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 2011
Through the Mercy tradition we seek to act with love, fairness, tolerance and compassion to all.

Let us ask God to bless us
and our new O’Keeffe woodwork facility.
All praise to You, heavenly Father,
Lord of all creation:
You have gathered us here at the O’Keeffe Campus
to praise You by our words and works.

Bless this woodwork facility which has been built
for the education of our young people.
Bless those who built it.
Bless the students and teachers,
our board members and
all who promote sound education in our community.

Loving Father,
listen to our prayer,
which we offer through Christ our Lord,
in Your Holy Spirit:
all glory to You, one God, forever and ever.
Amen.

Woodwork Facility Opening
This newsletter opens with the gentle and beautiful words of blessing prepared by Mrs. Jo Saunders and offered by Fr. Matthew as part of the opening of the new Woodwork facility at the O’Keeffe Campus last week. The students and staff of the O’Keeffe Campus gathered together with invited guests, Mr. Gerard Ryan, Chair of the College Board and Mr. Tony Heath, representing Rural Welding, builders of the facility to reflect in prayer on the opportunities offered by the new technology facility. This reflection included a blessing with water of the facility itself and unveiling of a plaque commemorating the event.
Visit of Bishop Peter
This week, the College was privileged to host Bishop Peter Connors as part of his parish visit to St Patrick's, Camperdown. As part of his visit, Bishop Peter visited the O’Keeffe Campus and spent 45 minutes talking with and answering the questions of Year 11 students. Bishop Peter assisted students in their current exploration of world religions and talked about some of the challenges facing the contemporary Church. Thanks to Father Matthew for organising this visit.

IT Review and developments
Discussions continue with key staff on the College’s IT Review. A planning and implementation committee has been convened to explore and make recommendations to the Principal on each of the review findings. The committee includes the following staff members:

Principal
Darren Egberts

Deputy Principal – Teaching and Learning
Lisa Pope

Business Manager
Lynn Wadley

Network Manager
Daniel Beard

Timetable
Dean Ludeman

O’Keeffe Campus staff member
Leesa Henriksen

O’Keeffe Campus staff member
Melanie Bourchier

IT technician
Leigh Van den Berghe

Daniel, Dean and I attended a seminar recently in Melbourne convened by Apple Australia that demonstrated the capacity of the new iPads in school environments. Of particular note was the presentation given by the Principal of a Melbourne school which introduced iPads to all Year 7 students at the start of this school year.

Semester Examinations
Over the last two weeks, students in Year 7 – 11 have completed semester examinations across a range of subjects. As a significant contributor to teachers’ evaluation of students’ learning as well as good practice for senior school, examinations are an important part of assessment and reporting in the College. The seamless delivery of these exams reflects the work of our Deputy Principal – Mrs. Lisa Pope, the three Heads of Teaching and Learning and the many teachers directly responsible for individual classrooms. The first semester reports will be distributed to parents at the end of this week. Congratulations to all staff who spent many hours correcting student assessment and preparing these reports to assist with the process of gauging student learning and achievement.

PTFA
This Monday’s PTFA meeting at the O’Keeffe Campus focused on the activities undertaken already this year and, in particular, on the Presentation Ball and the recent chocolate drive. I will publish a financial summary on the Presentation Ball in the next newsletter. I ask any families still to return their chocolate monies to do so ASAP to enable finalisation of this program.

Along the Track
Please find on page five of the newsletter another reflection from Jim Quillinan of the Sale Catholic Education Office in Warragul, titled “The End of the Age”.

As the first semester comes to a close, we look forward to the mid year holidays and some restful times with family and friends.

Yours in Mercy,

Darren Egberts
Principal

SCHOOL FEE UPDATE
Fee statements will be emailed to all families this week.

As this is the first time that we have emailed statements, if you do not receive your statement and the College has your email address, please notify us and a statement will be mailed to you.

These statements are forwarded to enable you to account for payments made to the end of June, as well as notify you of any extra charges made for camps/excursions and as a reminder of accounts outstanding at present.
Congratulations to Declan O’Connor
for receiving the
2011 Pierre De Coubertin Award

at the Melbourne Cricket Ground
Sunday June 26, 2011

The Pierre De Coubertin Awards program is a joint initiative of the Victorian Olympic Council and the Department of Education and Early Childhood Development.

The Awards aim to recognise students who demonstrate attributes consistent with the fundamental aims of the Olympic Movement, with a particular emphasis on participation and commendable sporting behaviour.

As part of the selection criteria Declan was asked to submit a piece of literary or artistic work that depicts an appreciation of Olympism in response to this year's Theme; "How will the 2012 Australian Olympic Team inspire the Nation?"

Sleeping and staying healthy
Mr. Kerin Glennen

Most people need between five and nine hours sleep each night so as to function the next day. Often stress and anxiety can lead to sleeping problems. As stressful situations passes a more regular sleep pattern is likely to return. Irregular sleep patterns can also be related to depression. If you have been feeling down for a couple of weeks and also been unable to sleep it may be advisable to catch up with your GP.

Other things that may lead to sleeping problems include:

- Asthma and breathing disorders
- During the third trimester of pregnancy sleep is also usually dramatically reduced
- Stimulants in the blood stream such as caffeine and nicotine
- Some prescribed and over the counter drugs
- Decongestants and pain and cold relievers
- Jet lag
- Leaving study and assigned tasks to the night before they are due.

Problems getting to sleep, waking early or not being able to sleep throughout the night can affect your general well being.

Some of the effects may include:

- Decreased concentration levels.
- Decreased energy levels and for students this is obvious in class
- Difficulty concentrating
- Difficulty remembering things

Getting to sleep:
Try to have a set routine and go to bed (where possible) at the same time each evening. This helps your body clock get into rhythm and makes sleeping feel more natural. Where possible try not to sleep during the day, as it makes it harder to fall asleep at night.

Try to:

- Sleep in a well ventilated room
- Avoid excessive exercises just prior to going to bed
- Have a cup of chamomile tea
- Try not to have a big meal just prior going to bed
- Avoid alcohol prior to going to bed.
- Give yourself a break between your study and the time you go to bed.
- Turn your mobile phone off; the message will still be there in the morning.

Cross Country Report
Miss Stacey Hillman

On Friday 24th June 10 students from Mercy Regional College competed in the Barwon South West Cross Country in Colac.

All students performed extremely well with 4 students going on to the next stage which will be held later on in the year.

Those students being:
Haylee Davis (under 14 girls) 6th place
Ben Saunders (under 15 boys) 6th place
Elle Price (under 15 girls) 7th place
Declan O’Connor (under 16 boys) 6th place

Congratulations to all who were involved and a big thank you to Stephen O’Connor, Sue Stevens and Tanya Davis for transporting and supervising the students on the day.
The Victorian Premier's Reading Challenge is well under way with all participants involved in a flurry of reading. The holidays are a great opportunity to read some extra books and also visit your local library. I have been delighted with the efforts of the Challenge readers! Students are encouraged to borrow a book for the holidays - there is a great selection to choose from in both libraries.

I have included a book review that has been completed by Mr. Lachie Lee. Lachie was invited to comment on a favourite book and he has kindly shared his thoughts with us. I will also include this review on the 'Review' link on the library webpage.

Enjoy the holidays - and a good book!

**BOOK REVIEW**

The book I have chosen to review is “The Broken Years” by Bill Gammage. This was first published in 1974 and I first read it as a student in HSC Australian History in 1976. Our teacher, Bob Lewis, had us purchase the book as an additional text for our Year 12 studies. I loved it and in many ways it reinforced the passion I have for the story of Australia's involvement in the First World War. Gammage wrote the first draft of this book as his doctoral thesis at the ANU and he states in the Preface that it is not a military history of Australia's involvement in the First World War. He describes it as a study based on the written records of roughly 1000 Australians who fought as front line AIF soldiers. Well-written history is good literature and The Broken Years is a great story of human endeavour; it is full of drama, emotion, humour and sadness and it brings these qualities clearly to the reader. I have carried my original copy with me when I have travelled to the battlefields of Gallipoli, France and Belgium and I have referred to it often. It is not “dry as dust” history, but tells the Australians' story in their own words from letters, diaries and post-war writings and interviews. I think of this book as an old friend.

When the First World War broke out in 1914, Australians responded with an almost hysterical enthusiasm. By the end of the year 52,000 men had enlisted and by the end of the war more than 400,000. Of these about 330,000 served overseas chiefly in France and Belgium. Two out of three of them became a casualty, killed, wounded, sick or became a prisoner—and roughly about one in five (60,000 were killed). Gammage writes about the experiences of these men in their own words whilst also using the historical references and statistics of other historians, such as CEW Bean, Australia’s official historian of the Great War. It is through Gammage's book that I first became familiar with Bean’s work. In the preface of his book, Bill Gammage acknowledges Bean's work and calls him ‘a gentle and scholarly man’ whose writing was always ‘compassionate’. That is how I see Gammage himself through the compassion with which he writes here. At the same time he can be critical of the men of the First AIF (Australian Imperial Force). They were a cross section of the society from which they came and, as well as heroes and gentlemen, the force also contained racists, cowards and villains and some of them were inspired to bloodthirstiness by the emotions of battle while others emerged from the experience physically and mentally scarred. 'When I go to sleep at night', Dudley Jackson stated in 1967, 'if I allow myself to think of the war, I'll get no sleep for the rest of the night, thinking of the things "I should have done" and "what I should not have done".

The opening chapter ‘Australia During the War’ brings to the page the high emotion and excitement which Australians felt at the outbreak of war and interweaves this with the enthusiastic, even joyful responses of the diarists. Some displayed their misgivings about war but felt duty-bound to become involved. Some enlisted because they were unemployed or they wanted to see their home must have grieved their loss for the rest of their lives. Whatever their responses, this first chapter is a fascinating look at an Australia which has passed: a place from which we have long departed but at which we look back with some nostalgia. Equally, the last chapter, “The Outbreak of Peace”, shows the way in which the men, the survivors, tried to come to grips with the new world to which they returned. I always read this chapter with sadness. We are shown the fate of some of the correspondents of whom we have become fond. Gammage writes, ‘not every Australian would see his country. Corporal Thoma was dead, shot near Merris in June 1918. Lieutenant Alexander was dead, killed at Messines…’ and so on. I have always seen this as sad and wondered about how those at home must have grieved their loss for the rest of their lives.

This is a great book for those interested in Australia, its history and its people. I have used it as a text in my history classes for years and last year quite a number of students decided to buy the newest edition which has been published with more photos and in a bigger format. I feel as if I am really passing on a legacy when a new generation of readers enjoy “The Broken Years”.

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**Student Exchange Info Session during School Holidays**

Find out more about your opportunity to spend a summer, semester or year overseas as an exchange student. World Education Program (WEP) Australia is running a number of special information sessions at their Melbourne office during the winter holidays for interested students and their parents. Spaces are limited! RSVP required. Please call 1300 894 733 or visit www.wep.org.au for dates, times and directions and to RSVP your attendance.

Gain a true understanding of another culture and return to Australia more mature, independent and with memories to last you a lifetime!
Matthew concludes his Gospel with an invitation, a comforting promise and a challenge.

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, ‘All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age. (Matthew 28:16-20)

So after these tumultuous last days, the eleven return to their beloved Galilee. But even after all they had seen and heard, even after the time they all had spent in Jesus’ company, even after they have spent time with the risen Jesus, ‘some still doubted’.

For Matthew, the disciples are ‘people of little faith’ (oligopistoi). This is the word Jesus used of Peter when he sank into the waves after he walked on the water (14:31). Jesus called all the disciples people of little faith when they paraded in the boat during the storm (8:26). When he spoke to them during the Sermon on the Mount, Jesus challenged them ‘as people of little faith (6:30’).

The members of Matthew’s community to whom his Gospel is written were a mixed group too. Matthew reminds them that Jesus described them as bridesmaids waiting for the groom – some were prepared, some not (25:10). They were like the wheat and the weeds which grow together – it is only at harvest time that they are separated or like fish in the net – the good fish are separated from the others after the catch (13:46). Even today, the church does not consist only of saints. It does not only include those who worship, those who are happy to accept God’s invitation to friendship and commitment but all those who at times struggle with their faith.

Is it any wonder that Jesus (Emmanuel, God-with-us 1:23) promises to be with these disciples ‘always, until the end of the age’. They need him! Such a supportive presence has been a theme in Matthew’s Gospel. Wherever two or three were gathered in my name, Jesus said that he would always be ‘in their midst’ (28:20). Jesus invited those who are weary and those who have heavy burdens to come to him: “and I will give you rest” (11:28”). In his final parable about the sheep and the goats, Jesus reminds us very vividly of his continuing presence among us when he tells those who have cared for the hungry and the thirsty, the sick and the imprisoned, that they have in fact cared for him, because it is in the needy and the poor that he is to be found (25:40).

Jesus is a realist – he knows that we still need him – there will be persecution (10:17-18) and divisions because of the Gospel (10:21). The explanation of the parable of the sower warns of failure to understand, of faith that lacks roots, of the cares of the world and the lure of wealth choking the Gospel message (13:18-23). The parables of the final discourse give vivid pictures of foolish and wise bridesmaids, of talents used and talents neglected, lessons all designed to encourage faith and perseverance (25:1-30).

‘The end of the age’ reminds us that for Matthew, the resurrection of Jesus was not the end of the story but a new beginning, an invitation and a challenge. Jesus offers his continuing presence – both as a support to those who have faith in him, to those who worship but also to those who still doubt. His continuing presence is an invitation to relationship, to discipleship, an invitation to follow in his footsteps – to find him in the poor, the lonely, the sick and imprisoned, the hungry and thirsty.

It is also an invitation – to life with the Father, the Son and the Spirit. Baptism offers us extraordinary intimacy with God. We are reborn as children of God. Like the first covenant of old with the Jewish people, by Baptism God enters into a continuing relationship, an agreement, a contract with us. And we with God. Deep down, through Baptism we know we are loved, that God is with us! At Baptism we receive the gift of the Holy Spirit which enables us to see a deeper reality – that Jesus is present in those around us and within us. That calls us into deeper solidarity with others. The Spirit reminds us that faith cannot be passive – it is not for us to capture and guard as our own. It is a two edged sword – it disturbs us, challenges us, calls us out of our comfort zone, it calls us to a personal encounter with Jesus – to think like him, to judge like he does (not like we do!) and live as he lived (General Directory for Catechesis #53).

Some worshipped him, yet some still doubted. Matthew reminds us that it is not up to us to judge who God loves, who God calls or when or how. All of his disciples, the worshippers and the doubters were commissioned to go out and teach, to baptise. All of them were told that Jesus would remain with them. Today’s people of God, today’s disciples are made up of some worshipping, some doubting. Faith grows and develops like any relationship – there can be hard times and times when the going is easy. But remember, Jesus said I am with you all, to the end of the age. (Matthew 28:16-20)

Regards
Jim Quillinan

Phone: 0401 933 023
Email: jquillinan@dcsi.net.au
Named Pavers
St. Colman’s School Mortlake
Landscaping Project

YOUR NAME WILL GO DOWN IN HISTORY!

INDIVIDUAL PAYER
Your donation of $30 or more entitles YOU to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed at the front of St. Colman’s School Mortlake.

Engraving details: Please print clearly in block letters. Each square represents one letter, number, space or punctuation mark. (34 max)

A unique and lasting record of your support. Memories & milestones. Celebrate a wedding, new baby, birthday or anniversary. A tribute to someone special.

BUSINESS PAYER
Your business donation of $100 or more entitles your business to have its logo engraved into a paver as a permanent record of your valued support. The paver will be permanently installed at the front of St. Colman’s School.

**Logos should be supplied as a black and white high quality reproduction (A4 size approx) or in an electronic format as a high resolution jpeg or eps file sent to principal@ecmortlake.catholic.edu.au

Simply fill out this form and return with full payment by cheque or money order to: St. Colman’s School PO Box 42 Mortlake 3272

Contact Name: ........................................................................................................................................................................

Address: .......................................................................................................................................................................................

Phone: ......................................................................................................................................................................................

Individual Paver ☐ Business Paver ☐

Offer closes on Friday 15th of July
Please photocopy and pass on to business associates and friends.
St. Colman’s School needs your support!
Do you love to sing? Looking for something to do in the holidays?

Come along to Singing Workshops for primary and secondary students with Moira Smiley and VOCO, a number one US vocal group on Wednesday, 13 July at Camperdown College and experience singing like you've never done before! Students will learn about call & response, percussive movement, songs of American & Eastern European vocal harmony traditions, improvisation, and voice and performance technique.

Moira Smiley and VOCO run singing workshops in Canada, USA and the UK for primary and secondary students and we are privileged to have them visit us in Camperdown, after their guest appearance at the National Festival of Voices Conference in Tasmania. This is an opportunity not to be missed! Check out their website www.moirasmiley.com/VOCO.

These Singing Workshops are proudly presented by Corangamite Arts Inc. Please post your Booking Form with your payment to Corangamite Arts Inc, PO Box 298, Camperdown, 3260 by Thursday 30 June. You can contact Fiona Pugh on 0437 588 785 for more information.
BOOKING FORM: HOLIDAY SINGING WORKSHOPS - Corangamite Arts Inc.
PART 1A: STUDENT DETAILS
This form must be completed in FULL by the student's parent/guardian.

Full Name of Student's__________________________________________

School_____________________________ School year level/s__________

Home address___________________________________________________

Home phone_____________________________________________________

PART 1B: PARENT/GUARDIAN TO COMPLETE
I, _____________________________________________________________, the parent / legal guardian of the above-named student/s agree / disagree to provide permission for the above named student to be photographed by Corangamite Arts or the media during the Singing Workshops. I authorise the use or reproduction of any photograph for promotional purposes by Corangamite Arts Inc.

Name______________________________ Signature____________________ Date / /

PART 1C: SELECT WORKSHOPS
Singing Workshops - $15 / Student
Family of 3 children or more – Singing Workshops - $35

Please tick box.

☐ SINGING WORKSHOP - PRIMARY STUDENTS  x ___ = $_______________

☐ SINGING WORKSHOP – SECONDARY STUDENTS  x ___ = $_______________

TOTAL PAYMENT: $_________________

(Please circle) I enclose cash payment / cheque payment, payable to Corangamite Arts Inc.

Please return the completed Booking Form and payment to the School Office by Thursday 30 June.
OR Post to Corangamite Arts Inc, PO Box 298, Camperdown, 3260 by Thursday 30 June.

Corangamite Arts volunteers participating in the Singing Workshops have undergone a Working with Children Check in line with Victorian legislative requirements. VIT registered teachers will also be in attendance.

www.corangamitearts.com
<table>
<thead>
<tr>
<th>Institution</th>
<th>Open Day(s)</th>
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<tbody>
<tr>
<td>Academy of Interactive Entertainment</td>
<td>Sunday 21 August (10:00am - 3:00pm) Saturday 19 November (10:00am - 3:00pm)</td>
</tr>
<tr>
<td>Australian Academy of Design</td>
<td>Sunday 14 August (11:00am - 4:00pm)</td>
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<tr>
<td>Australian Catholic University</td>
<td>Melbourne Campus: Sunday 14 August (10:00am - 4:00pm)</td>
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<td>Ballarat Campus: Sunday 28 August (10:00am - 4:00pm)</td>
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<tr>
<td>Australian College of Sports Therapy</td>
<td>Sunday 14 August (12.00noon-3.00pm)</td>
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<td></td>
<td>Wednesday 17 August (4.00pm-7.00pm)</td>
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<td></td>
<td>Sunday 11 September (12.00noon-3.00pm)</td>
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<td></td>
<td>Wednesday 14 September (4.00pm-7.00pm)</td>
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<tr>
<td>Australian Maritime College</td>
<td>Beauty Point: 20 August (10.00am-3.00pm)</td>
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<td></td>
<td>Launceston: 21 August (10.00am - 3.00pm)</td>
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<tr>
<td>Blue Mountains International Hotel Management School</td>
<td>Telephone: 1800 257 360 or (02) 9437 0300</td>
</tr>
<tr>
<td>Charles Sturt University</td>
<td>At CSU it’s ‘open day every day’ (Monday to Friday, excluding public holidays). To book a tour at any campus, telephone 1800 334 735. (Three days notice is required).</td>
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<tr>
<td>Deakin University</td>
<td>Warrnambool Campus: Sunday 14 August (10.00am - 2.00pm)</td>
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<td>Geelong Waurn Ponds: and Geelong Waterfront Campus: Sunday 21 August (10.00am - 3.00pm)</td>
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<td></td>
<td>Melbourne Burwood Campus: Sunday 28 August (10.00am - 4.00pm)</td>
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<tr>
<td>Gordon (The)</td>
<td>Sunday 21 August 2011 (10:00am - 3.00pm)</td>
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<td>[see <a href="http://www.thegordon.edu.au">www.thegordon.edu.au</a> for full details and location]</td>
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<tr>
<td>JMC Academy</td>
<td>Melbourne: Thursday 18 August</td>
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<td>Information on all open day activities - <a href="http://www.latrobe.edu.au/openday">www.latrobe.edu.au/openday</a></td>
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<tr>
<td>La Trobe University</td>
<td>Bendigo: 28 August (10.00am - 4.00pm)</td>
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<td></td>
<td>Melbourne: 7 August (10:00am - 4:00pm)</td>
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<td>Sunday 7 August: 10:00am - 4:00pm</td>
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<td></td>
<td>Caulfield, Clayton and Parkville campuses.</td>
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<tr>
<td>Northern Melbourne Institute of TAFE</td>
<td>Information Evenings: Check the website throughout the year for details of ‘Super Thursday’ information sessions at <a href="http://www.rmit.edu.au/superthursdays">www.rmit.edu.au/superthursdays</a></td>
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<tr>
<td>Photography Studies College</td>
<td>Sunday 21 August (10.00am - 4.00pm)</td>
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<td></td>
<td>Individual and group tours by appointment: (03) 9602 3191</td>
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<tr>
<td>PIC-photographic imaging College</td>
<td>Sunday 21 August</td>
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<tr>
<td>RMIT University</td>
<td>City, Bundoora and Brunswick campuses: Sunday 14 August (10.00am - 4.00pm)</td>
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<td>A free bus service runs from the City campus to Bundoora and Brunswick.</td>
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<tr>
<td>SAE Institute</td>
<td>Wednesday 15 October: (11.00am - 3.00pm)</td>
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<tr>
<td>South West Institute of TAFE</td>
<td><a href="http://www.swiifo.edu.au">Visit www.swiifo.edu.au for dates and further information</a></td>
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<tr>
<td>Southern School of Natural Therapies</td>
<td>Check <a href="http://www.southernschool.com">www.southernschool.com</a> for dates and times or call (03) 9415 3333</td>
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<tr>
<td>Swinburne University of Technology</td>
<td>Hawthorn, Lilliards and Prahran campuses: Sunday 21 August (10.00am-4.00 pm)</td>
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<td><a href="http://www.swinburne.edu.edu.au/openday">For further information</a></td>
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<tr>
<td>University of Ballarat</td>
<td>Sunday 28 August</td>
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<tr>
<td>University of Melbourne (The)</td>
<td>Parkville: Sunday 21 August</td>
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<td>Southbank: Sunday 21 August</td>
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<td><a href="http://www.openday.unimelb.edu.au">www.openday.unimelb.edu.au</a></td>
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<td>Victoria University</td>
<td>Virtual Open Day: 26 June – 30 September 2011</td>
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<td>Victoria University’s online Virtual Open Day will run for three months from 26 June to 30 September 2011. Visitors will have the opportunity to interact online in real time with lecturers, current students and graduates</td>
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<tr>
<td>William Angliss Institute of TAFE</td>
<td>Sunday 7 August (10.00am - 4.00pm)</td>
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ABOUT THE MELBOURNE MARATHON
The Melbourne Marathon provides runners with the opportunity to participate in the Bank of Melbourne Marathon 42.195 km, The Flight Centre Half Marathon 21.1 km, The Coffee Club 10km, The ASICS 5km that originated in Melbourne 33 years ago. The race is usually held on the second Sunday in October of each year. The event this year (2011) will be held on Sunday 9th October. We will be leaving on Saturday 8th October and will be back on Sunday 9th October.

The Melbourne Marathon has developed into a prestigious event with many professional athletes from all over the world entering the race. This year Mercy Regional College will be taking a group of “super-fit” Mercy students to compete in either The Flight Centre Half Marathon 21.1 km ($85.00), The Coffee Club 10km ($30.00), The ASICS 5km ($25.00).

This document outlines the details of the Melbourne Marathon co-curricular activity for this year. Please read the information carefully and discuss the implications of the activity with your child. Students need to be very committed to improving their fitness and should be aware that strenuous exercise is part of the training program that is designed to prepare them best for long distance running events.

TRAINING
There will be a training time that students are asked to attend. Students must attend at least 80% of these sessions. Attendance at training is strictly monitored. Students must inform the staff in charge if they are unable to attend. If students fail to adhere to this expectation, they will run the risk of not being allowed to participate in this activity. Only committed students will be permitted to go to Melbourne.

Training Session 1:

<table>
<thead>
<tr>
<th>When?</th>
<th>Wednesday mornings at 7:20am</th>
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<tr>
<td>Where?</td>
<td>Mercy Regional College</td>
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<tr>
<td></td>
<td>Majority of sessions will be at McAuley Campus</td>
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<td></td>
<td>Occasional session at O’Keeffe Campus</td>
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Note: Breakfast will be offered to students after each session.

Training involves your child running as a group around the streets of Camperdown and Noorat. Students are always fully supervised on the safest routes. On occasions training may involve using some of the sports tracks around Camperdown, where cross training and fitness tests can be conducted.

Training starts small and gradually builds up to longer distances over the weeks. Students that have little running experience, but are keen to begin the fitness journey, can be comforted that each session caters for the different levels of fitness of each student. At the other end of the scale, the more experienced athletes can expect to be challenged.
RETURN OF PERMISSION FORMS
Students should return the attached “Training Permission Form” to the office after it has been signed by parents. Training will begin in Week 2 of Term 3 on Wednesday Morning 27th July at 7:20am.

If students have not returned their Training Permission Form, under no circumstance will they be allowed to participate in any training sessions. The return of the Training Permission Form officially registers the student as a member of this activity.

MEMBERSHIP FEE
Towards the end of Term 2 students will be asked to commit to the Melbourne Trip. Bookings in the Melbourne Marathon needs to be made very early because of the popularity of the event. When students indicate that they have full intention to go to Melbourne a $20 membership fee will be charged to the student’s account. This fee will be used as a “holding deposit” for our accommodation in Melbourne. This fee ensures the student a place on the trip to Melbourne.

This $20 is not an additional cost and will contribute towards the total cost of the trip.

Please be aware that if students choose not to pay the $20 membership fee at the end of Term 2, they run the risk of missing out on going to Melbourne if they later change their mind.

OTHER EXPENSES
Students should not consider doing this activity until you, the parent is completely aware of the costs involved. All students are asked to register online before the end of Term 2 to confirm. Please visit www.melbournemarathon.com.au to complete the registration process

REGISTRATIONS
Registrations on www.melbournemarathon.com.au top tool bar. Click on your event Half, 10km, 5km, follow links. Fill in personal details form including team MERCY BEARS.

BREAKFAST
Breakfast will be supplied to all students. The food will include toast, cereal, and fruit. All food will be provided by local business. The cost will be a gold coin donation. Breakfast will be organised by our “Breakfast Club” which will be coordinated by Sarah Hinkley. If your child has any special dietary requirements please indicate on the permission form.

FUNDRAISING
The Running Club will decide Week 4 of Term 3 as to what charity that the club will be running for.

Regards,

Mr James Castles
Running Club Coordinator

Miss Sarah Hinkley
Breakfast Club Coordinator
MERCY REGIONAL COLLEGE
PERMISSION FOR CO-CURRICULAR ACTIVITY,
MELBOURNE MARATHON

TRAINING PERMISSION FORM

APPROVAL AND PERMISSION BY A PARENT
(Permission form for your son/daughter to participate in the co-curricular activity, Melbourne Marathon)

This form, upon its return, provides permission for your child to participate in the Melbourne Marathon Co-curriculum training sessions until the end of Term Four 2011.

I, ……………………………………………………………………..(full names of parent)

have received notice of the Melbourne Marathon co-curriculum activity for 2011 and give permission for my son/daughter

(full name)……………………………………………………………………………………………………………………………………

of Year ……… to participate in this activity. I understand all that is involved and that all due care will be taken to ensure the safety of my son/daughter.

I acknowledge notification of the time the training sessions begin. I also acknowledge that there may be times when my son/daughter will be required to train at different venues that are nearby the school grounds.

➢ Please indicate your permission by ticking the appropriate box in the following statements:

☐ • My son/daughter will train on Wednesday Mornings at 7.20am as his/her main training session

☐ • My son/daughter has full intention to attend the Melbourne Marathon Event in Melbourne this year.

☐ • My son/daughter is unsure if he/she will attend the Melbourne Marathon this year. However he/she will commit to training and make a decision at a later date (a $20 deposit is still required, although this is refundable)

➢ Please indicate which event your son/daughter will be participating in or. If your son/daughter is unsure if he/she will commit to the Melbourne Marathon (Oct 9th) still indicate an event This is to be done by circling the appropriate event:

HALF 10KM 5KM

➢ Please indicate any special dietary requirement

………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………

Parent’s / Guardian’s Signature ……………………………………… Date …………..
TERM 3

Week 1
Monday 18 July
* Term 3 commences
* Staff ONLY

Tuesday 19 July
* Students commence

Friday 22 July
* Mercy Dinner (7:00 PM-12:00 AM) Noorat Community Centre

Week 2
Monday 25 July
* Yr 12 English Performance of Cosi at Camperdown College (1:30PM - 3:30PM)
* Keys Please Program - Yr 10 Students (6:00 PM-8:00 PM)

Tuesday 26 July
* Unit 1/2 Outdoor Ed &VCAL Snow Camp

Wednesday 27 July
* Unit 1/2 Outdoor Ed &VCAL Snow Camp

Thursday 28 July
* Unit 1/2 Outdoor Ed &VCAL Snow Camp
* Australian National Chemistry Quiz

Friday 29 July
* Unit 1/2 Outdoor Ed &VCAL Snow Camp
Cordially invites
you
to our sixth
Annual Mercy Dinner
Friday 22nd July, 2011
to be held at the
Noorat Community Centre
Featuring
Kristen Bourke
(Past Mercy Student)
&
Luke Bourchier with band “Just a Drill”
The Dinner will commence at 7.00pm with Pre-dinner drinks and savouries
followed by a sumptuous two-course meal.
Cost $48.00 per head
Drinks are available at bar prices.

Please return this section ONLY to the College office with payment thanks.

Mercy Regional College 6th Annual Mercy Dinner

I wish to purchase □ tickets at $48.00 per person to attend the dinner
Total $ ____________
Please reserve me □ able(s) of 10 @ $480.00 per table for the dinner
Total $ ____________
Name: ____________________________

□ Attached is a cheque (payable to Mercy Regional College) for $ ____________
□ Credit Card Payment □ Visa Card □ Master Card [please tick which card is applicable]
Credit Card Details: ____________________________

Expiry Date: □ □ / □ □ Signature ____________________________

Please return this booking form and payment to the College Office by no later than Monday 18th July, 2011

For further enquiries please contact Sue Bohm on 5593 2011 or sue@mercy.vic.edu.au