010. Therefore, at the commencement of 2011 boys will be permitted to wear only white shirts, regardless of the year level. I would recommend that during the year, white shirts are purchased for Year 11 boys so they can have close to two years’ wear of these shirts.

Receiving the School Newsletter
Normally the school newsletter will be handed out to the youngest child in the family, each fortnight, on Friday morning, in Homeroom. But, because of the swimming sports last Friday, it was best to hand-out the newsletter today. Also, a number of our families receive the newsletter by email, if you wish to do so, please ring the office and let us know your email address and then you will be added to the list.
Procedures for reporting absences to the College
All absences need to be reported to the College, on the day of absence, by 9.00am. The College switchboard opens at 8.15am. Absences then need to be followed up with a note, to the homeroom teacher, the next day that students are at school. The College has a legal responsibility to be able to account for all students. Also, students who arrive late to school need to have a note from parents explaining the reason for late arrival. Parents’ cooperation in these matters will eliminate the need for the College to make phone calls later in the morning. It should be noted that all absences are reported on school reports and the College has responsibilities to report student absenteeism to various educational authorities. Absences from school should be avoided where possible.

People to contact at MRC
To assist members of the Mercy community to make contact with staff in the College who have a position of leadership, I have taken the opportunity to list the various positions and the person to contact.

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<tr>
<th>Principal</th>
<th>Head of Senior School (Year 11 &amp; 12)</th>
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<tr>
<td>Dr Andrew Watson</td>
<td>Ms Lyn Davies</td>
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<tr>
<th>Deputy Principal</th>
<th>Head of Teaching &amp; Learning - Junior School</th>
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<td>Mr Kerin Glennen</td>
<td>Ms Leanne Carpenter</td>
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<tr>
<th>Business Manager</th>
<th>Head of Teaching &amp; Learning - Middle School</th>
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<tr>
<td>Mrs Lynn Wadley</td>
<td>Ms Sarah Hinkley</td>
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<tr>
<th>College Chaplain</th>
<th>Head of Teaching &amp; Learning - Senior School</th>
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<tr>
<td>Fr Matthew Thomas</td>
<td>Mr Lachie Lee</td>
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<tr>
<th>Director of Learning &amp; Teaching</th>
<th>Head of Sport</th>
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<tr>
<td>Mrs Lisa Pope</td>
<td>Mr James Castles</td>
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<tr>
<th>Director of School Operations</th>
<th>Student Wellbeing</th>
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<td>Mrs Jenny Phillips</td>
<td>Mrs Helen Kenna</td>
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<tr>
<th>Head of O’Keeffe Junior Campus (Year 7 &amp; 8)</th>
<th>Head of Middle School (Year 9 &amp; 10)</th>
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<tbody>
<tr>
<td>Mr Tony Wynd</td>
<td>Mrs Sarah Gellie</td>
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Please feel free to contact any of the above staff if you have any concerns or questions.

School Photos
On Wednesday, 3rd March, school photos will be taken. Year 7 & 8 students will have their photos taken at the O’Keeffe Campus. The Year 9 - 12 students will have their photos taken at the McAuley Campus. The College will arrange for the transport of students from the O’Keeffe Campus to the McAuley Campus for family photos. Students will receive a photo envelope in homeroom next week. If parents wish to have a family-photo taken of all their children, please ask your son / daughter to collect a family-photo envelope from the office. On this day, students will have their photos taken with school jumpers on. Therefore, it is essential that all students have their school jumpers with them on this day. Needless to say the rest of the uniform should as always be worn correctly. The polishing of school shoes prior to Monday would not go astray.

Along the Track
I have attached to this newsletter, for your interest, on page 8, a reflection title “The Best New Year’s Resolution Ever” written by Jim Quilinan from the Diocesan Catholic Education Office in Warragul. I hope you enjoy this reading.

Andrew Watson
PRINCIPAL

Education Maintenance Allowance 2010
Forms are available from the College office and applications for Education Maintenance Allowance must be submitted by Friday 26th February.

To be eligible to claim EMA, all applicants must hold a current Commonwealth Health Care Card or Pension Card which was valid from the 27th January 2010.

The EMA is paid to eligible parents of students up to the age of 16 years old.

We encourage those families who are eligible for EMA payments to use this money towards payment of school fees.
From the Director of Learning and Teaching

Mrs Lisa Pope

CAREERS REPORT
Upcoming Career Dates
March 21st- Veterinary Science Open Day - University of Melbourne (Werribee Campus)
April 23rd- April 25th - The Age and VCE Careers Expo (10am - 5pm) at Caulfield Racecourse
July 22nd - Meet Melbourne Warrnambool (information for parents and students on the University of Melbourne) The Regal Warrnambool
August 15 - University of Melbourne Open Day
Please check the College website for all Career/University/TAFE links.

Hair Dressing Apprenticeship
Anyone interested in a Hair Dressing Apprenticeship see Mr. Castles ASAP for more information.

Tax File Numbers
Any student wishing to obtain a Tax File Number through the College can obtain an application form from the office. Forms will be sent to the ATO on Friday 26th February.

Work Placement
Could all students currently out on Work Placement please make sure you have a new “Structured Workplace Learning Arrangement Form” signed and submitted for 2010. New forms are available from the office.

Work Experience
Next week the Year Tens will be participating in Work Experience. The work experience program involves our students taking part in a one week industry placement, to broaden their experience and understanding of the world of work and career opportunities.

Benefits for students:
- improve understanding of the work environment and employers’ expectations
- provide an opportunity to explore possible career options
- increase self understanding, maturity, independence and self confidence, especially in the workplace
- increase motivation to continue study and/or undertake further training
- increase understanding of the relevance of the school curriculum in relation to preparing young people for work
- increase understanding of recruitment practices in the workplace
- enhance opportunities for part-time and casual employment
- provide the opportunity to include the employer’s evaluation in job and course applications
- provide the opportunity to develop work-related competencies

Benefits for parents:
- provide the opportunity to discuss with their child the topic of work, including their own previous and current experiences in the workplace
- provide networking opportunities for their child when they commence organising their placement
- provide the opportunity to positively contribute to their child’s secondary education
- enable a positive source of interactions to occur between parent and school staff
- provide the opportunity for families to be involved in discussions relating to flexible pathways for their child so that they are able to choose from a range of post compulsory education and training options as part of their transition from compulsory schooling to the workforce

The school hopes that this will be a successful week for all of our Year ten students and we thank all our parents and industry employers for adjusting their schedules to enable our students to participate in such a worthwhile experience. If any student has any concerns during the week, or your child is unable to attend their placement please contact the school as soon as possible.

For more information on careers please contact Mr James Castles or Mrs Lisa Pope.

PUBLIC NOTICES

COBDEN NIGHT NETBALL ASSOC. INC.
SUMMER COMPETITION
Registration night and meeting for A grade, A Reserve and B Grade.
Individual and team registrations to be taken on the night. Two members per team must be present.
Monday 15th February, at 7.30 pm
Cobden Tech school gym meeting room.

CARPENDEIT FAMILY FUND DAY
Sunday 14th February
11am – 2pm
Featuring Puppet Show, Train Rides, Games for all ages, Jumping Castle, Give Aways / Prizes
FUN FOR THE WHOLE FAMILY
BBQ and refreshments available at small charge
**COMING EVENTS**

**TERM 1**

**Wednesday 10th February**
- Year 12 Retreat commences
- Year 11 Camp commences
- Year 7C & 7D Camps commence

**Thursday 11th February**
- Year 7A & 7B Camps commence
- Year 7C & 7D Camps conclude

**Friday 12th February**
- Year 10 Work Experience concludes
- Year 12 Retreat concludes
- Year 11 Camp concludes
- Year 7A & 7B Camps conclude

**Sunday 14th February**
- Presentation Ball practice 3.30pm – 5.30pm

**Tuesday 16th February**
- Board Meeting – 7.30pm

**Wednesday 17th February**
- Ash Wednesday
- Commencement Mass & Assembly 9.30am McAuley Campus
- Presentation Ball practice 3.30pm – 5.30pm

**Friday 19th February**
- HSSSA Swimming Carnival

**Sunday 14th March**
- Presentation Ball practice at Glenormiston College
  - 3.30pm – 5.30pm

**Tuesday 16th March**
- PTFA Meeting – 7.30pm O’Keeffe Campus Staff Room

**Wednesday 17th March**
- Outdoor Education Surf Camp
- Presentation Ball practice at Glenormiston College
  - 6.30pm – 8.30pm

**Thursday 25th March**
- Outdoor Education Surf Camp
- Parent/Teacher/Student interviews 4.00pm – 8.00pm
- Student conclude Term 1

**Friday 26th March**
- Parent/Teacher/Student interviews 10.00am-2.00pm

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**Camperdown Recipe Drive**

Do you have a favourite recipe you would like to share with your community?

Healthy Active South West & Manifold Place Community Health are putting together a FREE recipe book and would like you to contribute...

...Recipes can be of soups, entrees, mains, lunch box ideas, salads, snacks or desserts...

How to be involved...
Drop in, post or email your favourite recipe to Manifold Place Community Health by

**Friday 26th February**
140 Manifold St or manifold@swh.net.au
Any Questions... Call 55931892

Recipes may be modified by South West Healthcare Dietitian to make it a healthier choice.
INVITATION

is extended to all family and friends
to join with

Mercy Regional College
Staff and Students

at their
School Commencement Mass
and
Induction of Student Leaders

On Wednesday 17th February 9:30am
in the de Chantel Stadium,
McAuley Campus, Camperdown

Morning Tea will be provided after Mass
and you are most welcome to stay for a cuppa and a chat.
The Best New Year’s Resolution Ever

And so another year begins. Sometimes we hear that people are glad to see the last year off, others with regret. For many of us, welcoming the New Year also means welcoming the list-making season: the gains, the losses, what you’ve achieved, the lessons learned, and what you have outgrown. It is also a time of looking to the future—picture what you want from the year ahead and, just as importantly, what you are prepared to do or to give up to make that happen. There is a sense of optimism in lists like New Year’s resolutions, they express our hope that things will be different. In a sense, such lists aim to transform our understanding of the world and ourselves. Ultimately we read them and write them as part of our quest to become better people.

Most of us have things we would like to change about ourselves. We would like to change our circumstances, our relationships, our behaviour, or our appearance to others. Sometimes these kinds of things do need attention, but unless we ourselves change at some fundamental level, we often recreate our negative circumstances, relationships, etc. In new environments. Too often we focus on changes that, in retrospect, are actually quite superficial rather than examining what may be the harmful (or unhelpful) assumptions or beliefs about life that we may need to change? We have been conditioned to focus on the external physical aspects of our existence and have missed the most important factors in determining our happiness. Our mind is filled with assumptions, beliefs, and expectations of what will make us happy. These have been collected over years, both consciously, and unconsciously. They affect and even determine our choices in a way that we may not be aware. Hidden assumptions and false beliefs can lead us down the road to disappointment, frustration, and other emotional reactions. Even the beliefs that you agreed to consciously in the past about what would make you happy might not be true anymore. What made you happy when you were 20 may not do it for you at 30. What made you happy at 30 might not satisfy you in your 40’s.

On the broader scale, most of us have some strong views at times as to what needs to be done to make life better—to make our world safer, more peaceful, more prosperous for all. We want to see our environment in better shape, to see our families safe, secure and happy. Most of us want to change our world but in the words of author Leo Tolstoy: “Everyone thinks of changing the world, but no one thinks of changing himself.” The Book of Common prayer contains this piece of timely wisdom: God help us to change, to change ourselves and to change the world. Gandhi is reported to have said, “first become the change you want to see.”

So what can I do to change myself and the world? What should I resolve to do, to be throughout this New Year. Jesus spoke often about the condition that prevented his adversaries from changing, from believing in his vision, from working to transform their world. We are told that, after the multiplication of the loaves and fishes, there were those who hardened their hearts and turned aside. They began to plot against him. Three times in the book of Hebrews alone we are told, “harden not your heart” (Heb. 3:8; 3:15 and 4:7). It is a vivid image, used many times throughout the Hebrew scriptures. The Plagues of Egypt, for example, were supposed to cause Pharaoh to relent, and allow Moses to lead his people out of Egypt, out of oppression. But nine times, Pharaoh changed his mind, he “hardened his heart.”

It was not only about hardening one’s heart against God but our fellow human beings. It is a sad condition and all of us suffer from it. Hardening our hearts might best be described as a lack of compassion, a failure to adopt a merciful, trusting and understanding attitude. Compassion is at the very core of Jesus’ teaching, of Jesus’ life and death. Compassion, trust, understanding all make us vulnerable—we are not necessarily in command. They demand a deep and risky response.

In the words of St Benedict, Compassion is the 'deep, gut-wrenching response to the situation of another. As a radical critique of blind liberalism, cynical indifference or established subservience, it is a work of justice which announces that another’s situation or hurt is to be taken seriously (The Gift of Benedict p.16). It calls on us to be brutally honest with ourselves. Compassion can be understood by looking at its opposite: hatred, abuse, brutality, injustice, indifference, selfishness, self-righteousness, harshness of heart, racism, sexism and so forth. The person who lives with compassion stands actively against all these things. The person of compassion non-violently resists these things.

In reality, compassion is at 'our gut', at the core of our humanity. It calls for solidarity with the poor, the suffering, the dispossessed, the refugee, the new comer, the lonely and the homeless. Jesus’ command to love one another is not just loving those who love us. Compassion calls on us to look again at our basic beliefs, to challenge our prejudices, our comfort, the daily practices we have become so used to. Compassion calls on us to work towards a deeper understanding and, perhaps more importantly, a deeper appreciation of others, their beliefs and practices - to reach out to the stranger, to those in need.

So the best New Year’s resolution, I suggest is to work to save ourselves from ‘hardness of heart’. Resolve to “be compassionate” (Lk 6:36) - but to whom? Why? And how? Only you can answer that.

Regrets
Jim Quillman
Phone: 0401 933 003
Email: jquillman@dcsi.net.au

The Best New Year’s Resolution Ever
2 February 2010
### MRC/ST PATS CANTEEN PRICE LIST 2010

#### HOT FOOD
- COBB LOAF MEAT PIES/PASTIES/CHICKEN PIES: $3.20
- SAUSAGE ROLLS: $1.70
- NIBBLE PIES: $1.20
- CHEESE & VEGETABLE SCROLLS: $2.00
- HAM/PINEAPPLE PIZZA: $2.20
- LASAGNE/SPAGHETTI: $2.50
- DIM SIMS STEAMED: $0.70
- HOT DOG IN BREAD ROLL: $2.20
- SWEET CHILLI ROLL (2 strips, lettuce, cheese): $4.00
- TSTD SANDWICH (HAM OR CHICKEN & CHEESE): $3.00
- TSTD FOCCACIA: $4.00
- CHICKEN NOODLE SOUP: $1.00

#### ROLLS & SANDWICHES
- SALAD ROLL/SANDWICH (chicken or ham): $4.20
- SALAD ROLL: $3.50 (no meat, *avocado 50c extra)
- EGG & LETTUCE SANDWICH: $2.50

#### FRUIT
- APPLE/BANANA: $1.50
- FRUIT SALAD – FRIDAYS ONLY IN TERM 1 & 4: $3.00

#### CAKES
- DONUTS SMALL: $1.20
- DONUTS JAM: $1.80
- MUFFINS choc chip or apple: $1.80
- COFFEE SCROLL: $1.50
- VANILLA SLICE: $2.00
- HOMEMADE HEDGEHOG: $1.20

#### DRINKS
- BIG M’S SMALL: $1.50
- FRUIT BOX: $1.20
- QUENCH MINERAL WATER VARIETIES: $1.20
- SOFT DRINK CANS - DIET VAR: $1.20
- SOFT DRINK 600ML - DIET VAR: $2.50
- WATER 600ML: $1.20
- FRESHA ORANGE / APPLE JUICE: $2.00
- FOCUS FLAVOURED WATER VARS: $2.00
- NIPPYS ICED CHOC/COFFEE: $2.00

#### SNACKS
- LICORICE/RASPBERRY STRAPS: $0.90
- SUNFRUITS: $0.80
- POTATO CHIPS 28G VARS: $1.00
- NUTELLA/OVALTINES: $0.70
- BUTTER MENTHOLS/DOUGHNUTS: $1.70
- JUPITER BAR: $1.00
- HOMEMADE JELLY IN CUP WITH SPOON: $0.50
- FROZEN FRUIT TUBES 50c: $1.50
- LEMONADE/RASPBERRY ICYPOLE: $1.00

#### SALAD BOWL
- EGG
- LETTUCE
- TOMATO
- CARROT
- CHEESE
- BEETROOT
- CROUTONS
- MAYO
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DUE TO 8 WEEK TERM 1
NOT ALL HELPERS REQUIRED WILL ROSTER EVERYONE ON TERM 2

THANKYOU.
Mercy Regional College

INSTUMENTAL MUSIC PROGRAM FOR 2010

Dear Parents and Students,

I have joined the College staff as a Music Teacher and as the Coordinator of the Instrumental Program. In both these roles I hope to be able to facilitate a comprehensive and enjoyable music program for the students.

Instrumental Music Tuition is presently available for the following instruments – Piano, Flute, Violin, Viola, Cello, Bass, Guitar, and Drums. Please fill in the form below if you wish to learn one of these instruments.

At this stage we do not have teachers for - Brass, Woodwind or Voice. If you wish to learn these instruments please fill in the form below and I will endeavour to find a teacher for you.

The instrumental teachers for 2010 are, Ms. Michele McKinnon – Piano and Flute, Mr Jonathon Emry – Drums, Ms Fiona Pugh – Strings, Mr. Tony Forbes – Guitar, and Mr. Peter Sharp – Guitar.

Once I have your details I will discuss your lessons with the instrumental teachers and they will contact you to organise your individual program.

Please fill in the form below and return it to the office as soon as possible so that we can begin your music tuition.

I look forward to meeting you and working with you.

Yours Sincerely,

Janet Backhous

INSTUMENTAL MUSIC ENROLMENT FORM

Please print clearly and return this form to the School Office as soon as possible.

Student’s Name....................................................................................................................

Student’s Form (eg. 7 D).....................................................................................................

Instrument/s........................................................................................................................

Would you like a - GROUP LESSON, or an INDIVIDUAL LESSON? (Please circle your choice)

Parent/Carer’s Name...........................................................................................................

Parent/Carer’s Home Phone................................................................................................

Parent/Carer’s Mobile...........................................................................................................

Parent/Carer’s Signature.....................................................................................................