ISSUE 2-3

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.

Westvic Staffing Solutions Foundation
Last Friday, Lisa Pope and Lyn Davies accepted, on the College’s behalf, a cheque for $4,730 from Westvic Staffing Solution Foundation for the purchase of commercial, quality equipment for the College’s new commercial kitchen. This donation enables the College to continue to provide Certificate II Hospitality in an environment that is of an industry standard. We are most grateful for this donation from Westvic who have been wonderful supporters of the College over many years.

Mercy Master Chef Master Class
In light of our new commercial kitchen being fully equipped and operational, the College is offering an opportunity for members of the Mercy community to participate in some cooking master classes to be conducted by Mr Dean Jeffery, a qualified chef. It is anticipated that the master classes will be held over a five week period on a Wednesday evening at the McAuley Campus during term 3. Depending on demand, a second set of classes maybe offered. Please find attached to the newsletter an expression of interest form to be completed if you are interested in taking part in these master classes.

5th Annual Mercy Dinner - Friday 21st May
On Friday, 21st May, members of the school community will gather at the Noorat Community centre for the 5th Annual Mercy Dinner.

Our guest for this year is Ms Jocelyn Bignold. Jocelyn completed Year 12 at the then Catholic Regional College in 1979. She has completed a Bachelor of Community Development and Graduate Certificate in Policy and Management. Today Jocelyn returns to us as the Chief Executive Officer of McAuley Community Services for Women, a ministry of the Sister of Mercy Melbourne Congregation. McAuley Community Services for Women provides accommodation, support and advocacy for women and their children who are homeless, resulting primarily from family violence or mental illness.

McAuley Community Services for Women was formed in August 2008 by the Sisters of Mercy, Melbourne Congregation, to expand its commitment to women and children and to incorporate its two existing long-term services:

1. Mercy Care - A 24 hour safe house and children’s program providing accommodation and support for women and their children who have experienced family violence (est. 1988).
2. Regina Coeli - Medium-term community accommodation for women who have experienced homelessness and mental illness (est. 1986).

McAuley Community Services for Women is committed to advocate for a better, safer and just society.

Jocelyn is the inaugural CEO of McAuley Community Services for Women. With 25 years in Community Development, Policy and Management Jocelyn was Community Services Manager at Melbourne City Mission for five years and has contributed to conference papers and is a passionate and engaging public speaker.

21st May, 2010
Her extensive work has encompassed aged care, children and adults with chronic illness, adults with intellectual and psychiatric disabilities, children in residential care, adults and families experiencing homelessness, imprisonment and family violence. Her work has led to an extensive collaborative involvement with Government and other NGO's in an effort to improve the policy response and service systems designed to support those in need.

In 2009, Jocelyn was inducted into the Victorian Women's Honour Roll in recognition of the work undertaken on behalf of women in prison by Bronwyn Pike, Minister for Education who stated:

“I commend you for your dedicated support of women, particularly in the area of housing, through your work as Community Services manager, Melbourne City Mission, in particular your involvement with the Women’s Integrated Support Program (WISP) and in your current role as CEO at McAuley Community Services for Women.”

**VCE Exams**

The arrangements for the June examination period for all students studying a Unit 3 subject this year are detailed below, along with the Unit 3 Examinations and the General Achievement Test (GAT) timetable for the June examination period.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td><strong>Tuesday 8 June</strong></td>
<td>9.00am – 10.45am</td>
<td>Biology Exam 1</td>
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<td>11.45am – 1.30pm</td>
<td>Physics Exam 1</td>
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<td>2.45pm – 4.30pm</td>
<td>Accounting Exam 1</td>
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<td><strong>Wednesday 9 June</strong></td>
<td>9.00am – 10.45am</td>
<td>Psychology Exam 1</td>
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<td>11.45am – 1.30pm</td>
<td>Chemistry Exam 1</td>
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<td>2.45pm – 4.30pm</td>
<td>Environmental Science Exam 1</td>
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<tr>
<td><strong>Thursday 10 June</strong></td>
<td>10.00am – 1.15pm</td>
<td>General Achievement Test (GAT)</td>
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The Unit 3 Examinations will be held at the Uniting Church Hall in Camperdown. Students are required to be at the hall 15 minutes prior to the commencement of the examination. Students are required to wear full school uniform to all examinations.

Year 11 & 12 students who do not have examinations on Tuesday 8th June and Wednesday 9th June are required at school as per the normal timetable. Unit 3/4 classes will be running on these days.

Year 11 & 12 students who sit an exam (Biology, Physics, Chemistry & Psychology) will be permitted to have the day off prior to their exam for study purposes. However these students must return to their normal timetabled classes after the conclusion of their exam.

Students are required to meet outside the Camperdown College Hall 20 minutes prior to the commencement of the GAT and have their name marked off the roll.

At the conclusion of the GAT all students are to return to Mercy Regional College. Students are not permitted to go down the street for lunch. Upon their return to Mercy Regional College students will gather in the Multi-purpose Room for a presentation by a guest speaker.

The Unit 3 examinations are very important and therefore need to be treated very seriously, which means following strict examination procedures. Students have the VCAA booklet that details all examinations procedures and the times and dates for each examination.

However, a reminder to all students:

- You must accept all directions from supervisors at all times without question
- You must **NOT** communicate with any other student in the examination hall
- You cannot leave the hall until the designated time has finished, and
- Correct School Uniform must be worn to all exams.

All Mercy Regional College students are expected to remain for the duration of the exam to ensure that all students have the best possible chance of achieving their best mark. We would be extremely disappointed if students were to leave the examination early. If students have prepared properly for the examinations they will require the time allocated.

I would like to wish all students the very best for the forthcoming examinations.

**Open Afternoon/ Evening**

The College's Open afternoon and evening was a wonderful success. We had in total 95 families who toured the facilities at both campuses. All in attendance spoke very positively about the College's facilities and programs. We are expecting high demand for places in 2010. It is important that all applications are received by the closing date, Friday, 25th June, 2010.

Thank you to all students and staff who prepared the College for this important occasion and for making prospective families feel welcome. Your efforts were very much appreciated.

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NAPLAN

Last week our Year 7 & 9 students took part in the annual National Assessment Program for Literacy and Numeracy (NAPLAN) held on Tuesday, Wednesday and Thursday. The NAPLAN tests are conducted at schools and administered by class teachers. Expert, independent markers will mark the tests. The content of each test is informed by the National Statements of Learning in English and Mathematics, which underpin state and territory learning frameworks. Test questions cover aspects of Literacy (Reading, Writing, Grammar, Punctuation and Spelling) and Numeracy. Questions are multiple-choice or require students to write a narrative or story.

The College will issue a NAPLAN report later in the year. The same report format is used for every student in Australia. Your child’s results are strictly confidential. The report is only one aspect of the school’s assessment and reporting process and does not replace the more extensive and informed judgments made about your child by teachers.

NAPLAN results provide a measure of how all Australian students are performing in Literacy and Numeracy. The performance of your child on each test is shown on National Achievement scales from Year 3 to 9. Six bands are reported for each year level. One of these bands will represent the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic Literacy and Numeracy skills needed to participate in that year level. The performance of your child can be compared to that of other students in your state or territory and across Australia. For more information about the NAPLAN, please refer to the following website: www.naplan.edu.au

Feast Day Mass

On Monday, 24th May, the Feast of Our Lady Help of Christians, the College celebrates its Feast Day. Our Lady Help of Christians was chosen as our Patron Saint in 1973 upon the establishment of the then Catholic Regional College.

To celebrate our Feast Day, Bishop Peter Connors will celebrate Mass in the de Chantal Stadium at 9.30am on Monday 24th May. All families are invited to attend Mass followed by morning tea in the MPA.

In the afternoon, after a BBQ lunch, our students will enjoy the inaugural Mercy Regional College Battle of the Bands.

Along the Track

Attached to the newsletter on page 11, is a reflection titled “We Cannot Change What’s Passed” written by Jim Quilinan from the Diocesan Catholic Education Office in Warragul. I hope you enjoy this reading.

Whooping Cough

I wish to advise parents that two cases of Whooping Cough have been reported to the College this week. In this situation students that have been diagnosed with Whooping Cough are only permitted to return to school upon Doctors clearance. I would encourage parents to seek immediate medical advice if your son/daughter displays Whooping Cough symptoms. For your information I have attached on page 13 a fact sheet from the Victorian Department of Health website.

HSSSA Cross Country

Monday, this week saw Mercy Regional College for the fifth consecutive year take out the HSSSA Cross Country title. This was a great team effort. Well done to all members of the Cross Country Team.

The following individuals were the age champions for 2010:

Year 13 Girls: Haylee Davis
Year 15 Boys: Declan O’Connor
Year 16 Girls: Jocelyn McDonald
Year 16 Boys: Daniel Watson

Congratulations to our age champions!

Particular congratulations are extended to Haylee Davis who has now won the MRC Age Champion in Swimming, Athletics, and Cross Country as well as the HSSSA Age Champion in Swimming, Athletics, and Cross Country - an outstanding athletic achievement.

Mercy’s victory in the Cross Country means that the College has achieved, for the third year in a row, the trifecta in the Hampden Secondary School Sports Association competition by winning the Swimming, Athletics and Cross Country events.

Congratulations to all our athletes and our Sports Coordinator Mr James Castles.

Prayer

I dreamed I stood in a studio and watched two sculptors there,
    The clay they used was a young child’s mind
    And they fashioned it with care.
One was a teacher: the tools she used were books and music
    and art;
One was a parent
    With a guiding hand and gentle loving heart.
    And when at last their work was done,
    They were proud of what they had wrought.
For the things they had worked into the child
    Could never be sold or bought!
And each agreed she would have failed if she had worked alone.

For behind the parent stood the school, and behind the teacher stood the home!

(By Cleo V. Swarat)

Lord Jesus, we thank you for our children; they are your gift and a constant reminder of your love. Amen

Andrew Watson
PRINCIPAL
**Mercy Awards**

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

Monique McKenzie Year 11 for helping at Open Night, with Home Economics Supper preparation and clean up.

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

Sarah and Maddison Bone, Year 9 and Genevieve Lee Year 10, for helping at Open Night, with Home Economics Supper preparation and clean up.

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

Amy Pemberton for displaying integrity and honesty.

**Host Families Required**

An exciting opportunity exists for you and your family. Short term host families are required for American exchange students aged 16-18 years.

Students want to experience “Aussie” life and can’t wait to be part of an Australian family. They are keen to be involved in your everyday life and experience your local communities.

Hosts can be either farm families or live in town, as long as they are keen to show them a little of “Aussie” life. The host stay is from 21st June until 11th July. Students arrive via a Vine train and all families are invited to Melbourne for a farewell lunch on Sunday 11th July.

If you and your family are interested, please contact, Julie, The Exchange Network, on 0418 507 345.

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**COMING EVENTS**

**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 Director of Teaching & Learning

Career News
Lisa Pope & James Castles

VOCATIONAL AND HIGHER EDUCATION NEWS

Interested in Media and Communications? Would you like to see what kind of projects that current University students are undertaking in this field? Then you should check out the Motif (Media of the Immediate Future) showcase website. You will be able to view the work of students undertaking the Swinburne Media and Communications course and you will be kept up to date with opportunities in the industry. To view the portal, go to www.swinburne.edu.au/lss/areas/media.html

Feeling stressed through your VCE? Then you should check out the Stress_Less@Swin initiative for VCE students. This initiative has been developed by Swinburne’s Psychology Clinic and it aims to assist VCE students cope with stress, anxiety and the challenges of the VCE. To find out more about the initiative, go to www.future.swinburne.edu.au/stress-less

Would you like to study Medicine in the future? Then you should attend a Medicine Information Evening at Deakin University. They run a four year graduate entry Bachelor of Medicine/ Bachelor of Surgery program and have the first rural medical school in Victoria. Dates for the information evenings are as follows- Ballarat: Tuesday 18 May, Ballarat Education Resource Centre, 6pm; Geelong Warn Ponds Campus: Thursday 20 May, 6pm; Melbourne Campus: Monday 24 May, 6pm. For more information and to register, go to www.deakin.edu.au/hmnbs

THE ADF GAP YEAR PROGRAM
The ADF Gap Year program is accepting applications from the 1st to 31st May 2010 for the 2011 intake of candidates for Navy or Army only. The Air Force Gap Year program has been suspended. Applications must be received online. Please return to this site from the 1st May 2010 to start the application process: http://www.defencejobs.gov.au/education/gapyear/

UNIVERSITY OF MELBOURNE

UniExperience – Thurs. 8th July - Fri. 9th July
UniExperience gives Year 11 students from Victoria’s rural and border regions the opportunity to come on-campus and experience university life first-hand. The two-day program, aims to de-mystify the university experience by giving students the chance to stay at the Parkville campus and take part in a range of valuable sessions and workshops covering all aspects of tertiary study. Cost: $100 covers all meals, overnight accommodation in the college and all materials relating to the program. For further information please see Mr. Castles.

GEELONG CAREERS EXPO – Tuesday 22nd June from 6.30pm – 9.00pm
Deakin University, Geelong Waterfront Campus, Gheringhap St, Geelong.

Are you in Year 10? Deakin University is running an information session to assist students in picking their VCE subjects. The event will be held Thursday 10 June at the Melbourne and Geelong campuses and students will have the opportunity to hear about courses and career opportunities and listen to guest speakers and current students. For more information, go to www.deakin.edu.au

Interested in La Trobe University? You should attend the popular ‘Experience La Trobe’ event at one of three campuses. You will have the opportunity to hear from current La Trobe students and lecturers, find out about courses, careers, student services, accommodation and scholarships and undertake a campus tour. You will be able to participate in interactive workshops in areas of your interest. Dates are as follows: Albury-Wodonga- Friday 18 June; Melbourne- Tuesday 6 July; Bendigo- Thursday 8 July. To register and to choose your workshops, go to www.latrobe.edu.au/study/events/experience

MAY EVENTS
30th May: Glenormiston College (South West TAFE) Open Day 10am - 4pm.

JUNE EVENTS
• 1 Mid-Year Information Evening, Swinburne Uni, Hawthorn Campus, www.swinburne.edu.au
• Experience Monash, Information Technology (1), Law (2), Health Sciences & Social Work (3), Nursing, Midwifery & Paramedics (9), Medicine, Biomedical Sciences, Nutrition, Dietetics, Radiography (16), Psychology & Behavioural Neuroscience (22), Design, Fine Art & Multimedia (23), www.monash.edu/au/study/events/atmonash
• ‘Focus on Melbourne’, Uni of Melbourne- Law (8), Environments (10), Arts (16) and Science (22), www.futurestudents.unimelb.edu.au/events
• 2 and 3: VET For a Day Program, Healesville Sanctuary, www.zoo.org.au/Learning/Programs/Student_Conferences/Careers
• 4 June Want a Careers where you Live - Deakin Uni Health Expo (Year 11 students only) -see Mr Castles before 19th May
• 10: Apprenticeships and Traineeships Taster Day, Swinburne Uni, Croydon Campus, www.swinburne.edu.au
• 16 & 17: Uni Student for a Day, Monash University, Berwick Campus, www.monash.edu.au/events
• 18: Experience LaTrobe, Albury-Wodonga Campus, [www.latrobe.edu.au/study](http://www.latrobe.edu.au/study)
• 28 – 1 July: Visual Arts Folio Workshops, La Trobe Uni, Bendigo Campus, [www.latrobe.edu.au/study](http://www.latrobe.edu.au/study)
• 29: Experience Health and Medical Sciences Day, RMIT, [www.rmit.edu.au/she/experience](http://www.rmit.edu.au/she/experience)
• 29: Discover Deakin- Deakin University, [www.deakin.edu.au](http://www.deakin.edu.au)
• 29 & 30: Test Drive Journalism & Test Drive Publicity, Promotion & PR (Berwick Campus), Monash Uni, [www.monash.edu.au/events](http://www.monash.edu.au/events)
• 30 and 1 July: Experience Electrical & Computer Engineering, RMIT, [www.rmit.edu.au/she/experience](http://www.rmit.edu.au/she/experience)

**Digital Literacy**

*Mrs. Lisa Pope*

Digital Literacy

The use of technology in education is as frightening to some as it is exciting to others. Teachers are better known for collecting mobile phones, cameras, ipods from students rather than using them in class to support a concept; yet, Mercy Regional College has invested a large amount of resources into digital media. At the O’Keeffe campus, every classroom has a smartboard; as do many at McAuley. Our teachers use laptops to connect to such media through our Internet system. Our classes continue to show students how to access digital media through the Internet, use video and digital cameras, create videos and apply imagery and sound in other design pieces. They design WebPages and use programs that are far more advanced than the Apple 2e’s I started with in teaching. For both teachers and students it has become easy to access digital media to show examples of concepts being taught in class. You Tube for example, is a great resource to find such material, but can also be great time waster!

The access to social networking sites enables people to communicate more freely, but again some people would say ‘far too freely’. Students can now download and share podcasts for student revision. I am a big fan of podcasts, especially if they are educational; they enable auditory learners another avenue to explore concepts. Recently, the school created email accounts for all students. Teachers and students are now able to send information to one another regarding class work, excursions and assessment submission. The school’s intranet provides storage for student resources and easy access to review information covered in class. PowerPoint presentations, worksheets and assessment tasks can now be easily obtained online.

‘Digital literacy’ is often referred as the ability to confidently use, participate in and understand digital media and services. Developments in digital technology have had significant effects on the way individuals interact with communications and media services. An increasingly wide range of sources of information, ways of doing business, services (including government services) and entertainment are now commonly made available and accessed online and/or through digital media. Our students will need to have knowledge of how to access digital media to participate in society. This form of communication will not only become more advanced, it will be increasingly integrated into everyday social, cultural and economic life.

It is important, as both parents and teachers, that we help our students to understand the nature of different types of digital services and the content they provide. For example, ‘Facebook’ provides an opportunity for social networking, the development of peer relations, but educating students on the content of the information that is posted through such sites is important. Potential employers now use the information from these websites to judge a person’s character. Some people believe by choosing ‘who’ has access to your profile prevents such occurrences happening, but all it takes is a so-called ‘friend’ to show another person your account, or download a questionable image and your character could be called to question. To put it simply, people need to be educated properly about the appropriateness of the content placed on networking sites and its security so that informed choices can be made about the safety of the communications environment.

The 2008, Norton Online Living Report found that 96% of online children in Australia find their information for school projects on the Internet. Increasingly, older Australians are also turning to the Internet to research products, companies and other information needed to make daily decisions in life. But how do people select the most appropriate sources? Should they use information from, say, a blog, Facebook comments, an online newspaper, a refere academic paper, Wikipedia, or some other source? Making effective use of the Internet to research a subject requires a degree of digital media literacy that enables the user to correctly interpret the range and quality of information available online. (ACMA) Schools themselves promote and communicate to their wider community through their websites. Applying for further education is now completed online; job applications and government services encourage and direct you to their online services (eg Medicare claims). Some scholars suggest that the ability to embrace participatory cultures has become a new form of ‘hidden curriculum’ which is starting to shape who will succeed and who will be left behind as people enter school and move out into the workplace.
However, as we embrace technology we must remember its place. As our students begin to sit the mid year examinations for their VCE, our students need to revert to pen and paper. The final end-of-year English exam is three hours of handwriting and whilst CAS Calculators have now become part of the Maths curriculum, it is a long way off before all Year 12 students will have access to a computer to submit their final Year 12 essay! Access to digital media, through sites such as You Tube, offers diversity in learning, but once again it is educating the students to make sensible choices regarding the content, the validity and time given (or wasted) to find such material. Students are able to bring ipods to school at Mercy, but must seek the teachers’ permission to use them. It is not a student’s right, but the teacher’s discretion that makes this decision and if the content is inappropriate or its use is disruptive to the learning process then they will be removed and parents will be asked to collect the ipods. Mobile phones need to be registered and turned off during the day; if they are used inappropriately at school they will be confiscated. Poor choices have consequences!

For educators, which include our parent community we need to find a balance with digital media and Internet connectivity, discuss the issues and educate our children to act responsibly and respectfully. We need to teach our students to protect themselves from risk, analyse material for validity, make informed choices regarding the posting of any material and remember the very public nature of this type of medium. Technology and the use of digital media is important in education. It does have its place. It is already embedded throughout society. However, the challenge is not “which button do I press to get this thing to work?” But rather “when I press this button what are the consequences?”

**VCAL Report**
*Kane Veenstra and Darci Unwin*

The Mercy Regional College VCAL team are doing some work for Fr. Matthew. We are building a ramp for his dogs, Sam and Rosie, a chook run and a vegetable garden.

If you want to keep up-to-date with the VCAL projects, then go to www.myspace.com/mercy.garden to view the weekly blogs and photos.

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**Diocesan Youth Ministry**

**Commissioning Mass.**

**Come and Celebrate Together**

**SATURDAY 29th MAY 2010**

6.30pm in St Patrick’s Cathedral, Ballarat

**Stay for the ‘Soup Supper’ and share about YOUR place with others from across the Diocese**

Mass will include:

- The Official Commissioning of Stef Lloyd, our new Diocesan Youth Ministry Coordinator; Chelsea Ryan (Ballarat East) and Tara Fitzgibbon (Maryborough) new Diocesan Youth Council members.

- The Introduction of Casey McLoughlan, newly appointed Regional Youth Ministry Animator for the Ballarat Parishes.

**Stay after Mass:**

- To Meet and Greet the Diocesan Youth Council - share what's happening in your place and your ideas for youth ministry.

- And say hello to our Special Guests:
  * Sr Janette from the MacYac – Mackillop Young Adult Community at Glenroy in Melbourne AND Malcolm Hart - Senior Youth Ministry Projects Officer for Australia.

**If you would like to be involved contact Stef on 0457 981 252**

ALL WELCOME
Sports Report
Mr James Castles

MRC Cross-Country

Well done to all students who represented the college at yesterdays Cross Country.

Age Champions
Haylee Davis Yr 13 Girls Age Champion
Declan O'Connor Yr 15 Boys Age Champion
Jocelyn McDonald Yr 16 Girls Age Champion
Daniel Watson Yr 16 Boys Age Champion

Haylee Davis has now won MRC Age Champion in Swimming, Athletics and Cross Country and HSSSA Age Champion in Swimming, Athletics, and Cross Country

Defence Force Youth Challenge - Geelong
Mr James Castles

Seven students from Mercy Regional College volunteered their time to attend a Defence Force Youth Leadership Program, in Geelong, on Monday 3rd of May. The program aimed at bringing together young Australians, politicians, ADF personnel (many of whom will have direct and recent peacekeeping experience) and community representatives, to explore many of the issues surrounding Defence and Australia's future. From the program, our students will benefit most from the Youth Challenge Program as it is particularly relevant to SOSE, Citizenship and English curriculum areas.

Congratulations to Tyson Osborne, Isabel King, Meagan Carlin, Emily Field, Samantha Alexander, Mereanna Vickers, and Lucy Place for participating in the program.
## YEAR 7 Exam Timetable – SEMESTER 1 (JUNE) 2010

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<tr>
<td>TUESDAY</td>
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<td>SCIENCE</td>
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<td>8th JUNE</td>
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<td>WEDNESDAY</td>
<td>MATHS</td>
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## YEAR 8 Exam Timetable – SEMESTER 1 (JUNE) 2010

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<td>HUMANITIES (SOSE)</td>
<td>O’Keefe Campus</td>
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**NB:**
- All Junior Exams will be conducted at the O’Keefe campus.
- Class will run as normal in the afternoon.
- School uniform is to be worn.
- Students will use loose leaf to exams.
- Exam conditions apply for all exams.
- Students will not be permitted to leave the room until the designated finish time.
- Students are to bring a novel (not the newspaper) to read if they finish early.

## YEAR 9 Exam Timetable – SEMESTER 1 (15th and 16th June) 2010

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<tr>
<td>Wednesday</td>
<td>SCIENCE</td>
<td>Stadium</td>
<td>SOSE</td>
<td>Stadium</td>
<td>NORMAL CLASS</td>
<td>NORMAL CLASS</td>
</tr>
<tr>
<td>16th June</td>
<td></td>
<td></td>
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</tbody>
</table>

**NB:**
- School uniform is to be worn to the school for the exams.
- Students will need to bring loose leaf paper to exams.
- Exam conditions apply for all exams.
- Students will not be permitted to leave the room until the designated finish time.
- Students must bring a novel (not the newspaper) to read if they finish early.
### YEAR 10 Exam Timetable – SEMESTER 1 (8th, 9th and 10th) June 2010

<table>
<thead>
<tr>
<th>DAY</th>
<th>EXAM</th>
<th>ROOM</th>
<th>EXAM</th>
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<th>EXAM</th>
<th>ROOM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 8th June</td>
<td>ENGLISH</td>
<td>Stadium</td>
<td>MATHS</td>
<td>Stadium</td>
<td>Food Technology Graphic Design Textiles</td>
<td>Stadium</td>
</tr>
<tr>
<td>Wednesday 9th June</td>
<td>SCIENCE</td>
<td>Stadium</td>
<td>WOODWORK ART PHOTOGRAPHY ADVANCED COMPUTER APPLICATIONS</td>
<td>Stadium</td>
<td>PHYSICAL EDUCATION</td>
<td>Stadium</td>
</tr>
<tr>
<td>Thursday 10th June</td>
<td>BUSINESS MANAGEMENT OUTDOOR EDUCATION PSYCHOLOGY BUILDING &amp; CONSTRUCTION HISTORY</td>
<td>Stadium</td>
<td>NORMAL CLASSES</td>
<td>NORMAL CLASS ROOM</td>
<td>NORMAL CLASSES</td>
<td>NORMAL CLASS ROOM</td>
</tr>
</tbody>
</table>

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### YEAR 11 Exam Timetable – SEMESTER 1 (JUNE 2010)

<table>
<thead>
<tr>
<th>DAY</th>
<th>EXAM</th>
<th>ROOM</th>
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<th>ROOM</th>
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</thead>
<tbody>
<tr>
<td>Tuesday 15th June</td>
<td>ENGLISH Reading Time: 9:20 – 9:30 am; Writing Time: 9:30 – 11:00 am</td>
<td>Stadium</td>
<td>STUDY 12:00-12:30pm Unit 3 classes as normal</td>
<td>BRB01</td>
<td>CHEMISTRY DESIGN &amp; TECH STUDY Unit 3 classes as normal</td>
<td>Stadium WW BRB07</td>
</tr>
<tr>
<td>Wednesday 16th June</td>
<td>PHYS ED LITERATURE Unit 3 classes as normal</td>
<td>Stadium</td>
<td>LEGAL STUDIES BIOLOGY PHYSICS STUDY Unit 3 classes as normal</td>
<td>BRB01</td>
<td>GENERAL MATHEMATICS (Mr. Scannion) MATHS METHODS (1: Tech Free) (Mr. Scannion)</td>
<td>Stadium</td>
</tr>
<tr>
<td>Thursday 17th June</td>
<td>HEALTH &amp; HD GEN MATHS ADVANCED (Mr. Ludman) STUDY/Unit 3 classes as normal</td>
<td>Stadium</td>
<td>INFORMATION TECH VCAD STUDY Unit 3 classes as normal</td>
<td>BRB07</td>
<td>MATHS METHODS (2: Calculator) STUDIO ARTS NB: Food Tech exam to be held during periods 3 and 4 on Friday 19th June</td>
<td>Stadium BRB01</td>
</tr>
</tbody>
</table>

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- Exam conditions apply for all exams.
- Students will not be permitted to leave the room until the designated finish time.
- Students may bring a novel (not the newspaper) to read if they finish early.
- Unit 3 classes will run as normal. If a student has no exams in a particular session and their normal Unit3/4 class is running, then they are to attend that class.
We Cannot Change What’s Passed

I remember being told years ago that getting old doesn’t have much to recommend it. That didn’t mean a lot to me then but, now that the ravages of time are beginning to take their toll, it does have some relevance. The number of advertisements for what we might call ‘anti-ageing’ formulas is testimony to how we try to resist the ageing process. There’s a massive industry built on our fear of growing older. While growing older brings with it some new challenges, it is also a time of remembering, a time of insight and promise. Our memories and stories from the past can enable us to recognise achievements and skills which are helpful for the future and these same memories and stories can be a source of inner healing, courage, wisdom and insight.

In her song “The Pilgrim”, Enya reminds us: ‘You cannot change what’s over, only where you go’. No matter what age we may be, parts of our life are now gone and can never be relived. There were times of happiness and sorrow, times of great expectations, excitement and disappointments, times of success and failure, times when we wondered how we’d turn out when we grew up, would we get married, what jobs we’d have, whether we’d have children. Those pages in our stories have already been written. We can view them with melancholy, as some do, or we can look back on them with a sense of satisfaction and gratitude – we can look back on the good times and the bad and take with us the lessons we have learned.

But often we are assailed by a nagging sense that there are things we have not finished, unfulfilled promises not kept, plans as yet unrealised. ‘I wish I had…’, ‘I should have…’ ‘I really wanted to…’ pepper our speech and thoughts. We may often think of things left undone or unsaid. I should have said this or that, or I could have done this or that far better. Sometimes this nagging sense gives us the feeling of being unfulfilled or even being inadequate. And that’s as it should be. None of us is perfect, we all have weaknesses and failures, all of us could have done things better. The Apostle Paul acknowledges that when he wrote: I cannot understand my own behaviour: I do not act as I mean to, I even do the things that I hate (Rom 7:15).

To be human is to be inadequate. We never quite make it – we are always restless, in search of something more, something better. We make mistakes, we have all done some things we are not proud of. Only God is perfect – in fact, it is only in God that we will find our own perfection and our lifetime journey is that search for intimacy with God, that fulfilment we so desperately seek that only a relationship with God can bring.

The desire for God is written in the human heart, because each person is created by God and for God: and God never ceases to draw each person to himself. Only in God will each person find the truth and happiness that they never stop searching for.

There are two important messages here – that God never ceases to seek us out – no matter what! We believe in a compassionate God who loves us dearly – in our good times and in the bad. Several of Jesus’ stories highlight God’s desire to be with us – sometimes as we grow older, some of us can be so racked with guilt and fear that we forget that God loves us so dearly. The Catechism reminds us, however, that “the invisible God, from the fullness of his love, addresses us as friends, and moves among us, in order to invite us into his own company (Catechism of the Catholic Church#142). That’s a powerful message!

Secondly, the desire for God is basic to our nature – the desire for God is written into our hearts no matter what age we may be. God’s call to ‘metanoia’ or a change of heart is as real now as it was when we were twenty or thirty or whatever. We are still called to renewal, still called to deepen our friendship with God, still called to use the gifts of creativity and imagination that God has placed in our hearts and minds. That realization can generate hope and renewed energy in our lives. We can and ought to seek forgiveness for past wrongs and inadequacies. In seeking that forgiveness there is healing for past wrongs and inadequacies which plague us all, but with it should come hope and renewal, a renewed energy for the future. We cannot change what has passed, only where we choose to go and what we choose to do now. What the past offers is the wisdom to learn from what we have done, what we have chosen and what we may have neglected.

So as we begin to grow older there comes the call to openness in ways which we might deepen our relationship with God and with others, an openness to new possibilities. This time of life brings with it the opportunity to put our achievements and ambitions into perspective, the opportunity to reflect on our relationship with God, to develop a deeper personal spirituality. In pursuing such a course the author of the Book of Sirach, otherwise known as the Wisdom of Ben Sirach reminds us of what we may discover:

How attractive is sound judgement in the grey-haired and for the aged to know how to advise.
How fine a thing wisdom is in the aged
and considered advice coming from people of such distinction.
Rich experience is the crown of the aged,
their glory the fear of the Lord. (Sirach 25:4-6)

Regards

Jim Quillinan

Phone: 0401 933 023
Email: jquillinan@dcsi.net.au

11 May 2010
Parenting Young Adolescents

A seminar for parents of 10 – 14 year olds

Parenting Young Adolescents will
- help parents understand and cope better with the challenges of early adolescence
- provide parents with information for developing and maintaining positive relationships with their young adolescents

During the session parents have the opportunity to discuss strategies and ideas including:
- adolescent development
- boundary setting
- building a strong relationship
- parental self care

WHERE: O’Keefe Campus of Mercy Regional College Noora

WHEN: Wednesday 21st July 2010

TIME: 7.00pm

COST: Gold Coin Donation – Supper in

Registration is essential

Contact Chris Moloney 5592 2017 or Mercy Regional College 5592 5353

1st Cobden Scout Group Fundraiser

Melbourne Bus Trip
Sunday 25th July

Drop off/Pick up right on the edge of the CBD at Melbourne Exhibition Centre
Walk in the door to

The Melbourne Craft and Quilt Fair

Scrapbooking, Beading, Crossstitch, Quilting, Knitting and more - displays, demonstrations and workshops.
(buy your tickets at the door on the day)

Or

Walk across the bridge to the Melbourne CBD and you decide where to have fun.

Crown Casino - 5 minute walk
Southbank Sunday Markets - 10 minute walk
Direct Factory Outlets - Spencer St - 5 minute walk
(Over 120 Big Brand Shopping Names, Big Bargains, Big Savings.)
Crown Cinema Complex and Kingpin Bowling - 5 minutes
The Melbourne Aquarium - see the penguins - 5 minute walk
Melbourne Migration Museum - 5 minute walk
The Free city circle tram runs every 12 minutes from just over the bridge.

Sunday 25th July

$25 for Coach only ($15 Deposit Non-Refundable)

Cobden Scout Hall - 7.30am Pick up
Camperdown Clock Tower - 7.40am Pick up
Colac Memorial Square - 8.05am Pick up

4.00pm Melbourne Convention Centre (home by 6.30pm)

Phone Alison 5595 2282 to book your seat before July 16th
What is whooping cough?
Whooping cough is a highly contagious disease caused by the bacteria Bordetella pertussis and is spread by droplets from coughing and sneezing to 70–100% of susceptible household contacts and 50–80% of susceptible school contacts. Susceptible people are those who are either unvaccinated or have waning immunity since childhood vaccines. Whooping cough is particularly serious in infants under 12 months of age, while older children and adults usually have a milder disease.

What are the symptoms?
Symptoms may vary for different ages but initial symptoms are usually similar to a cold. Severe cases develop sudden attacks of repetitive coughing and often a characteristic 'whoop' as the person gasps for breath. Not all cases get the 'whoop'. Babies may stop breathing (apnoea). Vomiting often follows a coughing spasm. A person with whooping cough is infectious for up to three weeks after they start coughing. The cough may last for months.

Who should be immunised?
Babies are at risk from birth as no pertussis protection is passed from mother to newborn infant. Complete immunisation of children and parents remains the most effective measure to control whooping cough. Pertussis vaccination is offered as part of the government funded immunisation program for children at 2, 4, 6 months, at 4 years and in year 10 of secondary school (or 15 years of age).

People become immune either through pertussis immunisation or by catching the disease itself, but protection is not life long and begins to wane after 6–10 years. Sometimes immunised people still contract pertussis, but they are likely to have a less severe illness and may not have the typical whoop.

Adult pertussis booster vaccines (combined with diphtheria and tetanus) are recommended for the following groups who have previously completed a primary (childhood) course of vaccine:
- Adults before planning pregnancy or for both parents as soon as possible after birth
- Adults working with or caring for very young babies, especially health-care workers and child-care workers
- Any adult wishing to protect themselves against whooping cough

Pertussis-containing vaccines licensed for use in Australia are Adacel® or Boostrix®.

It is important to note that Boostrix® is only provided free to adolescents in Year 10 (or age equivalent). Since June 2009 booster vaccine is provided free to parents of new babies. Whilst pertussis booster vaccine is strongly recommended for the other groups outlined, it is not funded. All parents with children under eight years of age are urged to check their child's immunisations and catch up any missed doses if necessary with their doctor or council immunisation program.

What if my child has whooping cough?
If your child has whooping cough, they should not attend school, pre-school, day-care or similar settings where there are young children and infants for 21 days from onset of coughing or until they have received at least the first 5 days of a course of antibiotics. If your child has been coughing for more than 21 days, they are no longer infectious and can go back to school or child-care. In these circumstances, antibiotic treatment is not usually needed.

What about others who may be in contact with someone who has whooping cough?
Household members and very close contacts of someone with whooping cough may also be infectious. If you think you or your child may have whooping cough, please consult your doctor as soon as possible. There are tests available (either a swab taken from the nose/throat or a blood test) to determine if you have whooping cough.

Antibiotics are not always recommended and should only be given within 14 days after last contact with the infectious case (for infants <12 months within 21 days after last contact). Antibiotics rarely prevent other people from getting whooping cough and their use should be limited to household or institutional (eg hospital) contacts at high risk that have had direct contact with an infectious case. High risk contacts are e.g. infants <12 months of age, pregnant women in the last 4 weeks of pregnancy and people with suppressed immune function.

Can my child go to school?
Children less than 7 years of age who have not received 3 doses of a pertussis containing vaccine should be excluded from school/children's services centres if they were in the same room with an infectious case. Exclusion is for 14 days after the last exposure to the infectious case, or until they have taken 5 days of a course of effective antibiotic treatment.

For further information, please contact the Communicable Disease Prevention and Control Unit at the Department of Health on 1300 65 11 60.

February 2010

Department of Health
Our Fortunate Lives

“The Radio Show”
St Thomas’ year 5 & 6 students and the residents of Mount View invite you to come back in time for a chance to enjoy song, story and dance.

Monday 31st May 2010
from 12.30pm (inc. supper)
At the May Noonan Hostel, 3 Foley Street Terang

Wednesday 2nd June 2010
from 1.30pm (inc. afternoon tea)
At the Terang Civic Centre, High Street Terang

CD Available for purchase for $5.00
Dear Parent,

Are you concerned about your child drinking alcohol? You have every right to be. Australian research shows that 96 percent of kids under the age of 17 have tried alcohol, with 21 percent drinking alcohol every week.

Why should you be concerned?
New research shows young people’s brains can be seriously damaged from drinking alcohol. There is now evidence to suggest that binge drinking destroys the growing brain’s ability to relay information between cells.

One third of 12-17yr old drinkers are consuming at harmful levels. It indicates kids have easy access to alcohol and are drinking too much.

What can you do?
As a parent, you are the most important role model for your child. Your attitude to alcohol and personal behaviour will have a big influence on your child and the decisions they make:

- **Talk to your child and be involved in their life** – if you know what is going on and can talk openly, you are more likely to be able to influence your child’s attitude towards drinking.
- **Know where your teenager is** – check where the parties are going to be, whether they are supervised and if alcohol is being served.
- **Talk to other parents** – presenting a united front makes it easier for everyone.
- **Use alcohol responsibly yourself and be a responsible host**. Show your children that you can also have fun without alcohol too.
- **Encourage your child not to drink until they are at least 16 years old**.
- **Point out the risks** – don’t be afraid to disapprove of unsafe drinking behaviour.
- **Inform yourself** – log onto www.adf.org.au for more information.

What are we doing?
In most Australian states and territories, it is still legal for anybody to provide your child with any amount of alcohol on private property, without your permission. Without the right laws in place, there is nothing to protect young people against drinking a damaging amount and drinking without parental consent.

In Queensland New South Wales and Tasmania, it is illegal to supply alcohol to kids under the age of 18 without a parent’s permission. We believe the protection of young people in those cases should be extended to all young Australians regardless of where they live.

The Australian Drug Foundation is campaigning to strengthen Australia’s laws to protect young people. Register your support for a national law by visiting www.adf.org.au

Yours sincerely,

John Rogerson  
CEO  
Australian Drug Foundation
Expression of Interest

Please complete the “Expression of Interest” form below if you are interested in participating in a cooking Master Class in the new MRC Commercial Kitchen with Mr. Dean Jeffery

Proposed details are as follows –

Time: 7:00 – 9:30 pm
Day: Wednesday
Dates: Term 3 (to be advised)
Cost: $100 for a 5 week course

Please detach and return this part to the College office.

Expression of Interest Form

Name: ________________________________________

Address: ______________________________________

____________________________________

Contact Phone No: ______________________________