ISSUE 3-3

24th August, 2012

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 2012
Through the Mercy tradition we support, acknowledge and strive for personal excellence and achievement.

The week beginning Monday 3rd September has been designated Child Protection Week and I ask all members of the Mercy Regional College community to share with me thoughts and prayers for all youngsters who are at risk or have been abused. As the most vulnerable members of society, children, above all others, have the right to feel safe, secure and to flourish into bright, warm and loving adults and today we pray that this right becomes a universal reality.

Dear Lord,
You asked that the little children be allowed to come to you;
for it is to such as these that the kingdom of God belongs.
You entrust them to the care and protection of our communities of faith.
Guide us as we strive to ensure that our Catholic communities provide a safe environment for each child.
We pray especially for all those who have been harmed in their childhood.
Give them courage in facing the past and lead them to your healing protection.
We make this prayer through Jesus Christ, your Son, Amen.

Henderson Street Driveway
A reminder to all parents and friends that the Henderson Street driveway should not be used as a drop off alternative for McAuley Campus students in the morning or afternoon. The driveway is used as a pedestrian walkway throughout the day by both Mercy and St Patrick's students and often these students can be difficult to see and/or not aware of their surroundings. Please use Henderson Street or Dimora Avenue to drop off your sons and daughters. Or alternatively, they can be dropped off in Wall Street and cross the road at the manned crossing opposite the church.

Catholic School Funding
As many of you will have seen or heard in the media, the Australian Government is currently reviewing funding for all schools and it is likely that the Government will prepare new funding arrangements for debate in the Federal Parliament later this year.

It is likely that these new arrangements will have significant consequences for the funding of Mercy Regional College and also our feeder HCSN Primary Schools and I strongly encourage all parents to seek full information on future funding arrangements. This information is available through www.fundinginfo.catholic.edu.au

Enrolments 2013 and Transition Days
Parents and students who have applied for enrolments in 2013 will receive offers of enrolment in the next week. The first stage of the transition arrangements for these incoming 2013 Year 7 students are two transition days to be held at the O’Keeffe Campus:

HCSN Transition Day - Monday 3rd September
- This day is for all students who currently attend one of the three HCSN catholic primary schools.

Country Kids Day - Tuesday 4th September
- This day is for students who currently attend a government primary school.

Proposed Catholic School Industrial Action
The Independent Education Union (IEU) has announced possible industrial action in Catholic schools on Wednesday 5th September.
At the time of writing, I am unsure of the specific effects of this action on Mercy Regional College, if any. Notwithstanding this, I am confident that there will be no effects on students at any year level and their capacity to attend school.

**Mercy Regional College Car Raffle**

In the next couple of weeks, Mercy parents and friends will receive details on the 2012 Car Raffle.

I encourage all to read the car raffle material carefully and fully support this major College fundraiser.

The students and staff of Mercy Regional College have benefited over many years from the significant income generated by this community effort and I thank in advance all those responsible for its organisation.

Please find the advertising poster listing all the prizes as well as the Car Raffle Roster for the next fortnight on pages 15 & 16 of this newsletter.

**Student Activities**

With third term in full swing, there have been a large number of student activities underway:
- Seven VCE students travelled with Fr. Matthew, Ella McPhee and myself to St Joseph's College, Mildura for the annual Mercy schools Frayne public speaking festival.
- Two months of work culminated this weekend for those Year 7-10 students who have worked with Leesa Henriksen and Sophie Carr to prepare for the Tournament of Minds competition.
- Wednesday mornings in Henderson St outside McAuley Campus continue to see 40-60 Mercy students, staff and parents participating in the College Running Club. I encourage members of the school community to keep an eye out for the Mercy Regional College Fun Run in October.
- Social Justice remains central to College activities with the last of eight Melbourne Street Retreats this week and students and staff continuing to support the Geelong Blood Bank.
- A small group of students will travel to Melbourne next week to participate in the annual Thomas Carr College exchange.
- Following last year’s success, students began their participation in the DAV debating competition at Sacred Heart College in Geelong. The competition continues until fourth term.

Yours in Mercy,

DR. DARREN EGBERTS
PRINCIPAL

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**Deputy Principal Teaching & Learning**

*Mr. Chris Grant*

Parent Teacher Interviews for Semester Two will be held at the McAuley Campus Stadium on Monday 10th September from 4:00pm to 8:30pm. Letters with login and pin details will be sent out in the mail to families early next week, with the bookings opening at 9:00am on Friday 31st August. Semester Two Interim and Progress reports will be sent out in the mail from Monday 3rd September.

**Deputy Principal Wellbeing**

*Mr. Kerin Glennen*

Throughout history there have been a number of wonderful inventions that have gone on to make a positive contribution to those who use it. Computers have rightly gained this status and the wonderful and positive contribution that has been made throughout the world is astounding. Technology helps us to find somewhere to stay in London, look up the name of the longest river in the world or give us the final score for the 1934 grand final in Melbourne. All of these things are good and benefit those who want to access this information; however with the good that comes from people accessing a computer on some levels also comes a down side to the new technology. These down sides include accessing bank accounts illegally; bullying and scams just to mention a few. With this technology we need to be aware that just using your common sense can negate some of these negatives.

The computer and or iPad do not need to be in a young person’s room all the time. All good practice tells us that the computer / iPad need to be used in an open area. The computer / iPad should be charging on the bench in the kitchen so that it is ready for the next day (the same may be said for mobile phones). The night is a time for sleeping and recharging your batteries for the next day, not having your sleep interrupted by SMS or text or heaven forbid answering a phone. We all need our sleep and the best way to get this sleep is NOT to have distractions occurring throughout the night.

**What is Cyber Stalking?**

Cyber stalking is an issue on the internet or now on other electronic means. Using Facebook, email or twitter, cyber stalkers can very easily track someone's personal life. This may include using the internet to find out where a victim goes every day, what they do and who they see.

**What is Sexting?**

Sexting is sharing improper photos or text messages which at the time seem funny and harmless, but you could be breaking the law by sending, receiving or forwarding pictures. Sexting may seem funny or flirty but there are serious social and legal consequences, particularly if you’re under 18.
Under Australian Law, sexting can have legal consequences if the images taken and shared are of minors. Even if all participants are willing, teens may be breaking the law if they take and share naked or sexual images of themselves or others who are minors. This is because sexting images may be considered child pornography.

Once a picture/image is sent it's out of your control and could turn up anywhere, anytime and anyplace. There's no such thing as safe texting, it can be used by others for cyber bullying, cyberstalking or sexual harassment. Once images and messages are sent they can often spread rapidly. If images are posted online it can be impossible to remove them or to control access to them.

Technology is advancing at a rapid rate and as we scramble to stay up to date, there are some basic things we can do:

Talk to your children about the positives and difficulties that this technology may bring with it. Do not have this technology (computer, iPad phone or even a television) in your son or daughter's bedroom...let them sleep, their bodies need the rest.

Party Plan for Parents
Over the last three years several of our students have attended the PARTY Plan at the Alfred Hospital.

The Alfred are now running this program for adults in Warrnambool, it is great to see our rural community having an opportunity to attend such an evening.

I strongly support this program and recommend it to parents and if there is any way that you can attend it please do so.

Earlier in the day several of our year 11 students will attend a full day program at the same venue run by the Alfred Hospital. See flyer on the last page of the newsletter for date and time.

Year 11 Street Retreat to Melbourne
Ms. Tina Jenkins

We began our pilgrimage to Melbourne on Tuesday the 14th August on a wet and cold rainy day. It was all about 'perspective' though as some people that we were about to meet sleep in this weather. After a cosy bus trip we arrived at the Nunnery Backpackers accommodation on Nicholson Street Carlton where we had the chance to settle in and prepare ourselves for what was ahead. We were pleasantly surprised with our warm and clean accommodation. Lots of international tourists!

After we settled in we went to the St. Vinnies soup kitchen to start preparing sandwiches and cakes for the van. Here we buttered hundreds of slices of bread and added ham, cheese and Vegemite. Lovely volunteers made us feel welcome. We wrapped up plenty of sweets and after packing everything into the van we headed off to our first stop in North Melbourne. We were nervous!

The first stop was quite confronting for most of us, however soon enough everyone felt comfortable feeding and chatting to the homeless. The next few stops flew by as we travelled throughout Melbourne stopping a total of five times during the night. Each spot had different types of people needing different things. We handed out hot food and sandwiches and served soup and hot drinks. We also handed out warm scarves, socks and hats generously donated by kind people. These were popular on a cold wintry night.

Our last stop was at the Vic markets and by this time we were very comfortable and happy to approach the homeless, we all met some people whose stories we won't forget. This was the busiest stop.

After this we headed back to the kitchen to help with the dishes and to tidy up. Messy stuff!

Next we went to Papa Gino’s for a much awaited tea, and then headed back to the Nunnery.

We woke early and helped ourselves to some breakfast at the Nunnery. It was a small narrow kitchen and an interesting experience! We then headed off to the ACU chapel where we reflected upon our experiences from the night before and shared some stories and thoughts.

It was a great experience for all of us and we all learnt some personal lessons. We were all thankful that we were able to experience this and it will be a time in our lives that we will never forget. It is a great opportunity for Mercy students and everyone needs to experience it.
Year 12 Sudanese Guest Speakers

On 12th August the Year 12s were fortunate enough to have two wonderful guest speakers from the Warrnambool Sudanese community.

Otha is a wonderful man who has been in Australia since 2001 and is currently studying media and public relations. Otha spoke to the students about becoming a refugee while he was a student in Egypt. Not being permitted to return to his native country of Sudan, he felt forced to move to another country in order to have a brighter future for himself and his family. There were many dangers involved in his life at that time and he lost some friends who tried to return to Sudan. Otha spoke of the need to be politically aware and to make political injustices known. He believes it is imperative to understand world issues and to be responsible citizens. Being one of the first Sudanese families to move to Warrnambool he spoke of why he loved the Country life and how happy he was to be raising his family in a peaceful country like Australia.

Our other guest speaker, Alex, is a medical doctor who is studying a Master's Degree in public health. Alex hopes to practice medicine here in Australia for a short time before return to a south Sudan to help improve public health in whole villages or regions. Alex was very passionate when he asked our year 12 students to CAPTURE their education and use it to make a difference not only in their own life but in the lives of others in their community and their world. Our Year 12 students asked in depth questions and were very impressed by the honesty and passion with which Alex and Otha shared their stories.

Street Retreat

Report by: Lachlan Waters & Molly Rix

On 20th August Group 6 Street Retreaters including Lachlan Waters, Harry King, Molly Rix, Kayla Spicer, Sarah Bone, Rachael O’Connor, Joe Kingston, Jesse Gaut, Casey Alexander, Peter Ryan, Lynn Wadley and Jimma all set out on a journey to help the homeless in Melbourne for a night with the St. Vinnie’s soup kitchen. It was a fun drive there with everyone getting along and being all friends. Once at the nunnery it was very nice accommodation for the short time we were there overnight.

Once we left The Nunnery, we got all the gear to give the homeless such as scarves, beanies, toiletries and socks. Once we arrived at the soup kitchen we all got assigned different jobs, some of us made sandwiches and the others helped pack the van for delivery. After we had done all that we were off to our first stop. It wasn’t a very big spot there was only like 10-15 people there, not many people really wanted to talk. They just grabbed their food and quietly left. So we were only there for about 10 or so minutes.

At the second stop toiletries were highly wanted, everyone swarmed around the toiletries bag and it was empty within 5 minutes. The food also went quite quickly here. The next stop, which was the third, was a quiet one, where there were more elderly people around, and they were more interested in a chat than getting heaps of food. They all lived in a community house which they lived at for a very small price that they could afford and still have some money for other things. They were all very polite at this stop. Basically everyone was happy and all used lots of manners. We gave away lots of food and drink at this stop even though there wasn’t as many people there as the second stop but they took more than 1 bit of food so it would last them all night or even up to a week.

The last stop was near the Victoria Market, it was the biggest stop of the night and we got rid of everything other than about three scarves and one beanie. Most of the food was taken and many people were up for a chat. There were barely any women at this stop. Everyone at this stop was also well mannered and also was grateful for all the scarves and beanies they received. The experience was life changing and none of us will ever forget this.
Middle School Coordinator’s Report
Mr. Ben Brisbane

Wow, half way through term three already, and haven’t we done so much in a short period. From ski camps, to retreats, sporting days, math challenges, science competitions, science week and a chemistry quiz, let alone the school curriculum itself has made for busy start. The way it is looking the term will be finishing in much the same vein.

We look forward to our first Middle School Disco to be held on the 7th September at the Camperdown Football Club Social Rooms. Letters for this event should have been sent home so refer to the letter for all the details. The Central Australia trip is also fast approaching and looking at the list, Middle School is well presented. I am personally looking forward to sharing this experience with everyone on board.

Term 2 was a very productive term culminating in the exams at the end. The term enabled the students to knuckle down after a jam packed term one and really achieve well in the classroom. Hopefully your son or daughters’ report reflected this.

The students that were nominated for the term two Middle School Award displayed this attitude to their work and were all worthy of the recognition. Unfortunately only two from each year level can receive this certificate each term.

The winners of the Middle School Certificate for term two were:

Year 9
- Lucy Halloran
- Kieren Gleeson

Year 10
- Will Rowbottom
- Jennifer Rowan

Each of these students has demonstrated the attributes to become good leaders in the years to come and all come with different strengths. They will be added to our honor board and are now in the running for the Middle School Award to be presented at the end of the year.

Our Year 10s returned from a very rewarding Retreat in Anglesea last week. The boys attended on the Wednesday and Thursday and the main focus was on forming their Identity and working out “what do I stand for?” while the girls attended the Thursday and Friday. I was involved with the boys and their attitude on the retreat is to be commended and I am sure that there will be an immeasurable outcome from the talks that took place. Thank you to all, boys and girls, whom attended over the 3 days and I hope all have come home with positive thoughts for the future ahead.

Opportunities for Year 9 students to demonstrate their leadership potential have started to arrive. A program run though the Corangamite Shire named “Our PlaYce” gives students the opportunity to be involved in some key decisions within the shire. Along with this involvement comes the opportunity to develop a program that the group decides upon. This group, consisting of 12 students meets with Katie McLean from the shire on a regular basis to assist the students with the project. Students were asked to volunteer and the chosen group is:

- Georgia Buchholz
- Hayley Turner
- Maggie Lee
- Hannah Moloney
- Zeya Robbins
- Marti McKenzie
- Kieren Gleeson
- Kris Noonan
- Caitlyn Toose
- James Anderson
- Laura Kemp
- Dianne Fleming

Congratulations to all involved and I hope all enjoy the experience. I will keep you all posted on their progress.

Congratulations go to Jake Crawley. Jake was a representative of the Victorian Country in the National Football Championships held in Adelaide last month. His team reached the final and was narrowly beaten by Vic Metro. Well done to Jake for all his efforts in the carnival and good luck for his future pursuits in football.

Again thank you for all your support so far this year. If there are any achievements from our students that I may not be aware of let me know. I am very keen to recognise all our students when they do well.

As the year continues to slide by I will take this opportunity to remind our students to stay focused. It is often term 3 that causes most students to lose focus and tire. It well could be the effects of winter on everyone but if we can all work together to keep everyone up and ready for anything that would be much appreciated.

Again, looking forward to all that comes with the latter half of each year and thanks in anticipation for all your efforts.

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On Wednesday 5th September (10:00 11:30am) there is going to be the opportunity for parents to participate in a discussion session relating to “raising teenagers”. The session is open to all parents of Year 9 & 10. Linda Holland from Centacare will be hosting the morning and should be rewarding for those that attend. Please RSVP by phoning the school no later than Friday 31st August. Morning tea will be provided.
Christian Outreach Program
Mrs. Sharyn Grinter

Mercy students participating in the Christian Outreach Program (formally called Community Visiting).

Dermott O’Connor and Mikarla Poole conducting ball games at Sunnyside.

Katie Kenna and Jack Kenna playing Hangman with residents of May Noonan Terang.
The Year 10 Retreat
Reports by: Henry Kissick & Bethany O’Sullivan

Boys Retreat
It was the 8th August and our bags were packed and all the boys were excited and ready to depart to Anglesea for the highly anticipated, annual Year 10 Retreat. After settling in to camp, the day was kicked off with a talk from the Principal. Dr. Egberts talk was an eye-opener for many of us, confronting us with the truths of reality, it made us realize that life doesn’t always come as easily as we hope for.

Later, David Parker (Four words foundation) spoke to us; we heard inspirational stories about everyday people and learnt a lot from this.

After a brief break, we thought about our own futures and what we hope to achieve, which was really the concept of the retreat. Father Matt gave an enlightening view on what life is and what it can mean to each of us as individuals, the day proceeded with the next activity being a much more light-hearted one, with plenty of activities requiring cooperation and teamwork. After a movie to finish off with and a bite to eat, we all headed off to bed to refresh for the day to come.

The next day was one that all of us will remember for the rest of our lives. John Davis, a paramedic who worked locally and had seen some horrific crashes that have happened around the area shared amazing stories with us, they all had a message that we will hold onto for a long time. After the talk and reflection of what we just saw, we had lunch with the girls and headed back home ready to use the knowledge we learnt in the real world.

Girls Retreat
The girls joined the boys in Anglesea on Thursday and we settled down with a welcoming lunch. Once we had finished eating and had our time to unwind from the bus trip, we began our first presentation with a curiosity of what the retreat would bring. We listened to the amazing stories by John Davis, who is a Paramedic from Colac. From photos of the horrible car crashes came a confronting story for every single one, and we were so intrigued listening to John recall every detail of each scene. Seeing these photos and listening to stories that we aren’t exposed to everyday, really put into perspective the severity of irresponsibility. We all left the talk with a new view on what it means to be behind the wheel of a car and had a new respect for our loved ones and for life.

We then went on a delightful walk around Anglesea and also completed activities that required us to work together as a team. This was followed by a relaxing session of Meditation that allowed us to reflect on what we had already learnt.

After tea that night we listened to another presentation by an inspiring woman by the name of Melissa Anania, who has travelled overseas to countries less fortunate than ours and done great things. Her stories and experiences captured our attention as we learnt what it means for us to go out and do fantastic things with our lives.

Waking up the next morning, excited for a new day of learning, we had breakfast as we shared our thoughts about what we had experienced the day before. Before we left for home, we spent an hour or so listening to the stories from our teachers who we had known for many years but only just really understood.

Overall, the benefits that the retreat brought to each of us, as individuals, as strong people, as a unit striving for excellence in our lives. The atmosphere of the retreat resulted in what is a powerful bond and friendship amongst classmates and as friends.
This week we celebrate Book Week.

The theme “Champions read” is particularly relevant with the Olympics just completed and the Paralympics about to begin. Year 7 & 8 homerooms completed an activity where they made a poster of their “champion” and the book they thought their champions would be reading – there were some excellent choices!

Posters were then displayed in the library – both on the pin board and on the big TV screen.

Last Friday, August 17, we were fortunate to have a guest author visit the O'Keeffe campus.

Here are some reflections of the day Archie Fusillo spent with Year 8 students:

Studying a novel is commonplace in the English classroom. But imagine having an author of the novel you are studying visit you in person. Melbourne-based writer Archimede Fusillo, who authored our Year 8 English text The Dons, sauntered into the O'Keefe campus and delivered 100 students a humorous and inspiring presentation and workshop.

The students were told lively stories of Archie's Aussie/Italian upbringing, and how these events shaped the words for his many award winning books. Our students laughed and reflected on his talk, providing them with a rich experience that deepened their comprehension of The Dons, whilst also gaining a valuable insight into the art of writing.

Year 8 English teacher - Mrs. Chamon Vogels

Learning about how to start a story turned out to be much more interesting than what we expected. Archie Fusillo, who wrote "The Dons" (the book we are currently studying in Year 8) told us many amusing stories about his childhood, in particular his grandmother. She developed dementia and he explained how it affects people and how quickly the person with dementia forgets things – even Archie! He said it made him sad and by writing about it, it helped him.

Archie also talked about writing his books and how one book took him 2 ½ years to write and then the publishers lost the copy and it took him another 2 years to re-write the book! (Tip: always keep a copy of your work).

We found Archie to be a funny and inspirational writer. We enjoyed learning how strongly he feels about writing his stories and we appreciated the skills he passed on to us.

Cameron Ross & Jacob Harris - Year 8B
Head of T & L Senior School  
Mr. Lachie Lee

Frayne Public Speaking Festival
Today, seven of our Year 11 students competed in the annual Frayne Public Speaking Festival. The competition was held amongst the Mercy affiliated schools at St Joseph's College, Mildura. The debating team consisted of: Liana Collins, Laura Mason, Ellie Moloney, Caitlin Wallis and Daniel Leversha; with Genevieve Lee and Matthew O'Brien entering the public speaking. The students worked on their performances for several months in preparation.

Thanks must go to Father Matthew and Ella McPhee who are accompanying the students to Mildura who, along with Mr Egberts, were watching over the students in their endeavours today. We will include a report of their achievements in the next newsletter.

Spirit of Anzac Prize
The 2012-13 Premier’s Spirit of ANZAC Prize is an annual competition held to select ten Year 9 or 10 students for an all-expenses paid study tour of sites where Australians have served in war.

Students chosen to go on the 2013 tour will travel to Gallipoli, the Western Front, and for the first time, Barendrecht in the Netherlands.

In addition to the 10 students selected to travel overseas, 17 regional finalists will tour a significant Australian location and will be invited to attend lunch with the Premier of Victoria.

The rationale of the prize is to encourage students to be aware of those aspects of Australian life which contribute to the positive nature of our society. These aspects have been recognised in the achievements of the Anzacs and continue to be perpetuated in modern Australia. MRC has had a good record in this prize. Since 2005, we have only missed one year where we haven’t made the final selection process. Two of our students, Samantha Alexander and Elizabeth Smart have actually been winners of the Prize. In 2012, Matthew O’Brien was a finalist and won a weekend trip to Canberra and had lunch with the Premier. All Year 9 and 10 students are urged to consider entering the completion. I will be speaking to the students over the next few days about this.

The Simpson Prize
Is a national competition for Year 9 & 10 students. One winner and one runner-up from each State and Territory, accompanied by two selected teachers, will attend a briefing program in Canberra in early 2013.

It is an opportunity of a lifetime, the winning students and selected teachers will then travel to Turkey or the Western Front for two weeks in April 2013 and attend Anzac Day services.

Students:
Students can either write an essay of 1200-1500 words or prepare an audio visual presentation of not more than 10 minutes, accompanied by an explanation of no more than 400 words.

Teachers:
Please note that only the three best entries per school can be submitted for judging. The 2013 question is: What does an investigation of primary sources reveal about the Gallipoli experience and to what extent does this explain the origins of the Anzac Legend?

The closing date for entries is 9th November, 2012. For more information and all forms (available for download), please visit: http://www.simpsonprize.org

Please see more information about both of these prestigious prizes on page 10. If there are any further queries please contact me at school.

Shrine Outreach Program and Tim Whitford
Tim Whitford of the Shrine will be visiting MRC on Wednesday 5th and Thursday 6th September. He will be speaking to the Year 9 students on the Wednesday and the Year 8 students on Thursday. He will be speaking to the Year 9 students about his work in the discovering the location of the graves of the missing Diggers from the Battle of Fromelles in France in 1916. He will bring a different approach to his presentation to the Year 8s, giving a presentation about the reasons people enlisted in the Great War and a generally interactive session.

Tim has also agreed to give an evening presentation to the wider Mercy Community and anyone who is interested in Australia's involvement in the Great War. He has a passionate commitment to finding the 'missing' and giving them a dignified and peaceful final resting place. This started with his search for his great uncle killed at Fromelles on the 19th July 1916. In this first great battle that Australian troops were involved in France the 5th Australian Division lost 5133 casualties of whom almost 2000 were killed in a twenty four hour period. The bodies of many of the dead were buried by the Germans and it was through searches of German records by Tim and his friend Lambis Englesos that these graves were finally recovered. Tim’s story is riveting and is delivered with the passion that he has brought to the task of recovering the bodies of those 25,000 Australians who have no known grave.

Tim’s session will be held at O’Keeffe Campus in Noorat from 7:30pm until 8:45pm on the night of Thursday 6th September.

If you are interested in attending please register by ringing either campus Camperdown 5593 2011 or Noorat 5592 5283.
Premier's Spirit of ANZAC Prize

Walk in the steps of the ANZACs at Gallipoli, the Western Front and the Netherlands!

The 2012-13 Premier’s Spirit of ANZAC Prize is an annual competition held to select ten Year 9 or 10 students for an all expenses paid study tour of sites where Australians have served in war.

Students chosen to go on the 2013 tour will travel to Gallipoli, the Western Front, and for the first time, Barendrecht in the Netherlands.

In addition to the 10 students selected to travel overseas, 17 regional finalists will tour a significant Australian location and will be invited to attend lunch with the Premier of Victoria.

How? Developed in conjunction with the History Teachers Association of Victoria, this year’s topic invites students to submit an entry that addresses:

To what extent is the Anzac spirit relevant to life in Australia today? What can it teach us about the Australia we want for the future?

Students are asked to refer to examples of the Anzac spirit from Australia’s involvement in wars and conflicts from Gallipoli through to the present day, and relate those experiences to positive values and activities in everyday life.

Entries can be in ONE of the following formats:

- Essay of up to 1000 words
- Poem or short story
- Audio presentation (maximum 10 minutes)
- Video presentation (maximum 10 minutes)

- Digital presentation on CD or DVD
- Musical composition – a song or instrumental
- Web page or PowerPoint on CD or DVD
- Artwork – painting, drawing, photograph or textile

Non-essay entries will need to have a supporting statement of up to 500 words.

When? Start now! Entry forms (PDF 572 KB) or (Word 427 KB) are now available. Closing date for entries is 19 October 2012.

The Simpson Prize 2013

A competition for year 9 and 10 students

One winner and one runner-up from each state and territory, accompanied by two selected teachers, will attend a training program in Canberra in early 2013.

In an opportunity of a lifetime, the winning students and selected teachers of the 2013 Simpson Prize will then travel to Turkey or the Western Front for two weeks in April 2013 and attend ANZAC Day services.

ENTRIES CLOSE: Friday, 0 November 2013

For More Information

www.anzacs-simpsonprize.org

email: simpson.prize@deakin.edu.au

phone: 03 9473 3411
School’s South West Region Clay Target Competition
Mr. Dean Ludeman

On Thursday 18 students competed in the championships at the Noorat gun club. 300 students were in attendance that shot two rounds of ten targets. While the level of competition was very high, our students performed well with several good scores. We also placed second in the team shoot. Better performers on the day were:
In Senior Boys: Thomas Lenehan and Nathan Beal
Junior Boys: Jack Wilson and Ethan Domney
Junior girls: Georgia Buchholz

MRC Ski Trip
Mr. Darren Cheeseman

From Tuesday 24th July through to Friday 27th July the annual Mercy Regional College Ski Trip took place to Mansfield and Mount Buller.

Thirty-four students from the Outdoor Education and VCAL classes attended this trip with most students participating in skiing with a few students taking up the challenge of snowboarding.

We arrived on the Tuesday afternoon at Mansfield and after unpacking the bus we immediately went to Buller Sports to collect our gear. Students were excited to be fitted out in their jackets, pants, boots and helmets as well as getting their skis and snowboards.

The next morning we left bright and early to arrive at Mt Buller for our 9:00am lesson. Our instructors immediately set about the task of getting our students capable of hitting the slopes confidently. Once the lessons were completed students were able to have their own time to test their new found skills. Students came away from the day very tired but happy with their efforts.

The next day we again left to do our lesson and this time students were taken through a series of more difficult skills, as the first day had just been the basics. The afternoon was an opportunity to try different slopes and basically have some fun. There were plenty of falls and sore bodies but overall it was all worth it.

We packed up Friday morning for the trip home and stopped in Ballarat for lunch, arriving back at Camperdown at 2:30pm. Christians Buslines through Darren Williams catered for the trip, which was much appreciated. Well done to all students involved and a big thanks to the staff that attended.
Coming Dates

TERM 3

Monday 27 August
* Thomas Carr Exchange Program - Year 8
* Social Justice Fundraiser
  Hot Chocolate & Tim Tam sales at recess

Tuesday 28 August
* Thomas Carr Exchange Program - Year 8
* 'A Taste of Dairy' - Year 9 students
* Year 10 VLine Issues morning
* HCSN Combined Board Dinner @ MRC 7PM

Wednesday 29 August
* Thomas Carr Exchange Program - Year 8
* 'A Taste of Dairy' - Year 9 students

Thursday 30 August
* Thomas Carr Exchange Program - Year 8
* Junior Debating in Geelong (3:45-9:30 PM)

Friday 31 August
* Thomas Carr Exchange Program - Year 8

Monday 3 September
* Grade Six Transition Day for HCSN Schools
* Drama Presentation for Year 9 & 10 students
* PTFA Meeting 7:30 PM @ Noorat

Tuesday 4 September
* Grade Six Transition Day for Country Kids

Thursday 6 September
* Blood Bank (3:00 - 8:00 PM)
* Instrumental Concert (7:00 - 9:00 PM)

Monday 10 September
* Parent Teacher Interviews Year 7 – 12
  McAuley Campus (4:00 - 8:30 PM)

Tuesday 11 September
* Year 9 Issues Day
* MRC Board Meeting 7:30 PM Camperdown

WANTED

Old hand plough or similar farm implement for garden ornament.
Contact Mrs. Lynn Wadley at the school office on 5593 2011.
Reflections on the Census

The recent census revealed some very interesting data. There are now over twenty one million of us, we are more multi-cultural than the time of the last census, half of us are getting older (I already knew that) and we are even a bit better off financially. Answers to the question on religion provide food for thought. The second most popular choice was 'No religion', I wonder what responsibility those of us who belong to faith communities, those of us who may have designated ourselves by some religion, must bear for that result. Have we made religion so unattractive that people no longer want to belong or perhaps have we made it seem out-dated, irrelevant, unengaged with today's world and its issues and problems? Have recent scandals taken their toll and the Church or religion has lost credibility? Perhaps that is an unfair analysis but we should not just simply regard this result as an interesting phenomenon.

Having 'no religion' does not necessarily mean no belief in God. It is interesting, even challenging, to explore what many people consider to be 'religion' today. For many "religion" is regarded as a private lifestyle choice a personal option some choose to exercise to help them make sense out of life and death. We have, in their view, no right to impose our beliefs on others. Religion has no place in public debate. There is also a trend where people pick and choose religious beliefs, doctrines and practices - mixing and matching them, a "church-free spirituality" in the words of one popular American TV daytime talk show host. A number of publishers refer to the phenomenon as "private spirituality," or as "spirituality without religion." Religious pluralism is also popular, "an eclectic approach," according to Lynn Garrett, who tracks religious books for Publishers Weekly. "People borrow ideas from different traditions, then add them to whatever religion they're used to. But they don't want anything to do with organised religion."

These borrowed doctrines or practices or ideas are not generally regarded as anything more than helpful at a particular stage of life - they may be taken up or discarded when they are no longer regarded as relevant or useful. They are not seen as anything to do with an acknowledgement of anything which may be regarded "the truth", something enduring which has had lasting impact on the lives of millions, something which has influenced the formation of civilizations and societies. Those Church rituals are not seen as something that embody religious truth in such a unique and extraordinary way that they link the believer to the very life of God.

Even those who profess atheism can even pick and choose 'the good points' in religious belief and practice. I recently read a book entitled Religion for Atheists in which the author, Alain de Botton says atheists like him shouldn't mock religions, they should steal from them. Rather patronisingly in my view, he suggests that religions have all kinds of helpful ways to help us improve our relationships, console us in grief and accept our limitations, and can help us enjoy and love music and art, build a sense of community, make our relationships last, overcome feelings of envy and inadequacy. It is true, as he writes, that religion has been used in the name of many atrocities but as De Botton romanticises the mystery, awe, and grace of religion, he misses the point that these are the very things that bring us into contact with God and are ways in which we respond to the action of God in our world. They are not just happy coincidences. The supernatural claims of religion which he argues are entirely false, are the very reason for the existence of these marvellous qualities which he praises so highly.

We gather together for religious rituals, not only to make us feel better, to feel more connected but because they bring us into the presence of God. Through them we encounter God's forgiveness, God's healing, and by that encounter bringing about reconciliation with each other. We admire and care for creation not just because it fills us with awe and wonder but because it brings us into contact with its Creator. We work to bring about justice, fairness and a better distribution of this world's goods, not just because that makes people's lives so much better, but because this is God's vision for our world. We gather to listen to the scriptures not because they are beautiful poetry, not because they are historical documents that link us to past ages but because they express the history of God's dealings with us - in the past and today. We admire religious art, buildings and go on pilgrimages not because we want to travel but because they remind us of the faith of those who have gone before and their attempts to describe the wonder of their beliefs and the presence of God in their lives and in their time.

Sadly, religion is finding it difficult to connect in our time - while people pick and choose to nourish their spirituality, the importance of enduring religious beliefs, traditions and values are not always understood. People will become curious about them when they see them well lived, when they see that people find them relevant, inspiring and that they transform our lives. These enduring religious beliefs have something to say to challenges our world faces today, to making our world a fairer and more just place, a more peaceful place. Such religious beliefs are not about controlling us, rather than properly understood and lived, rather they set us free.

That's the challenge for those who ticked the census box indicating that yes, I do have a religion!

Regards

Jim Quilliman

Phonet 0401 933 023
Email: jquilliman@dcsinet.au

Reflections on the Census

Funded and published by Catholic Education Office, Sale for schools in the diocese.

17 July 2012
Mercy Regional College
Instrumental Concert is nearly here!

Thursday 6\textsuperscript{th} September, 2012
Keep this date free!!!
It will be a fabulous concert.

7.00pm till 9.30pm
in the Multi-Purpose Room
at McAuley Campus.

This is a great opportunity for us to showcase
our instrumental students.
Looking forward to seeing you there!!!!

Please bring a plate to share for supper after the concert.

Thanking you,
Mrs. Janet Backhous
Music Coordinator
MERCY REGIONAL COLLEGE
PARENTS, TEACHERS & FRIENDS ASSOCIATION

CAR RAFFLE

1st Prize – Ford Focus Ambiente Hatch

Automatic, Power Steering
Air Conditioned, Cruise Control
CD Player, ABS
On-Road Costs, 6 Airbags
Value $23,065

Supplied Courtesy of A.K. McKenzie Motors, Colac
Proudly supported by Trevor Lee, Camperdown Auto Sales

2nd Prize - Travel Voucher
Value $2000
Supplied Courtesy of Harvey World Travel, Camperdown

3rd Prize - Electrical Voucher
Value $1000
Supplied Courtesy of Camperdown Retravision

4th Prize - Nutrimetics Pamper Pack
Value $250
Supplied Courtesy of Helen Bourke, Kolora

5th Prize – Fuel Voucher
Value $250
Supplied Courtesy of Riordan Fuels (Steven Lucas BP Camperdown)

6th Prize - Jewellery Voucher
Value $200
Supplied Courtesy of Showcase Jewellers, Camperdown / Colac

7th Prize - Clothing Voucher
Value $200
Supplied Courtesy of Fashion Club Wear

8th Prize - Dinner Voucher
Value $100
Supplied Courtesy of Madden’s Bar & Bistro, Camperdown

TICKETS STILL ONLY $10.00

Drawn 14th November, 2012 at 8.30 p.m.
At the Mercy Regional College Arts Night
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<td>CAMPERDOWN NEWSAGENCY (Car)</td>
<td>9.30 - 11.30</td>
<td>David / Angela Absalom</td>
<td>5593 3480</td>
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<td>11.30 - 1.30</td>
<td>Terence / Sharon Adlam</td>
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<td>Gary / Jennifer Alexander</td>
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<td>TIMBOON</td>
<td>6.00 PM MASS</td>
<td>Tony / Anne Delwig</td>
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<td>Andrew Campbell / Judy Baker</td>
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<td>CAMPERDOWN NEWSAGENCY (Car)</td>
<td>11.00 MASS</td>
<td>Maureen Adeney</td>
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<td>SUNDAY 26TH AUGUST</td>
<td>CAMPERDOWN</td>
<td>7.30 MASS</td>
<td>Rose Henry</td>
<td>5593 3882</td>
<td>0407 322 941</td>
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<td>CAMPERDOWN SALEYARDS (Car)</td>
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<td>Darren Evans</td>
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<td>TERANG (Car)</td>
<td>9.30 - 11.30</td>
<td>Janet / Julian Cavasan</td>
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<td>Pauline / Peter Carlin</td>
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<td>TERANG (Car)</td>
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<td>Vicki / Murray Whiting</td>
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<td>Kent / Shaun Kissick</td>
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<td>Jo / Paul Bailey</td>
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<td>TERANG</td>
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<td>Chris Moloney</td>
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<td>CAMPERDOWN CRAFT MARKET (Car)</td>
<td>10.00 - 10.30</td>
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<td>12.00 - 2.00</td>
<td>Robert / Leanne Field</td>
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<td>David / Regina Beal</td>
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<td>TROTS (Car)</td>
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<td>Darren / Sharon Lee</td>
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<td>8.00 - 9.00</td>
<td>Annette / Kieran Lee</td>
<td>5592 4283</td>
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<td>THURSDAY 6TH SEPTEMBER</td>
<td>CAMPERDOWN RITCHIES IGA SUPERMARKET (Back Door) (Car)</td>
<td>9.30 - 11.30</td>
<td>Andrea Whytross</td>
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<td>Stephen / Ingrid Baxter</td>
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<td>Geoff / Linda Gaut</td>
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<td>Warren / Nicola Beaver</td>
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<td>Lynn Marr</td>
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<td>Rodney / Claire Monk</td>
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<td>Wayne / Shelley Ross</td>
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<td>Troy / Michelle Bell</td>
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<td>Michael / Kim McKenzie</td>
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OPEN DAYS

The following Open Days are running this weekend

Friday 24 August
- Bendigo TAFE, Echuca Campus, [www.bendigotafe.edu.au](http://www.bendigotafe.edu.au)

Saturday 25 August
- Australian College of the Arts, [www.collarts.edu.au](http://www.collarts.edu.au)
- All Canberra based institutions- [www.tertiaryopenday.com](http://www.tertiaryopenday.com)

Sunday 26 August
- Australian Catholic University, Ballarat Campus, [www.acu.edu.au/195896](http://www.acu.edu.au/195896)
- Deakin University, Burwood Campus, [www.deakin.edu.au/openday](http://www.deakin.edu.au/openday)
- MIBT, Melbourne Campus, [www.mibt.vic.edu.au](http://www.mibt.vic.edu.au)
- Australian Maritime College, Tasmania, [www.amc.edu.au](http://www.amc.edu.au)
- La Trobe University, Bundoora Campus, [www.latrobe.edu.au/openday](http://www.latrobe.edu.au/openday)
- Box Hill Institute, [www.bhtafe.edu.au](http://www.bhtafe.edu.au)
- Photography Studies College, [www.psc.edu.au](http://www.psc.edu.au)
- University of Ballarat, [www.ballarat.edu.au/future-students/opен-day](http://www.ballarat.edu.au/future-students/openday)
- University of Tasmania, [www.utas.edu.au/open-day](http://www.utas.edu.au/open-day)

FOCUS ON CAREERS IN SPORT

If you are passionate about sports, there are many career areas for you to consider. Depending on what you are interested in, you can study at either a vocational education institution or a university.

Below are only a small snapshot of courses and careers in the sports industry. For more comprehensive information, you can search for Victorian courses via the Victorian Tertiary Admissions Centre [www.vtac.edu.au](http://www.vtac.edu.au) and you can research sports occupations via myfuture-[www.myfuture.edu.au/occupations](http://www.myfuture.edu.au/occupations)

Clinical Exercise Physiologists: develop exercise plans and services for people living with or being at risk of illnesses such as cancer, mental illness, cardiovascular disease, neuromuscular/neurological disease, respiratory disease, chronic pain and musculoskeletal pain.

Sport Management: Is for students who have an interest in both sport and business (including management, marketing, elite athlete management, events, facilities management, tourism, accounting etc). Different institutions offer different majors or specialisations, so make sure you do your research.

Sports Physiotherapists: are qualified Physiotherapists who have undertaken further specialised training and education. They assess and diagnose sports related injuries and develop a treatment plan, which may include hands-on therapies and exercise plans.
FOCUS ON CAREERS IN SPORT

Sports Engineers: design and develop sports equipment and sports apparel; design products and develop solutions to enhance the performance of athletes; and are at the forefront of designing new sports technologies for elite athletes. Students typically study human movement sciences, and electronic, mechanical and software engineering.

Sport and Recreation Management: students typically can specialise in areas such as outdoor recreation, recreation management, tourism, facilities management, policy development and events management.

Sports Development: students learn how to promote sport in the community and increase the level of participation in sports for different cohorts such as young people and people with disabilities. Sports development officers create new and innovative sports programs or work for existing organisations to run their programs in the community (i.e., AusKick).

Sports Journalists: undertake research on sporting events and issues and report on them via various media mediums (i.e., print, broadcast, radio). Students generally have to complete a journalism degree with a sports specialisation within the degree or as a graduate program.

Other sports careers include Sports Psychology, Exercise Rehabilitation, Sports Coaching, Physical Education Teaching, Fitness and Personal Training etc.

Meet Brendan Ashcroft: He is in his final year of the Bachelor of Exercise and Sport Science at Victoria University. He is planning on undertaking honours next year and then hopefully a PhD in biomechanics and performance analysis. Brendan is currently on the committee for Athletics Essendon and has started the first ever Victoria University Athletics Club of which he is the president. Between studying, Brendan competes in athletics at a national level and Ultimate Frisbee at Victoria University.

Brendan competes in national level athletics and ‘Ultimate Frisbee’ at Victoria Uni

VOCATIONAL & HIGHER EDUCATION NEWS

Health Science Videos: La Trobe University has posted videos you can view about their health science programs. You can learn about their Human Nutrition program, take a visual tour of the Alfred Clinical School for Nursing and the Podiatry Clinic, and learn about their Social Work program. To view the videos, go to www.latrobe.edu.au/health/active-in-health

New website for students interested in university study: What Degree? Which University? is a fantastic website which has been developed by current university students for students interested in studying at university in the future. It covers information such as courses, student housing, student exchange etc. For more information visit: www.whatdegreewhichuniversity.com

WHAT DEGREE WHICH UNIVERSITY?

Have you considered bricklaying as a career? Bricklayers lay clay bricks and concrete blocks using mortar. They are masters of their profession and create beautiful brick and blockwork in domestic homes and commercial buildings working to specific plans and as part of a team. The work of bricklayers can be seen all around you. There is a shortage of qualified builders in Australia. For information about this exciting industry, go to www.becomeabricklayer.com.au

How much will your university degree cost? Did you know that Bachelor Degrees are all roughly the same amount across Government universities depending on what type of degree it is? So a Bachelor of Engineering will be about $8363 per year at all universities. To find out how much your degree will cost per year, search for the course you are interested in via the My University website- http://myuniversity.gov.au
COMPETITIONS

Health science competition: La Trobe University is running an Instagram competition focused on health sciences. You can win $2000 in cash and iTunes vouchers and you can enter as many photos as you like.

The next competitions focus is on Speech Pathology and entries close on 2 September. For information about the competition, go to www.latrobe.edu.au/health/active-in-health

Sports journalism competition: La Trobe University is running a competition called the ‘Ultimate Goal Celebration’. You are to form a group and perform, film and submit an original soccer goal celebration for the chance to win some fantastic prizes.

A panel of sport stars will determine the winning entry, and the more entertaining and creative the entry, the better! For more information, email Alix Austin, Events and Promotions Officer, a.austin@latrobe.edu.au

LA TROBE UNIVERSITY

UPCOMING EVENTS

Find out about Law Careers at ACU: Besides becoming a Barrister or a Solicitor, there is a wide range of careers in law that students may not be aware of. Australian Catholic University is hosting a panel of law graduates on Wednesday 12 September between 6pm – 7.30pm at the Melbourne Campus. For more information and to register, go to www.acu.edu.au/law/events

AUGUST EVENTS

- Open Days - August is the month of Open Days. For a calendar of dates, please see your Career Adviser.
- 28: Information Technology Cadetship Information Evening, La Trobe University, Bendigo Campus, www.latrobe.edu.au/libit

SEPTEMBER EVENTS

- 4: WHK Traineeship Information Evening, Albury, margie.grundy@whk.com.au
- 5, 10, 12: Health & Community Services Information Sessions, Wodonga TAFE, nursing (5), youth work & youth justice (5), disability (10 & 12) and community services (12), www.wodongatafe.edu.au
- 19 & 21: Creative Industries Events, Box Hill Institute, Music Showcase (19) and Momentum Dance Performance (21), www.boxhill.edu.au
- 21: Robotics Competition, Swinburne University, www.swinburne.edu.au
RIST would like to invite you to the:

2012 Information Session

Monday 03 September 2012 - 4pm to 6pm or 7pm to 9pm
The RIST Centre, 915 Mt Napier Rd, Hamilton

This is a great opportunity to learn more about RIST and to see what study options are available for 2012/13. Along with presentations, staff will be on hand to provide specific details and answer any questions you may have about the following programs:

- Diploma of Agriculture
- Traineeships in Agriculture (Cert II, III, & IV)
- Wool Clip Preparation (Cert III)
- Wool Classing (Cert IV)
- Shearing (Cert II, & III)
- Lifetime Ewe Management & High Performance Weaners
- Managing Beef/Sheep Health
- Pasture Courses
- Profitable & Sustainable Cropping
- Short Courses

Please RSVP by 31st August 2012 to:
info@rist.com.au or (03) 5573 0943

RIST specialises in agricultural training delivered by industry experts and provides a training pathway for the agriculture sector with flexible delivery options tailored to suit students.

www.rist.com.au

KTO Registration No. 4198
Attention Instrumental Music Students

➢ Have you learnt a musical instrument for two years or more?
➢ Do you live or study in the districts of Terang, Camperdown, Lismore, Mortlake or Timboon?
You may be eligible to apply for the ~

2012 Jean Wood Memorial Musical Scholarships

SENIOR SCHOLARSHIP $600.00
Applicant is between the ages of 13 and 18 years at 31 December 2012.

JUNIOR SCHOLARSHIP $200.00
Applicant is under the age of 13 years at 31 December 2012.

Audition Date: Saturday, 15 September 2012
Students can play for up to 7 minutes at the Audition, and will be interviewed.

Venue: Rose Room, Terang Civic Hall

ENTRY CLOSING DATE: MONDAY, 10 SEPTEMBER 2012

Entry forms & inquiries:
Email: mcrav@westvic.com.au
Phone: 5592 1989
Free Family Night
7.00pm - 9.30pm (early Finish)
Saturday 25th August
Come to the Ceilidh, a family country bush dance
in the Theatre Royal, Camperdown Free
www.camperdownburnsfestival.com

Please join us!

‘LAST NIGHT AT THE PROMS’

INTERNATIONAL ORGANIST
BRENDON LUKIN
and
CATHERINE LUKIN
supporting artists, choirs and instrumentalists

DON’T FORGET YOUR CUSHION!

TICKETS: Adults $10 Family $20
includes supper to follow

Friday 7 September 2012 at 7:30pm
Thomson Memorial Presbyterian Church Tarang
Are you confident in how to call "000"?

If you host a teenage party at your home do you know your legal responsibilities around the supply of alcohol?

Do you know the results of research showing the impact of alcohol on the teenage brain?

Most parents have questions surrounding how to best support their teens.

If you answered "No" to any of the above questions, please consider attending P.A.R.T.Y. 4 PARENTS.

P.A.R.T.Y. 4 Parents is proudly supported by Febfast and is an initiative of the National Trauma Research Institute of The Alfred.

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**P.A.R.T.Y. 4 PARENTS**

Parents of teenagers are invited to attend a two hour session at The Lighthouse Theatre, Warrnambool.

Run by healthcare professionals from The Alfred – P.A.R.T.Y. 4 PARENTS will give you the opportunity to hear about the impact of trauma, alcohol & drugs on young lives and from experts on how to best assist your kids to make sensible social choices.

Date: Monday 10th September  
Time: 6:30pm till 8.30pm (light refreshments served from 6.00pm)  
Venue: The Lighthouse Theatre, 185 Timor St, Warrnambool  
Cost: Free

**PLEASE RSVP TO RESERVE YOUR FREE SEAT**

Visit our website: www.partymelbourne.org.au  
Call: (03) 9076 8888  
Email: M.Hill@Alfred.org.au