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.

Refugee & Migrant Sunday - 29th August
Last Sunday, the Church celebrated refugees and migrants. It is a time to raise our awareness and offer prayers for our displaced brothers and sisters. MIGRANTS are people who have moved to a different place in search of better life opportunities. Apart from its indigenous peoples, Australia is a country of immigrants. After World War Two, thousands of people came here, both as refugees and as immigrants – particularly from the British Isles, Italy and Greece and they have contributed greatly to the colourful and cultural mix which we now take for granted.

Voluntary migration has been scaled down in recent decades and most migrants now come to Australia under the Skilled Migration Program, which sets quotas and seeks people with skills that are in short supply here. The 2009/10 Budget announced 108,100 places in this year’s program.

REFUGEES are people who have fled from their home because of persecution or the well-justified fear of it. These people are usually (not always) in a country outside their own, where they have sought ASYLUM on grounds that would justify their being classed as a REFUGEE. A country which has signed the 1951 United Nations Convention relating to Refugees and the associated UN 1967 Protocol has agreed that it will not send asylum seekers back to a country where their lives will be at risk.

The Catholic Church, through the Australian Catholic Migrant and Refugee Office, pleads the cause of refugees and asylum seekers because the Gospel compels us to do so. We remain hopeful that the hearts and minds of Australia's people will increasingly support the more humane treatment of refugees and asylum seekers which the Federal Government began in 2008.

The nation's response should be just, compassionate and consistent with our obligations under International Law and the 1951 UN Convention on Refugees and other Conventions to which Australia is a signatory.

Victorian Catholic Schools at a Glance 2010
Each year the Catholic Education Commission of Victoria (CECV) publishes “Victorian Catholic Schools at a Glance” which presents a useful snapshot of statistics related to Catholic schools in Victoria. It provides a concise and accessible overview of school enrolments, numbers of staff, numbers of schools and details of new and closed schools. I have attached this information to this week’s newsletter.

New Appointments for 2011
Over the last few months discussions have been held with the Catholic Education Office and also with our Canonical Administrators about the increasing size of the College and the extra demands placed on our current structures and staff. With an increase in size there is a need to respond with appropriate changes to our leadership structure that will better serve the needs of staff and students.

Therefore, I am pleased to advise you that from the beginning of 2011 the College will have two Deputy Principals: Deputy Principal – Student Wellbeing and Deputy Principal – Teaching & Learning.

Mr. Kerin Glennen will continue his good work in his area of expertise as Deputy Principal – Student Wellbeing. This is an area of the school that Kerin has managed very effectively and is certainly an area that Kerin has great passion for.
I am delighted to announce that Ms Lisa Pope has been appointed Deputy Principal - Teaching & Learning. Again this is an area that Lisa has lead in an outstanding way for the last eight years as firstly, Curriculum Coordinator and most recently, as Director of Teaching and Learning.

The responsibilities in teaching and learning are certainly going to continue to grow as the College participates in the School Improvement Framework and as the National Curriculum is implemented. Lisa is very experienced in this area and with her completion of Masters of Educational Leadership at the end of this year, is highly qualified for the position.

I thank Lisa for being prepared to take on this important leadership role within the College.

**HCSN Combined School Boards Dinner**

Last Wednesday, Mercy hosted a dinner for the school Boards of St Patrick's, St Thomas', St Colman's and Mercy Regional College. This is provided an opportunity for the schools to recognize the significant contribution that Board members make to the life of each school and provides the opportunity to thank our Board members for the time they give up in service of our community.

The guest speaker for the evening was Mr. Coilin O’Coigligh, a Principal, on exchange from Ireland for the year.

Congratulations are extended to the members of the Mercy Regional College Choir who performed magnificently on the evening. A special mention must also go to Mr. Hugh Saunders who prepared the choir for the evening and also to Toby McKenzie for his very moving rendition of O’Danny Boy.

The members of the Mercy Regional Choir were:

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<tr>
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<tr>
<td>Liam Johnson 7B</td>
<td>Lachlan Evers 7B</td>
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<tr>
<td>Jackie McKay 7D</td>
<td>Laura Glennen 8A</td>
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<tr>
<td>Rebecca Couch 7D</td>
<td>Chloe Zentai 8B</td>
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<td>Allie Eastwood 7D</td>
<td>Kirsty Almond 8A</td>
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<tr>
<td>Billy Buckingham 7D</td>
<td>Samantha Cornelissen 8A</td>
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<td>Olivia Giblin 7C</td>
<td>Ruby Johnstone 8A</td>
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<td>Natalie O’Connor 7A</td>
<td>Rachael O’Connor 9A</td>
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<tr>
<td>Jasmine Adlam 7D</td>
<td>Toby McKenzie 9C</td>
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<td>Ebony Reynolds 7A</td>
<td>Kelsey Alexander 11</td>
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<td>Brooke Sutterby 7A</td>
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My appreciation is extended to the students who waited on the tables during the evening. Thank you to:

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<tr>
<td>Chris Almond</td>
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<td>Kerry Geppert</td>
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<td>Simone Fleming</td>
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<td>Amity Pope</td>
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<td>Jaala Perkins</td>
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<td>Monique McKenzie</td>
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**Thomas Carr College/ Mercy Regional College Exchange**

This week, 20 students, 10 from Mercy and 10 from Thomas Carr will be participating in the TCC/MRC exchange. We welcome our visitors from Thomas Carr College.

While at Mercy the students from TCC will enjoy the sights of the local area, experience life on a dairy farm and visit Port Campbell and the Twelve Apostles. While in Melbourne, our students will enjoy the sights of Melbourne, visit a number of the city attractions and dine in cosmopolitan Richmond.

It should be a wonderful experience for all students involved.

**Preparing our Year 12 Students**

There are only six weeks of Year 12 classes left and the VCE exams commence at the end of October. Over the past couple of weeks I have witnessed extra classes being held after school, on weekends and at lunchtimes, in most subject areas.

The recent Year 12 progress reports contained many offers of advice by teachers of extra individual help for any student who requires it.

At the beginning of Term 4 trial English and Maths exams are being held on Monday, 4th October, for all students. In between time all other subjects will be vying for time for their practice exams. Many teachers are also setting aside time during the September holidays for extra classes and revision.

All in all our Year 12 students are very fortunate to have a dedicated team of VCE teachers willing to assist them in any way possible to be well prepared for the forthcoming exams.

In return I hope that our students will:
- Make the most of the extra classes being offered
- Attend all scheduled practice exams
- Ask their teachers for assistance
- Commence an extensive study and revision program (NOW!!)
- Review their commitments outside of school to ensure that study in NOW the NUMBER ONE PRIORITY
- Make some sensible choices in terms of social activities, especially on weekends

To do all of the above our students will require the support, guidance and wisdom of parents. Now is the time for both parents and students to agree to some guidelines for the coming weeks.

I look forward to celebrating the success of our students in early December.
Car Raffle
Wednesday, 1st September marked the beginning of the 36th year of the Mercy Regional College Car Raffle. The car raffle is certainly now the most important fund-raising effort of our PTFA. Raffle books and rosters for selling tickets have been posted home to all families.

This year’s prizes are as follows:

1st Prize:
2010 Ford Focus LX Hatch valued at $27,999 including on road costs (Auto, prestige paint, air conditioning, power steering, cruise control CD player, alloy wheels 6 air bags and ABS) supplied courtesy of McKenzie Ford, Colac and Supported by Manifold Motors, Camperdown.

2nd Prize:
Travel Voucher valued at $2000 supplied courtesy of Harvey World Travel, Camperdown.

3rd Prize:
Electrical Goods Voucher valued at $1000 supplied courtesy of Camperdown Retravision.

4th Prize:
Nutrimetrics Pamper Pack valued at $250 supplied courtesy of Helen Bourke, Kolaro.

5th Prize:
Fuel Voucher valued at $250 supplied courtesy of Steven Lucas, BP Camperdown.

6th Prize:
Jewellery Voucher valued at $200 supplied courtesy of Showcase Jewellers, Camperdown and Colac.

7th Prize:
Dinner Voucher valued at $100 supplied courtesy of Madden’s Bar & Bistro, Camperdown.

This festival was established a number of years ago to promote public speaking amongst secondary schools in the Mercy tradition.

Thank you to the following students who participated: Elise Bant and Thomas Skene in public speaking; Natalie Heyden, Samantha Alexander, Connor Saunders, James Devlin and Grace Evans in debating.

I also take this opportunity to thank Mrs. Jenny Phillips and Mr. Lachie Lee for their preparation of our public speakers.

Class Masses for Term 3
During term 3 all homerooms will celebrate the Eucharist with one of our local parishes on a Friday morning. This provides us with the opportunity to strengthen our links with the parishes and also provide another opportunity for our students to participate in the celebration of the Eucharist.

Year 9 to 11 homerooms will attend St Patrick’s Church Camperdown at 9.30am Mass. Our Year 7 & 8 homerooms will attend St Thomas’ Church in Terang at 10.00am.

I extend an invitation to parents and friends to also attend when their son or daughter’s homeroom is scheduled.

Mass Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Homeroom Attending Mass</th>
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<tr>
<td>Friday 3rd September</td>
<td>Year 10B Year 8B</td>
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<tr>
<td>Friday 17th September</td>
<td>Year 10C Year 8C</td>
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Prayer
Lord, Jesus Christ, you are the foundation and centre of history.
You are the Alpha and the Omega, the first and the last, the beginning and the end.
You are our meaning and ultimate goal;
You are the Word and image of God.
Through you all things were made.
We are called to reflect the face of Christ to all.
Let us pray to him, our model and guide:
Shed your light, O Christ, upon the pilgrim paths we travel.
Be our wisdom and guide. May we help others find a way to you,
That they may experience you as an answer that is convincing and accept your message, even when it is demanding.
In your name we pray.
Amen
Along the Track
I have attached to this newsletter, for your interest, on page 9, a reflection titled “The Things That Sustain Us” written by Jim Quilinan from the Diocesan Catholic Education Office in Warragul. I hope you enjoy this reading.

Andrew Watson
PRINCIPAL

Mercy Awards
Senior School (Year 11 & 12) Mercy Award
Lauren field for fundraising and organisation for the Year 12's.

Middle School (Yr 9 & 10) Mercy Award
Toby McKenzie, for always being prepared to assist his peers and teachers in the classroom.

Junior School (Yr 7 & 8) Mercy Award
Meg O’Sullivan for being helpful towards other students in class.

V/Line Life Training
Report by: Michael Krybolder and Emily Field
On Tuesday morning all the year 10 students made their way to St Patrick’s church to listen to “Life Training” run by V/Line.

It was all about depression and anxiety and how to get the best out of yourself and be the best person you can. We had Nathan Thompson (179 games of AFL football), Sally Coates (Beyond Blue) and Trent Hotton (retired AFL player, Leading Teams) all present to us. Nathan Thompson and Sally Coates presented for the first half about depression and anxiety.

They talked to us about how to deal with depression, and anxiety and how it affects the community and where to get help. Nathan Thompson talked about his experience with depression and how he handled it. We watched videos from Beyond Blue about depression and anxiety.

In the second half of the day we participated in the “Leading Team” presentation on life skills with Trent Hotton and Nathan Thompson. In this presentation we filled out a booklet on the steps that we take in life and our goals. Nathan and Trent talked about some events in their lives.

At the end the day they presented to a girl and a boy a gift for being the best participants. A football was presented to Daniel Watson and a netball was presented to Mereanna Vickers.

It was a great day and we gained much from it.

From the Business Manager
Lynn Wadley
Could the person who made a Netbank school fee transfer to the College on 19th August please contact Lynn Wadley with details of the transfer so we can credit the amount to your fee account. There was no reference number or name with the transaction.

Can I please remind parents that when they are making payments to the College via Internet Banking that you remember to put your name and fee account number as a reference with the transaction. Thanking you.

Year 12 Graduation Photo Orders
Reminder to all graduating students, that photo orders are now due.
Please fill in the envelope supplied and return with payment to Jordan Clarke or Lyn Davies ASAP.
If you have misplaced your envelope please ask Jordan for a replacement.
### Term 3

**Monday 6th September**  
PTFA Meeting @ 7.30pm O’Keeffe Campus

**Thursday 16th September**  
Year 12 Trial English Exam

**Friday 17th September**  
Term 3 concludes

**Monday 20th September**  
Central Australia Trip commences

**Wednesday 29th September**  
Central Australia Trip concludes

### Term 4

**Monday 4th October**  
Staff PD Day  
VCE English & Maths Trial Exams

**Tuesday 5th October**  
Students commence Term 4

**Wednesday 6th October**  
Year 9 Melbourne Camp commences

**Thursday 7th October**  
Grade 5 Transition & Country Kids Day at O’Keeffe

**Friday 8th October**  
Year 9 Melbourne Camp concludes

**Tuesday 12th October**  
HCSN Celebration of the Canonisation of Mary MacKillop  
Finance Committee meeting 3.00pm

**Sunday 17th October**  
Canonisation of Mary MacKillop

**Tuesday 19th October**  
Board Meeting 7.30pm

**Thursday 21st October**  
Year 12 Farewell Assembly

**Friday 22nd October**  
Junior School Oratory Competition

**Monday 25th October**  
PTFA Meeting 7.30pm McAuley Campus

**Thursday 28th October**  
VCE Exams commence

**Monday 1st November**  
School Board Holiday

**Tuesday 2nd November**  
Melbourne Cup Holiday

**Wednesday 3rd November**  
Outdoor Ed Camp commences

**Friday 5th November**  
Outdoor Ed Camp concludes

**Tuesday 9th November**  
Finance Committee meeting 3.00pm

**Tuesday 16th November**  
Board Meeting 7.30pm

**Wednesday 17th November**  
Arts Night and Car Raffle Draw commencing at 7.30pm

**Friday 19th November**  
Year 11 Exams commence  
VCE Exams conclude  
Graduation Mass & Dinner commences at 6.00pm

**Wednesday 24th November**  
Year 11 Exams conclude & Year 11 to 12 Transition commences

**Thursday 25th November**  
Instrumental Concert

**Friday 26th November**  
Year 11 to 12 Transition concludes  
Year 11 students conclude

**Monday 29th November**  
Year 7 2011 Orientation Day (no classes for current Year 7 students)  
Leadership Camp

**Tuesday 30th November**  
Leadership Camp  
Year 7, 8 & 10 Exams

**Wednesday 1st December**  
Year 7, 8 9 & 10 Exams

**Thursday 2nd December**  
Year 9 & 10 Exams

**Friday 3rd December**  
Year 7 – 10 students conclude

**Monday 6th December**  
Year 7 2011 - On Demand Testing

**Tuesday 7th December**  
Year 7 2011 - On Demand Testing  
Mass of Thanksgiving & Presentation of Awards commencing 7.00pm

**Friday 10th December**  
Teaching Staff conclude

**Wednesday 15th December**  
Non Teaching Staff conclude  
Office closes
From the Director of Teaching & Learning
Lisa Pope

Curriculum Update

The Teaching & Learning team have spent this term reviewing Mercy Regional College’s Assessment Guidelines. The guidelines have been designed to ensure that our staff and students maintain a consistent approach to assessment procedures. As part of our guidelines we have listed responsibilities for both students and teachers in regards to assessment.

These responsibilities are outlined below.

Student Responsibilities:
- submit all out-of-class assessment tasks for marking on or before the due date
- attempt all in-class assessment tasks on the scheduled date.
- maintain a good record of attendance, conduct and progress (a student who is absent from a class for less than 80% of the semester is deemed to be ‘at risk’ of not achieving the best possible result for the unit)
- initiate contact with teachers concerning absence from class, missed in-class assessment tasks, requests for extension of the due date for out-of-class assessment tasks and other issues pertaining to assessment.

Teacher Responsibilities:
- ensure that all assessment tasks are fair, valid and reliable
- provide students with timely assessment feedback and guidance within a period of 2 weeks
- maintain accurate records of student achievement
- meet school and external timelines for assessment and reporting
- inform students and parents of academic progress as appropriate.
- Assessment dates to be placed on class calendar in SIMON

Acceptable reasons for non-submission or non-completion of assessment:

The penalty for non-submission or non-completion will be waived if the student provides a reason, which is acceptable to the college.

For example:
- where sickness, injury or significant personal circumstances for part or all of the period of an out-of-class assessment task prevents completion and submission.
- where sickness, injury or significant personal circumstances prevents a student attending on the day that an in-class assessment task is scheduled.

In such cases the parent/guardian must:
- contact the college before 9.00am on the day and
- provide either a medical certificate or a letter of explanation immediately the student returns

Where the student provides a reason, which is acceptable to the college for the non-submission, or non-completion of an assessment task the teacher will:
- negotiate an adjusted due date for an out-of-class assessment task or an adjusted date for an in-class assessment task (generally, within two days of the student’s return), or
- re-weight the student’s marks for other tasks (if, in the opinion of the teacher, sufficient evidence exists in the other tasks completed to enable a grade to be assigned), or
- decide on an alternate assessment task if, in the opinion of the teacher, the assessment is no longer confidential, or
- statistically estimate the student’s mark for the assessment task on the basis of their marks in similar tasks

Events that can be rescheduled are NOT a valid reason for non-completion or non-submission of an assessment task (e.g. sitting a driver’s licence test, preparation for the school ball).

Family holidays during the term are not considered a valid reason for non-completion or non-submission of an assessment task. In exceptional circumstances, the parent/guardian may negotiate with the subject teacher the development of an individual assessment plan.
Subject Selections for 2011

The curriculum team has also been working hard on allocating students to elective subjects for 2011. The students will be notified of their elective subjects by the end of term.

The Year 9 program for 2011 will provide 32 different learning pathways for the 80 students at this level. The Year 10 Program continues to diversify further to provide 67 learning pathways for the 81 students at Year 10, whilst our VCE program will provide 124 different learning pathways for the 146 students enrolled at this level.

The various combinations of subject choices have created such diverse learning programs and cater for a wide range of needs. Next year we will be providing three VET subjects at Year 10 and 11, these courses include VET Hospitality, Building & Construction and Fitness. We will also be running Year 12 Accounting and Literature, which has not run for some time.

We will also continue to offer VCAL as an alternative pathway for students wishing to gain a certificate that approaches education with a more ‘hands on’ and industry specific learning style.

Progress and Mid Semester Reports

A reminder the Year 9 -12 progress and 7 and 8 mid semester reports will be sent home on Tuesday. The students through their SIMON profile on the schools intranet can also access these reports. The Parent Teacher Interview slip will also be sent home with the reports enabling students to begin booking before these interviews due to be held on Wednesday the 15th of September at the McAuley Campus.
From the Director of Teaching & Learning
Lisa Pope

Careers Report

Upcoming Events
Experience the Monash University Peninsula Campus: The campus, located in Frankston Victoria, is Monash’s third largest metropolitan campus - offering world-class degrees in Physiotherapy, Occupational Therapy, Nursing, Midwifery, Emergency Health (Paramedic), Business, Early Childhood Education, Primary Education and Sport and Outdoor Recreation. The ‘Experience Peninsula’ program is a free event that will run from 10am to 2pm on 28 September, and is open to students in Years 10 – 12 and their parents. You will be able to learn about their programs and meet current students and staff.
Online registrations will open on Monday 16 August. http://www.monash.edu.au/study/events/experience/

Interested in Electrical and Computer Engineering? RMIT are running an information evening about these two career areas at their City Campus on Thursday 9 September for students in years 10 – 12 and their parents. The evening will start at 6.30pm, and you will be able to speak to lecturers about computer and network engineering; electrical engineering; electronic and communications engineering; electrical engineering and engineering double degrees. More info www.rmit.edu.au/eleceng

September Events
- Information Evenings, Monash Uni- Pharmacy & Pharmaceutical Science, Parkville Campus (7) and Engineering, Clayton Campus (9), Monash Uni, www.monash.edu.au/events
- 4: Public Relations Careers Day, RMIT, businesssevents@rit.edu.au
- 8: Careers on Call – Wednesday 8th September at Mortlake College 6.30pm
- 9: Future of Media, Swinburne University, Hawthorne Campus, 03 9214 8850, fsanna@swin.edu.au
- 9 & 23: Diploma of Nursing Information Session, Swinburne Uni, Lilydale Campus, 1300 275 794
- 9: School of Electrical and Computer Engineering Information Session, RMIT, City Campus, www.rmit.edu.au/eleceng
- 16: Parents and VCE students information evening, Swinburne Uni, Hawthorne Campus, www.swinburne.edu.au/parents
- 21: Discover Deakin- Deakin University, all campuses except Geelong Waterfront which falls on 23rd www.deakin.edu.au
- 21 – 23: Science Experience, Swinburne University, Hawthorn Campus, 03 8288 1001

Scholarships
New engineering and math's scholarships at LaTrobe: The Ambassador Scholarships Program provides annual support for commencing students seeking to major in a discipline within LaTrobe’s School of Engineering and Mathematical Science. Benefits of the Program include $2,000 for each year of study, and personal and professional mentoring by an academic and/or industry sponsor. Applications close on 13 September 2010. Go to www.latrobe.edu.au for more information.

Apprenticeships
Ford Motor Company is currently advertising for apprenticeships in Electrical, Engineering & Automotive at both the Geelong and Broadmeadow plants. If you are interested apply online via www.seek.com.au

Career Info – At Call
The students in the photo below attended the Career Info – At Call session held recently in Cobden. The students in the back row are Nick Bourke, Hannah Absalom and in the front row are Madeline Evans, Brooke White and Laura Glennen.

If you missed out on this information night, there will be another one on Wednesday, 8th September, at Mortlake College, please see the ad on page 10 of this newsletter.
A recent weekend magazine included an article about a chef who likes ‘getting back to basics to produce simple food, short on fuss and high on flavour’. His first recipe was braised ham hocks with cider and truffle oilll!!! Hardly simple, back to basic fare.

So often, we make things too complex, we complicate even the simplest tasks, our lives are high rather than short on fuss. Life can get very complicated, at times difficult and we can be stressed and sometimes confused and angry. Our work schedules and our private lives collide in ways that are not really helpful or necessary. Isn’t it true that work will eat up as much time as we give it? At some stage we do need to get back to basics, to reassess what is really important, to discover again the things that really sustain us.

There is a wonderful back-to-basics little scene in Luke’s Gospel: the seventy-two disciples were ‘appointed’ by Jesus and sent in pairs to the surrounding villages to heal the sick and to tell the people, ‘The Kingdom of God is at hand’ (Luke 9:1-9). They came back with so many stories and so much excitement and what does Jesus do? Then he took them with him to a town called Bethsaida where they could be by themselves. (Luke 9:10-11)

Where they could be by themselves. Why? To discuss timelines and outcomes? To develop strategies? No – just to listen, to share, to be with each other. It was a tough time for Jesus; he needed them too. He had just heard the dreadful news that that his cousin John the Baptist had been executed. Messengers also told him that Herod was now looking for him, so Jesus knows he now has to leave his beloved Galilee. His days are numbered. There is a sense of urgency now.

What does Jesus do? He goes aside to be with friends. Just spending time with others at critical times can be so important. At times of sorrow when words escape us, just being with the other person can be enough. The same can be true in times of happiness and success. When these disciples came back full of their stories, Jesus rewarded them with the greatest gift of all – time together.

Finding the things that sustain us in life, especially our inner life is a journey back to the basics. Some of today’s spiritual writers call that ‘the ecology of the inner life’. Ecology is about getting relationships right – with each other, with the earth on which we depend. Such an ecology is about getting things in our life back in balance, our relationship with our Creator, rediscovering our own God-given innate goodness and wisdom and rediscovering the wonder of our relationships with those around us. The Hebrew scriptures talk about ‘righteousness’ – being in right relationships with God, each other and God’s creation. Writers name the three great pollutants to this inner ecology as attachment, anger/impatience and delusion. And these, as we may know from personal experience, can cause great suffering. The sense of ‘me and mine’ can blind us to the feelings of others and distort our true nature. That so easily leads to greed and anger.

These writers name the antidotes to these pollutants as being mindful of others by practicing compassion, making opportunities to experience the interdependence of all things and living simply.

At almost every stage of our lives we can find convincing reasons to avoid working to restoring our own inner ecology, to living simply. We can find reasons why we don’t have to do something that benefits us. We are too stressed, there are other things more important, too many people rely on me to take time out, I am okay anyway and so on. The main reason given is that we are just too busy. Yet, even in the most crowded day, without much effort, we can find some time for one of the most important investments of all – our own physical, psychological and spiritual well-being.

Much of this awareness of our own inner ecology is developing what Buddhists call ‘mindfulness’, being more aware of the present moment, forgetting or putting aside imagined deadlines and living in the moment, unencumbered by thoughts of the past or the future, just being mindful how precious the present moment really is. But ‘mindfulness’ doesn’t come easy – we have to work at it.

I love walking – not great big, long cross-country or mountain treks – just a regular daily route around the streets and through the park. I neglected it for years but it is now a regular priority, my first activity of the day even in the worst of weather conditions. No iPod, no rigorous exercise regime – just walking. It is a rich and rewarding experience. A regular walk has many benefits – for emotional well-being, sleep patterns, digestion, fitness but for me its greatest advantage is how it helps develop this sense of mindfulness – for sounds, smells, sights, gratitude for another day, gratitude for the gift of just being alive. As I wander the streets in the early morning, I thumb through the rosary and remember those who are precious to me, those who may need prayers, those things for which I should be thankful. It’s all about inner ecology by getting back to basics.

Such a regular, simple routine helps us to become mindful of God’s loving presence – we don’t have to make God present, God is already there – in those we greet along the way and, in the words of Pope John Paul II, in Nature which is the Gospel that speaks to us of God’. * It is up to us to become ‘mindful’ of that gift.

How do you become ‘mindful’?

*General Audience, ZENIT Translation, January 26, 2000

Regards
Jim Quillinan
Phone: 0401 933 023
Email: jquillinan@dcsnet.au

The Things That Sustain Us
10 August 2010
PLEASE NOTE: Re-scheduled!

All Year 7-12 students and parents are invited to . . .

CAREERS INFO – AT CALL!

A huge Careers Information Evening for the Terang College, Mercy Regional College, Derrinallum College and Mortlake College communities on Wednesday 8th September (Week 9, Term 3) @ Mortlake College - 6.30pm to 8.30pm

Thanks to the support of local businesses and organisations, you will be able to find out about many careers, including:

* Personal Trainer
* Accounting
* Nursing
* Agriculture/Dairying
* Building Surveying
* Financial Planning
* Transport and Logistics
* Local Government
* Beauty
* Banking
* Education
* Environment
* Automotow
* Electrical
* Building
* Allied Health
* Engineering
* Forestry
* Journalism
* Police
* Hospitality
* Plumbing
* Tourism
* Legal

- Plus Deakin University and South West TAFE for tertiary options, and MEGT (Australia) for apprenticeship and traineeship information.

NB: Vince Callaghan will run his excellent, informative session about financial issues related to tertiary study between 8.30 pm and 6.30 pm only - before the three normal sessions run between 6.30 pm and 8.30 pm. Don’t miss it!

Free courtesy buses will run from Terang, Noorat and Derrinallum.

Select the careers you want to know about. Selection sheets will be given to students at all four schools at the start of Week 8 in Term 3.

All inquiries to your careers teachers – James Castles (Mercy Regional College), Marg Nash (Terang College), Kerrie Sharrick (Derrinallum College) and Mark Croucher (Mortlake College) or Kelvin White (South West LLEN) Contact: 0429 921 876

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Father’s Day Community Planting 2010

Sunday 5th Sept
10am-2pm

...traditional welcome to the site
...games & giveaways for children
...enjoy a great BBQ lunch

Celebrate the day planting grasses & herbs @ the Mt Leura Indigenous Garden

Mt Leura & Mt Sugarloaf Reserve

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TERTIARY INFORMATION EVENING

Education, Cost and Assistance Available

South West LLEN is hosting an Information session on Tertiary Education, Cost and Assistance available. The information session will be delivered by Vince Callaghan, an expert on tertiary education.

The topics covered on the evening will include:

The value of tertiary education
The costs of tertiary education
Available assistance including youth allowance
Transition issues including accommodation

Wednesday September 8th 2010
Warrnambool Entertainment Centre
7.30pm

For further information or to book a place please contact Sophie at South West LLEN on 5561 0047 or email reception@swllen.net.au

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Warrnambool & District Schools

EMP Shield
Girls Cricket Competition

Expression of Interest

Competition starts Thursday 21st October 2010
Running for 6 Weeks plus a Final.
8 Players per side. 16 Over innings per team
4:45pm Start
Every player bats. Every player bowls
Pink pads & Pink balls
Year 7 thru to Year 12 eligible

Please register your interest to Paul Allezopard by 1st September
Email: Allezopard@gmail.com
Number of staff (teaching and non-teaching): Catholic schools, Victoria, by diocese and gender, August 2009

<table>
<thead>
<tr>
<th>DIocese</th>
<th>FULL-TIME</th>
<th>PART-TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>male</td>
<td>female</td>
</tr>
<tr>
<td>TEACHING STAFF</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melbourne</td>
<td>2,553</td>
<td>5,037</td>
</tr>
<tr>
<td>Ballarat</td>
<td>345</td>
<td>538</td>
</tr>
<tr>
<td>Sale</td>
<td>291</td>
<td>539</td>
</tr>
<tr>
<td>Sandhurst</td>
<td>269</td>
<td>514</td>
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<tr>
<td>Victoria</td>
<td>3,458</td>
<td>6,628</td>
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NON-TEACHING STAFF

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<tr>
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<td>female</td>
</tr>
<tr>
<td>Melbourne</td>
<td>578</td>
<td>911</td>
</tr>
<tr>
<td>Ballarat</td>
<td>76</td>
<td>89</td>
</tr>
<tr>
<td>Sale</td>
<td>49</td>
<td>101</td>
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<td>Sandhurst</td>
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<td>102</td>
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<tr>
<td>Victoria</td>
<td>756</td>
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ALL STAFF

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</thead>
<tbody>
<tr>
<td></td>
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<td>female</td>
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<tr>
<td>Victoria</td>
<td>4,214</td>
<td>7,831</td>
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FTE staff (teaching and non-teaching): Catholic schools, Victoria, by diocese and gender, August 2009

<table>
<thead>
<tr>
<th>DIocese</th>
<th>FULL-TIME</th>
<th>PART-TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>male</td>
<td>female</td>
</tr>
<tr>
<td>TEACHING STAFF</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melbourne</td>
<td>2,862.9</td>
<td>6,924.1</td>
</tr>
<tr>
<td>Ballarat</td>
<td>373.1</td>
<td>759.4</td>
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<tr>
<td>Sandhurst</td>
<td>324.0</td>
<td>727.7</td>
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<tr>
<td>Sale</td>
<td>301.2</td>
<td>710.3</td>
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<tr>
<td>Victoria</td>
<td>3,861.2</td>
<td>9,121.5</td>
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NON-TEACHING STAFF

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<thead>
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<th>PART-TIME</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>male</td>
<td>female</td>
</tr>
<tr>
<td>Melbourne</td>
<td>715.9</td>
<td>2,288.5</td>
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<tr>
<td>Ballarat</td>
<td>100.1</td>
<td>338.3</td>
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<td>Sandhurst</td>
<td>74.7</td>
<td>298.8</td>
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<tr>
<td>Sale</td>
<td>77.0</td>
<td>295.7</td>
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<tr>
<td>Victoria</td>
<td>967.7</td>
<td>3,221.3</td>
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ALL STAFF

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<tr>
<th>DIocese</th>
<th>FULL-TIME</th>
<th>PART-TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>male</td>
<td>female</td>
</tr>
<tr>
<td>Victoria</td>
<td>4,828.9</td>
<td>12,342.8</td>
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New Schools and Campuses

- Doxa School Melbourne (relocation to Brunswick)
- St Brigid’s Primary School, Officer
- St Francis de Sales Primary School, Lynbrook
- St Lawrence Primary School, Dannum
- Simonds Catholic College, Melbourne West (additional campus at Fitzroy North, with name of St Brigid’s VCE Campus)

School and Campus Closures

- St Brigid’s, Fitzroy North
- St Joseph’s College Junior Campus, Pascoe Vale South

Name Changes

- Simonds Catholic College St Mary’s Campus (existing campus at Melbourne West)
- Doxa School Melbourne (previously Doxa School West Melbourne)

Further information may be found on the CECV website <www.cecv.catholic.edu.au>
Enquiries may be directed to <km@ceomelb.catholic.edu.au>
Victorian Catholic schools provide the Catholic and wider community with a high quality education system that focuses on the development of the whole person and their contribution to the common good.

Victorian Catholic schools:
- are established under the authority of the bishop in their diocese. There are four dioceses in Victoria - Melbourne, Ballarat, Sandhurst and Sale
- comprise the sixth largest education system in Australia
- educate approximately 22% of all Victorian school students
- are characterised by a diverse range of settings in terms of size, type and educational need
- serve families from across the socio-economic spectrum and are highly attentive to the needs of their community
- are funded by a combination of government and parent income with approximately 72% of funding received from government sources.

Number of Victorian Catholic schools by school and gender type, 2010

<table>
<thead>
<tr>
<th>SCHOOL TYPE</th>
<th>CO-EDUCATIONAL</th>
<th>BOYS ONLY</th>
<th>GIRLS ONLY</th>
<th>ALL SCHOOLS</th>
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</thead>
<tbody>
<tr>
<td>Primary Only</td>
<td>381</td>
<td>-</td>
<td>-</td>
<td>381</td>
</tr>
<tr>
<td>Primary with secondary classes</td>
<td>4</td>
<td>-</td>
<td>-</td>
<td>4</td>
</tr>
<tr>
<td>Total primary schools</td>
<td>385</td>
<td>-</td>
<td>-</td>
<td>385</td>
</tr>
<tr>
<td>Secondary Only</td>
<td>48</td>
<td>15</td>
<td>23</td>
<td>86</td>
</tr>
<tr>
<td>Secondary with primary classes</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>9</td>
</tr>
<tr>
<td>Total secondary schools</td>
<td>52</td>
<td>17</td>
<td>26</td>
<td>95</td>
</tr>
<tr>
<td>Special schools</td>
<td>9</td>
<td>-</td>
<td>-</td>
<td>9</td>
</tr>
<tr>
<td>Total</td>
<td>446</td>
<td>17</td>
<td>26</td>
<td>489</td>
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</tbody>
</table>

Full Time Equivalent (FTE) enrolments: Catholic schools, Victorian, by diocese and class type, February 2010

<table>
<thead>
<tr>
<th>DIocese</th>
<th>PRIMARY</th>
<th>SECONDARY</th>
<th>UNGRATED</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melbourne</td>
<td>76,700.2</td>
<td>66,165.4</td>
<td>81.6</td>
<td>142,947.2</td>
</tr>
<tr>
<td>Ballarat</td>
<td>8,554.6</td>
<td>8,221.6</td>
<td>-</td>
<td>16,776.2</td>
</tr>
<tr>
<td>Sale</td>
<td>8,001.8</td>
<td>7,311.5</td>
<td>-</td>
<td>15,313.3</td>
</tr>
<tr>
<td>Sandhurst</td>
<td>8,306.3</td>
<td>7,578.9</td>
<td>-</td>
<td>15,885.2</td>
</tr>
<tr>
<td>Victoria</td>
<td>101,562.9</td>
<td>89,277.4</td>
<td>81.6</td>
<td>190,921.9</td>
</tr>
</tbody>
</table>

Student (FTE)-Teacher (FTE) ratios: Catholic schools, Victoria, by class type, August census, 1999–2009

<table>
<thead>
<tr>
<th>Class Type</th>
<th>PRIMARY</th>
<th>SECONDARY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Catholic</td>
<td>Government</td>
</tr>
<tr>
<td>PRIMARY</td>
<td>10.0%</td>
<td>21.9%</td>
</tr>
<tr>
<td>SECONDARY</td>
<td>18.9%</td>
<td>22.5%</td>
</tr>
</tbody>
</table>

FTE apparent retention rates (%): Catholic schools, Victoria, by gender, February 2010

<table>
<thead>
<tr>
<th>Gender</th>
<th>PRIMARY</th>
<th>SECONDARY</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7-12</td>
<td>77.6</td>
<td>88.0</td>
<td>82.9</td>
</tr>
<tr>
<td>Year 10-12</td>
<td>80.3</td>
<td>89.5</td>
<td>85.1</td>
</tr>
</tbody>
</table>
Dear Parents and Students,

EXPRESSION OF INTEREST
FRANCE AND BELGIUM 2011

The College is looking for expressions of interest from students to participate in a trip to France, Belgium and England in 2011.

I offer the opportunity to all students from Years 9-12, who will be enrolled at Mercy Regional College in 2011. The trip is strictly optional and will take place in the last week of Term 3 and the first week of the September / October 2011 school holidays. I anticipate the trip will be for approximately 15 days. The itinerary and the cost of the trip has not yet been finalised, but I hope to have those details for parents by the end of Term 3, 2010.

The trip will focus on the experience of the Australians on the Western Front in the First World War. The group will visit Paris, the Somme region where Australians fought in the great and terrible battles of 1916 and in the campaigns of 1918. We will then travel to the Flanders region and the Ypres battlefields of Belgium, stopping on the way to visit the village of Fromelles where Australia’s tragic first major battle, in France, was fought in July, 1916. From Belgium we will travel to London where we will visit some of the sites of that great city as well as other places of interest in England’s south.

Early notice is being given to provide sufficient time for parents to budget and plan and in particular for students to save money and contribute towards the cost of the trip themselves. The estimated cost at this point in time is expected to be around $5,000. Please note this will be confirmed later in the year. A meeting will be held early in fourth term for those who have expressed interest and a deposit will be required to confirm places on the trip to be paid in November this year. Further instalments are to be made throughout next year with final numbers to be confirmed by May 2011.

At this stage all that is needed is for you to indicate willingness for your son / daughter to participate in the trip by filling in the section below and returning it to the college office by Thursday 16th September, 2010.

If you require any further information you can speak to Mr. Lachie Lee at the College office.

ANDREW WATSON
PRINCIPAL

EXPRESS ON OF INTEREST FORM - FRANCE AND BELGIUM TOUR 2011

STUDENT’S NAME: __________________________________________________________

CURRENT YEAR LEVEL: ____________

I give permission for my son / daughter to be considered for the France and Belgium Tour to take place in September / October 2011.

Parent / Guardian Signature: __________________________________________________