ISSUE 1-4

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.

Presentation Ball
The evening of Friday, 19th March will be a wonderful occasion for the College community as we hold the 2010 Presentation Ball. It is always a privilege and honour to be part of the Official Party, which receives the young ladies and gentlemen of Mercy Regional College. They always look magnificent on the evening and as such are wonderful ambassadors for the College. As always, the evening is highly sort after and it is unfortunate that the Glenormiston Hall can only accommodate 650 people.

In particular, I would like to thank Marie Harney and Jenni Lenehan who were responsible for the overall co-ordination and organisation of the event, a very big undertaking. They were assisted and well supported by other members of the Presentation Ball Committee who have worked so hard to ensure the evening is a wonderful success.

Thank you to the following parents and staff:
Flowers:
Kathryn Brewer & Katrina Boyd

Suits:
Christine Moloney & Annette O’Sullivan

Photos:
Jo-Anne Saunders, Louise Kemp, Mary O’Brien & Diane Quick

Booklet:
Jane Kingston, Fiona Clissold, Maureen Bant & Sue Bohm

Ticketing:
Star Printing – Matt Henderson

Friendship Photos:
Daniel Beard & Rebecca McGrath

Set Design:
Lush Events - Vicki Whiting, Narelle Carlin & Sandy Noonan

Supper:
Catherine Krybolder, Leanne Field, Michelle Whytecross, Jenny Battistello & Geraldine Conheady

Security:
Michael Smart, Malcolm Sonnet, Simon Bourke, Adrian Moloney, Terry Harney, Damien Lenehan, Gary Richardson & Ian Hoskins

A special thank-you to Colin and Yvonne Langley, our trainers, for 2010. There is no doubt that Colin and Yvonne have worked very well with our students and have ensured that all have enjoyed the whole experience, in particular, the practices. Thanks are also extended to the staff who have assisted with the preparation for the Presentation Ball, particularly Mrs Jenny Phillips and Ms Lyn Davies.

Spirit of ANZAC Prize
On Tuesday, Mr Lachie Lee and I had the pleasure of attending the Welcome Reception, where Samantha Alexander received the Premier’s Spirit of ANZAC Prize, 2010, at the Shrine of Remembrance. This was a significant occasion where only 10 students from around Victoria were recognised. At this reception, along with receiving her prize, Samantha performed for the gathering with a very moving piece of flute music honouring the spirit of the ANZACS. Samantha will represent the Barwon South education region on a 14 day tour of Thailand and France from 27th March.
Mercy Regional College Board of Management
On Tuesday 16th March, the Annual General Meeting of the Mercy Regional College Board of Management was held. At this meeting the annual reports from the Principal, Board Chair and PTFA were presented. The meeting also formally appointed the members of the Board for 2010.

Governors of the College
Fr Eugene McKinnon – Parish Priest of Terang
Fr Matthew Thomas – Parish Priest of Camperdown

Board Members for 2010
Mr Murray Whiting (Chairperson)
Mrs Cherolyn Bullen
Mrs Jenni Lenehan
Mr Paul Marsland
Mr Gerard Ryan
Mr Michael Smart
Mrs Jane Kingston
Mrs Kathryn Moloney
Mrs Rose Henry
Mr Bill Slatter (Catholic Education Office)
Dr Andrew Watson (Principal)

PTFA
The next PTFA Meeting will be held on Monday, 22nd March, 2010, at the O’Keeffe Campus. Please make the effort to come along and support those parents supporting the College. At this meeting the School Fee Raffle will be drawn. The prizes for the raffle are:

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

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

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

MRC Athletics
Last Wednesday, the College held its Annual Athletics Carnival, with all students participating in numerous track and field events. While the weather was not the kindest on the day the co-operation of all students ensured that the program was finished and results were able to be finalised.

Overall results of the day were: Frayne House first followed in second place by Ryan House, then with Markey House, third and in fourth place was Tindley.

The following were the age champions for 2010:

13 Years
Male   Nathan Stevens
Female Haylee Davis

14 Years
Male   Benjamin Saunders
Female Sarah Bullen

15 Years
Male   Declan O’Connor
Female Genevieve Lee

16 Years
Male   Brendan Richardson
Female Olivia Duynhoven

17 Years
Male   Nathan Bambridge
Female Meagan Carlin & Ashlee Dendle

18 Years
Male   Luke Mahony
Female Stephanie Jamieson

Congratulations to all our aged champions!

Student Representative Council
At the College Assembly on Thursday, the following students were officially appointed as Student Representatives for their homerooms. I congratulate these students on their appointment to these important Student Leadership positions. I look forward to the good work this student body will undertake this year.

Congratulations to:
7A: Kieran Gleeson
7B: William Milsom
7C: Laura Kemp
7D: Billy Buckingham

8A: Samantha Molan
8B: Ruby Bradshaw
8C: Amy Pemberton

9A: Nathan Bailey
9B: Georgia Anderson
9C: Jesse Gaut

10A: Michael Krybolder
10B: Rachael Harney
10C: Lizzie Smith

11A: Monique McKenzie
11B: Ashley Bradley
11C: Stacey Boyd
New Participation Age Requirements
The compulsory school age has been increased to meet the participation requirement agreed by Council of Australian Governments (COAG) on 2nd July 2009. The agreed participation requirement includes:

- A mandatory requirement for all young people to participate in schooling (meaning, in school or an approved equivalent) until they complete Year 10; and
- A mandatory requirement for all young people who have completed Year 10, to participate full-time (defined as 25 hours per week) in education, training or employment, or a combination of these activities, until age 17.

In Victoria, meeting this requirement has been achieved by increasing the compulsory school age from 16 to 17 years, including an exemption that if Year 10 has been completed, a student can leave school to participate in employment and/or education and training at another organisation.

Therefore, from 1st January 2010, all Victoria students must complete Year 10. After Year 10 and until the age of 17 students must be:

- In school, or registered for home schooling; OR
- In approved education or training (e.g. TAFE, traineeship, apprenticeship), OR
- In full time paid employment, OR
- In a combination of 1, 2 and or 3 for a minimum of 25 hours per week.

If parents have any concerns please feel free to discuss this further with me.

Easter
Easter is a significant time in the Church’s liturgical calendar and I encourage all families to attend the Easter liturgies on Holy Thursday, Good Friday and the Easter Vigil. I have listed below the times of the Easter ceremonies for the various parishes.

St Patrick’s Camperdown
Holy Thursday
6.00pm Cobden
7.30pm Camperdown

Good Friday
10.00am Cobden (Stations of the Cross)
3.00pm Camperdown
5.30pm Lismore

Easter Vigil (Saturday)
8.00pm Camperdown

Easter Sunday
9.00am Lismore
11.00am Cobden

St Thomas’ Terang & St Colman’s Mortlake
Holy Thursday
6.00pm Terang

Good Friday
3.00pm Terang
3.00pm Mortlake

Easter Vigil (Saturday)
6.00pm Terang

Easter Sunday
9.00am Mortlake
10.30am Terang

St Joseph’s Timboon
Holy Thursday
7.30pm Timboon

Good Friday
3.00pm Timboon

Easter Vigil (Saturday)
7.30pm Timboon

Easter Sunday
9.00am Simpson

As Easter approaches, it is important that, as Christians, we take time to reflect upon the Easter season. Easter Sunday is both the third day of the Easter Triduum (Three Days of Easter, Holy Thursday, Good Friday and the Easter Vigil and the first day of the Easter Season).

It is important to remember that the Easter Triduum is the heart of the Liturgical Year. The seven Sundays of Easter are also very important as they have precedence over all other solemnities and feasts. The fiftieth and last day of Easter is the feast of Pentecost.

Throughout this time of rejoicing, Alleluias are sung and the Easter candle stands in a special place in the parish church. May we take the time over the Easter season to celebrate the news of the risen Lord?

College Libraries
Just a reminder that the College Libraries at both campuses are open from 8.30am to 4.30pm each day. This provides a good time for students to have some quiet time to complete homework, assignments, or study for tests and exams without the distraction of home.

Second Hand Uniform Sale
As Term 2 is the time that students return to the winter uniform, a sale of second hand uniform will be held at the McAuley Campus on Wednesday 24th March from 3.00pm-4.00pm. Any parents who have uniform items they wish to sell please leave them at either reception - cleaned and labelled accordingly.
Swine Flu Vaccine
The Department of Health advises that FREE vaccine to protect against the H1N1 Influenza 2009 (Swine Flu) is still available. The vaccine has been approved by the Therapeutic Goods Administration and is available to everyone from six months of age from local doctors and some local councils. Note that doctors may charge a consultation fee.

Advice from the Department of Health indicates that H1N1 Influenza 2009 is expected to return to Australia for a second wave and probably much earlier than the normal flu season, based on experience from the Northern Hemisphere. Further advice is that it is particularly important to vaccinate children, adolescents and young adults as pandemic (H1N1) 2009 Influenza spreads more readily in these age groups.

Please find attached to this newsletter a flyer in relation to this issue.

Commencement of Term 2
A reminder to all families that Term 2 for students commences on Tuesday 12th April, 2010. We will commence term 2 with week 1 of the timetable. I also take this opportunity to wish all families a very joyous Easter and a welcome break from what has been a very busy Term 1.

Prayer
A Prayer for Autumn Days

God of the seasons,
there is a time for everything.
There is a time for dying and a time for rising.

God of the autumn,
as the trees surrender their leaves,
letting go of what has been,
we remember our own times of letting go.
We remember the risk and the grief
and the insecurity.
Help us to let go when we need to do so.

God of the autumn,
in your wisdom enable us to know
what needs to be left behind
and what needs to be carried into the future.
We yearn for insight and vision.

God of life,
creator of the human spirit,
you enrich us,
you entrust us with the freedom to choose life.
For all this we are grateful.

Amen

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

Andrew Watson
PRINCIPAL

Catholic All Schools Tennis
Darren Cheeseman

On Thursday, 4th March, Mercy Regional College took 28 students to the Colac Lawn Tennis Club to participate in the Catholic All School Tennis Championships. In perfect tennis conditions many students played strong tennis with Damien Wynd (Senior Boys), Amy Pemberton (Junior Girls) and Molly Quick (Junior Girls) all qualifying through to the semi-finals. To qualify for the main championship day in Melbourne the students had to win their semi-finals and finish in the top two of their section. Unfortunately Damien and Molly were defeated in their semi-finals but Amy Pemberton won her match 6-4.

This meant Amy went to Melbourne to participate in the Championship Day against other students from around the state. This was held on the 15th March with Amy winning two sets and losing two sets, therefore finishing third in her group and just missing the semi-finals. A great effort.

Well done to Amy in particular, but also to the other students that represented MRC very well.
**COMING EVENTS**

**Term 1**

**Monday 22nd March**
PTFA Meeting – 7.30pm O’Keeffe Campus Staff Room

**Wednesday 24th March**
Outdoor Education Surf Camp

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

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

**Term 2**

**Monday 12th April**
Staff Professional Development Day

**Tuesday 13th April**
Students commence term 2
HSSSA Athletics Carnival

**Tuesday 20th April**
MRC Cross Country
Board Meeting @ 7.30pm

**Thursday 22nd**
Tertiary Information Service (TIS) Tour for Year 12

**Sunday 25th April**
ANZAC Day

**Monday 26th April**
ANZAC Day Public Holiday – no classes

**Wednesday 28th April**
Keys Please Information Evening (6.00pm – 7.30pm)

**Monday 3rd May**
Catholic Education Week commences
PTFA Meeting @ 7.30pm McAuley Campus
commencing at 7.30pm

**Friday 7th May**
Catholic Education Week concludes

**Tuesday 11th May**
NAPLAN Tests

**Wednesday 12th May**
MRC OPEN AFTERNOON/EVENING commencing at
3.30pm at O’Keeffe Campus for tours and BBQ Tea.
7.00pm at McAuley Campus for Registration,
Information session and tours.

**Thursday 13th May**
NAPLAN Tests

**Monday 17th May**
HSSSA Cross Country

**Tuesday 18th May**
Board Meeting @ 7.30pm

**Friday 21st May**
MERCY DINNER 7.00pm for 7.30pm at the Noorat
Community Centre

**Monday 24th May**
Mercy Feast Day – Our Lady Help of Christians
(Mass to be celebrated by Bishop Peter Connors at
9.30am de Chantal Stadium, Camperdown)

**Tuesday 1st June**
Grade 6 Transition Day 1 @ O’Keeffe Campus
Year 8 Retreat Day

**Monday 7th June**
PTFA Meeting @ 7.30pm O’Keeffe Campus

**Tuesday 8th June**
VCE Exams

**Wednesday 9th June**
VCE Exams
Year 7 & 8 Exams

**Thursday 10th June**
General Achievement Test (GAT)
Year 7, 8 & 10 Exams

**Friday 11th June**
Report Writing Day – no students

**Monday 14th June**
Queen’s Birthday Holiday

**Tuesday 15th June**
Year 9 & 11 Exams

**Wednesday 16th June**
Year 9 & 11 Exams

**Thursday 17th June**
Year 11 Exams

**Wednesday 23rd June**
Ministry Retreat (Melbourne)

**Thursday 24th June**
Ministry Retreat (Melbourne)

**Friday 25th June**
Term 2 concludes
From the Welfare Coordinator
Kerin Glennen

Cyber Smart for all:
The Internet has become an integral part of life around the world. It is a powerful resource, enabling people of all ages to learn and communicate in a myriad of ways. For children growing up in a world where the internet has always been available; it is an essential tool. They are the digital natives, always surrounded by online technology and using the Internet from an increasingly early age.

Children can use the Internet for many reasons which include:
- Find assistance with school assignments / tasks
- Learn skills
- Gain knowledge
- Meet new people who share similar interests
- Keep in touch with friends

However, there are risks. Knowing how to use the Internet safely is essential to having a positive online experience. For parents and their children, it is important to know how to apply these skills at home, at school and in public places, such as the library and internet cafés.

The Cybersafe Guide for Families produced by the Australian Communications and Media (ACMA) For more information or specific advice then visit the Cybersmart website [www.cybersmart.gov.au](http://www.cybersmart.gov.au) or call 18000 880 176.

Students access to the Internet:
When a student is using the Internet at home either in their room (which is strongly discouraged) and or in the family area they need to be aware of not placing themselves in risky situations.
This includes by:
- Giving out personal details about themselves to people or organisations they don’t know.
- By posting unsuitable information on line
- Agreeing to meet people they’ve only ever met online
- Using provocative pseudonyms
- Sharing pass words
- Posting public profiles about themselves
- Unsafe browsing or research
- Opening messages from people they do not know
- Responding to unpleasant or suggestive messages
- Accessing inappropriate or illegal material.

Not all internet users will experience problems. However, ensuring children understand these risks and have the knowledge to be cybersafe is important when accessing the net at home, at school and in public.

It is highly recommended that the home computer(s) NOT BE put in bedrooms but be in the general family area. The reason for this is that parents are able to monitor what is being done and also to allow their son / daughter to get good night’s sleep. The internet does not stop just because it is time for bed and sleep.

Unfortunately, students do come to school tired because they have been on the computer well into the night when they should be sleeping.

Network News
Chris Moloney

St Patrick’s students preparing meals with the Uniting Church for the Community Meal Project.

Building Update at St Patrick’s
Lots of action at the moment with the brickies working on the feature wall, the concreting of the ramp & stairs into the library, the framing up of the buildings & mezzanine floor and the continuation of the steelwork. It has certainly come along in leaps and bounds over the past fortnight. Finger’s crossed this will continue!

St Colman’s & St Thomas’s Age Champions sharing a jubilant moment on a day of fun and friendship at their joint athletics carnival held at Terang.

Giant Pumpkin Grown At MRC!
Late in 2009 students from O’Keeffe campus entered a giant pumpkin growing competition. “Peta” the pumpkin weighs almost 30 kilos and was pictured with Mitchell Banks. Another pumpkin “Pauline” is still growing and already weighs 40 kilos!! “Pauline” will represent Mercy in the Landcare competition so stay tuned.

Pumpkin photos were in the last newsletter.
Careers Report
James Castles

This has been a busy term for the Careers and Transition Team at MRC. We have managed to have nearly all our Year Ten students participate in a week of work experience, whilst arranging VET and ASBA placements for several of our Year 10, 11 and 12 students. Currently we have 30 students participating in these programs. Congratulations to Harry Rounds who has been signed up for Certificate III in Plumbing as a school based apprentice.

Upcoming Events
Love Art and Design? Swinburne Uni will be hosting their Art and Design Discovery Day Thursday 8th April at their Prahran and Wantirna Campuses. You will learn about their courses and programs in these areas and industry career pathways. Registration is compulsory and our dedicated event website will go live from Thursday, 11th March.
Places are limited and fill up fast, so register early at www.future.swinburne.edu.au/artanddesign

March Events
- 20: Trial a Trade in Hospitality, William Angliss Institute, marketing@angliss.edu.au 03 9606 2111
- 22: Australian Automotive Week, Careers Seminars, info@motorshow.com.au
- 29 - 7 April: Folio Preparation in Fashion Drawing & Design (Intensive)- RMIT, www.shortcourses.rmit.edu.au
- 30: Discover Deakin- Deakin University, www.deakin.edu.au
- 30 - 31: Keeper for a Day, Healesville Sanctuary, www.zoo.org.au/Learning/Programs/Student_Conferences/Careers

April Events
- 7 – 9: Folio Preparation Program in Graphic Design, RMIT, www.shortcourses.rmit.edu.au
- 7 - 8: Keeper for a Day, Healesville Sanctuary, www.zoo.org.au/Learning/Programs/Student_Conferences/Careers
- Careers at the Zoo, Werribee Open Range Zoo, 8, 9, 15, 16, 22, 23, www.zoo.org.au
- 9: Career Information Session, Victorian Institute of Forensic Medicine, www.vifm.org

From the Business Manager
Lynn Wadley

A number of families have still not returned the “Tuition Fee Arrangement Form”. We request that each family at the College notify the school of how they will pay their school fees for 2010. A form was posted to each family with their Fee Account. If you have not completed and returned one of these forms, could you please do so before the end of term.

Corangamite Junior Hockey Association
WANTS YOU!
COME & TRY
HOCKEY

DATE: SATURDAY 17TH APRIL.
TIME: 10 am – 12 noon
PLACE: Campedown Showgrounds

“COME & TRY” and REGISTRATION DAY
REGISTRATION and PAYMENT OF FEES FOR ALL PLAYERS. NO REGISTRATIONS ON FIRST DAY OF PLAY.
PLEASE RETURN ANY CLUB EQUIPMENT and TEAM UNIFORMS ON REGISTRATION DAY

C.J.H.A. hockey season will commence on Saturday 8th May
Skill development and training will be available for Division 2 and new players on Tuesday nights for 4 weeks prior to the commencement of the season. This will start on Tuesday 13th April at the Showgrounds from 3.45pm – 4.45pm. This is an opportunity for players and parents to learn the skills and rules of hockey.

ENQUIRIES CONTACT: Jane Gough 55948249
                    Fiona Cole 55930229
Today I received a note from a friend to say that she is now beginning her final journey with just two or three months to live. Just like life, it is a unique journey for each of us – for some frighteningly quick, for others it can be much slower.

It can be difficult to come to terms with the fact that medical science cannot cure everything and that life is finite. It can also be difficult to realize that being part of someone else’s final journey can be a precious gift. Our ‘life journey’ is usually a pretty constant theme in books about spirituality. It is a very potent means of looking back over our lives to try to find meaning and purpose in what has happened to us, and in that process to discover the wonder and presence of God. God does not abandon us at birth, leaving us to our own devices, to make the best of it. God’s presence is both faithful and constant, even if sometimes it is hard to find a reason why something has happened. In the words of the Psalmist:

You know me through and through.  
My innermost self you know.  
When I was being made in secret,  
fashioned in the depths of the earth,  
your eyes could see my unformed substance.  
Yet at the same time you foreknew  
my future actions,  
even before I came into being. Psalm 139

But, in reality, there is not one life journey but many – childhood is a journey, hopefully a journey of wonder and discovery. So are the sometimes troubling years of adolescence when we begin to test out our independence and freedom of thought. We ache for intimacy, achievement, a cause, for companionship, a feeling of self worth. The years of middle age, the beginning of the second half of life, is a journey in itself. Those years can herald the mid-life crisis for some as they have not had exactly the life they dreamt about. We struggle to begin the process of letting go, of the need to possess, to achieve, to be at the centre. That doesn’t mean that life is over, that we have passed our use-by date, that we have become dispensable. Quite the opposite. A new and exciting life journey is beginning, just as challenging as the years of adolescence.

The final life journey can be a special blessing. Of course it is sad, distressing to see people with incurable conditions. We feel frustrated and angry – why did this have to happen to them? It is not easy to watch a person you have known and loved on this journey. Today there is a tendency to regard the value of life almost solely on the basis of productivity, usefulness, and what we can actively contribute. Helplessness or dependency is often viewed as a burden – those people have nothing to contribute, nothing to bring to our lives. Nothing could be further from the truth. We bring a blessing to the sick when we visit them, but we also leave their presence blessed by having visited them.

But we feel helpless. Visiting can feel like a burden, an unwelcome duty to be avoided on the flimsiest of excuses. Anyway, what can we do, how can we make any difference? Being with others on this journey is so important – just being there. No-one wants to take this journey alone. Meister Eckhardt once said: "Nothing so much resembles God as silence." Sometimes the gift of our presence and the gift of silence is all that is required of us. In addition to that, don't we believe that God is love? Our presence can be a physical expression of God’s love and concern for that person. How do we know that?

The Gospel of Matthew gives a very vivid picture of the final judgement – “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me. (Matthew 25:41-46)"

What we do makes God’s love tangible. Sometimes just telling people God loves them is not enough – they need to feel it, to see it. That’s where we come in. We convey that message by our care and concern – by our love. While this can sometimes be a time of reconciliation for estranged family or friends, it is always a time to realize how precious life is, how much we need each other - letting each other know how much and why we appreciate them.

Why are those people who visited the sick so blessed? For their generosity and kindness? Perhaps, but for more important reasons, I suggest. Visiting those on their final journey can be a time to reassess our own beliefs, the things that have sustained and motivated us in life. Of course we need money, possessions, things to sustain and support life. But how important are they in our lives, what sort of priority do we give them or to friendship, to the service of others, especially those in their time of need? Those on their final journey give us this gift of rediscovering our reference points.

One final point - we read in the Gospel, that Jesus worked great miracles during his years of missionary labours – he touched the lives of the powerful and the poor. People flocked to see and hear his message. Yet his greatest work was in the last hours of his earthly life, his final journey. It was just when he seemed completely helpless, a prisoner in the hands of His executioners - at that very time He was accomplishing his greatest achievement - our salvation.

Regards
Jim Quillinan
Phone: 0401 933 033
Email: jquillinan@dcs.net.au

The Final Journey 16 March 2010
Get your free vaccination for Swine flu now
To protect yourself and your community

A FREE vaccine to protect against the H1N1 Influenza 09 (Swine flu) is still available. Swine flu continues to pose a threat to the population, but you can protect yourself and the community and help stop the spread of Swine flu to others by being vaccinated now.

What is Swine flu?
Swine flu is a highly contagious respiratory disease caused by a new strain of influenza virus. Cases of Swine flu have been confirmed in countries throughout the world including Australia.

Who should have the Swine flu vaccine?
Adults and children older than 6 months are encouraged to be vaccinated. Some people are more likely to become seriously ill from Swine flu. Even if you are fit and well, you are at risk of serious illness or infecting vulnerable people. The vaccine is especially important for:
- People with chronic health conditions (including heart and lung disease, asthma, cancer, obesity, diabetes, kidney and neurological diseases and inherited blood diseases)
- Pregnant women at any stage of pregnancy
- Parents and guardians of young infants
- Children in special schools
- Indigenous Australians
- Health care and community care workers.

Is the vaccine safe?
Yes, the Swine Flu (Parvax® H1N1) vaccine is safe and has been approved by the Therapeutic Goods Administration (TGA).

Where can I get the vaccine?
The vaccine is FREE* and available at your doctor or local health service.

Need further information?
For vaccine enquiries call the Immunisation Program on 1800 882 008.

“Vaccination is the best way to protect yourself and others from getting the Swine flu, and is especially important for people at high risk of serious flu complications.”
(Sir Gustav Nossal, internationally renowned immunologist and research biologist)

* Note: Doctors may charge a consultation fee.

Department of Health
M.R.C. PARENT / TEACHER / STUDENT INTERVIEWS
Year 7 – 12 Student Booking Sheet (McAuley Stadium)

Thursday 25th March (4.00pm – 6.10pm ...... 7.00pm – 8.00pm)
Friday 26th March (10.00am – 11.45am ...... 12.30pm – 2.00pm)

STUDENT NAME: ______________________ YEAR: _____

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Students are to arrange interviews with their teachers.
Each interview is five minutes in duration.

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**FEE RAFFLE**

Reminder

Last couple of days to purchase tickets

$5:00 each

Raffle drawn Monday 22nd March

at the PTFA Meeting 7.30pm

O’Keeffe Campus, Noorat

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