

# MERCY REGIONAL COLLEGE NEWSLETTER

**ISSUE 3-2**

**Friday, 9<sup>th</sup> August, 2013**

## **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 2013**

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

On many occasions in this newsletter, I have praised and celebrated the fabulous staff of Mercy Regional College. Notwithstanding the wonderful facilities that your children enjoy and deep links that the College has with its local communities, Mercy's greatest asset is the quality of its staff – teaching and non-teaching alike. Appropriately, this week's prayer on the school's SIMON intranet pays homage to teachers:

### ***Prayer for teachers***

*Holy Spirit*

*Banish our spirit of criticism;*

*Replace it with a spirit of affirmation.*

*Help us to see the glass that is half full;*

*The essay that is half written;*

*The answer that is halfway correct.*

*Help us to see the many students with their hands up...*

*Not just the few who are shouting out!*

*Banish our spirit of self-resignation;*

*Replace it with a spirit of determination.*

*Help us to be bold and tenacious;*

*To believe in ourselves;*

*To believe in our colleagues;*

*To believe in our God;*

*To believe that all things are possible.*

*Banish our spirit of procrastination;*

*Replace it with a spirit of energy and action.*

*Help us to get ourselves organised,*

*So we can do the things we said we would do.*

*Give us a sense of purpose and direction;*

*Help us to praise students and co-workers who keep going ...*

*Even when the going gets tough!*

*Amen*

## **Mercy Showcase**

Attached to this newsletter are two separate documents, an invitation from me to all Mercy students, families and friends to attend the upcoming Mercy Showcase and a flyer advertising the show. Many of you would have read the article on the Showcase in last week's editions of the Western District Newspapers and the excitement seen on the faces of those involved in that photo shoot is certainly replicated in the 40 other students involved. A number of photos were taken during rehearsals and students at Mercy's Middle and Junior schools will have an opportunity to preview a couple of the songs from the show at special assemblies next week. I warmly encourage everyone to buy a ticket and come along to support the talent of those on stage and to support the growth of Performing Arts at Mercy.







## **Mid Term Break**

As I have highlighted in recent newsletters, the date of the mid-term break has been altered from Monday 12<sup>th</sup> August to **Monday 19<sup>th</sup> August**. There will be no classes for students on that day. The change was made to allow the Showcase cast to have a full day of rehearsals in the theatre in the week of the show.

## **Adolescence and Technology**

As we move further into the 21st century, the plethora of electronic devices in our lives is increasing. It seems that there is little that we do or that our children do that doesn't utilise technology, and often technology that couldn't have been imagined a decade or two ago.

The College's introduction of iPads has been an excellent addition to the range of learning tools in our classrooms. But their arrival has not been without problems. We are more than aware of issues such as cyberbullying, inappropriate use of social media and, in some cases, addictive behaviour with the device at home.

In light of these, the College is broadening the number of activities and resources for students, parents and families on adolescence and technology with a specific focus on iPads. Later in this newsletter is the first part of a great booklet that Wellbeing Coordinator, Mrs. Emily Stephens has put together. The entire four page pamphlet will go out to all families in the next few weeks.

## **Enrolments 2014**

A reminder to any families who have not returned their 2014 Enrolment Intention form to please do so by **Friday 16<sup>th</sup> August**. These forms are an important part of our planning for next year which began several weeks ago. Spare forms are available from either the College office.

Thanks to all families and prospective students who attended the two evenings of Year 7 2014 enrolment interviews held last week at O'Keeffe and McAuley campuses. The interviews form a key part of the transition process for these children as they make the important and sometimes challenging move from primary to secondary schooling. A special thank you also to the many staff that assisted with the interviews.

## **Student Activities**

Although winter is firmly with us and many roads and paddocks are somewhat sodden, a number of activities are occurring in the College and beyond:

- This week, all Year 10 students undertake a two day retreat at Araluen camp, Anglesea. This retreat is notable for the gender specific speakers and workshops offered a focus that is very apt at this time in young people's lives.

- On Friday, all Year Nine students took part in a full day's program organised by the Corangamite Shire that focused on well-being and, particularly, on decision-making and risk taking.
- For the third year in a row, Wednesday mornings in Henderson Street have been abuzz with the sound of pounding feet and encouraging voices as the Mercy Running Club meets. I congratulate all involved for their dedication and enthusiasm at this time of the year.
- Congratulations to the many students who are currently receiving awards as a result of the various subject-based national competitions. Earlier this week, I presented certificates to the students who received credits or distinctions in the History and Science competitions – fine efforts indeed!

## **40<sup>th</sup> Anniversary of Mercy Regional College**

This year is a particularly significant one for Mercy Regional College as it is forty years since a small group of committed parents, students and their local Catholic parishes opened Catholic Regional College as a Catholic secondary school serving the four parishes of Camperdown, Terang, Timboon and Mortlake.

The College plans to celebrate this important point in the history of Mercy in a number of ways but the highlight will be a weekend of celebration in November.

I ask all members of the Mercy community to keep free the weekend of 16<sup>th</sup> & 17<sup>th</sup> November to return, remember and enjoy forty years of exemplary Catholic education.

Further information will be sent home to parents and past families of Mercy Regional College in the coming weeks.

Yours in Mercy,



**DR. DARREN EGBERTS**  
PRINCIPAL

## **Deputy Principal Wellbeing**

*Mr. Kerin Glennen*

### **Update for Work Experience 2014:**

The Year 10 Work Experience Dates for 2014 are from Monday 17<sup>th</sup> February until Friday 21<sup>st</sup> February. We are anticipating that approximately 100 students will need to be placed for that week. Hence I would strongly encourage all students who have not yet begun this task to do so. However, if students need any additional support please come and see me.

We have so many students who have already completed this task and throughout the Work Experience week, there will be Mercy Students the length of Victoria and beyond, so I thank parents for assisting their son and daughter to explore options that are available to them.

Please do not wait for the Work Experience forms to be completed before you return the permission slips.

Students are required to study and pass a general module and several industry modules relevant to their choice of Work Experience. These tests need to be completed before the end of Term 4, 2013 so it is important that the Work Experience papers are completed and returned by the due dates.

We are aiming to have ALL students organised in their Work Experience placements prior to Friday 2<sup>nd</sup> November, 2013 (not that far away). For students intending to pursue Work Experience in Warrnambool please contact the Warrnambool employer first and be guided by what they require. You may be directed by the employer to work through the Warrnambool & District Schools Work Experience & Industry Placement Program. The Coordinator is Jacinta Tepass 5562 0166. The cost for this is \$80 and the account will be sent direct to parents. However, the forms must be signed by our College Principal Dr. Darren Egberts and we require a copy of all the paperwork, before it is sent to Warrnambool.

It is the responsibility of parents to provide details of any known medical condition and/or treatment which may affect the student's Work Experience. This requirement is to protect the health and safety of the student in the work place.

Students need to be 15 years of age to take part in Work Experience. If your son/daughter is under 15 years of age, alternative dates for Work Experience will be organised. The may take place either during the school term (following you child's 15th birthday) or in the school holidays.

### **IMPORTANT DATE TO REMEMBER**

Work Experience to be organized and documentation given to Mercy Regional College by:

- **Friday 2<sup>nd</sup> November, 2013.**

## **From Director of Religious Education**

*Mrs. Jo-Anne Saunders*

### **Props List for Mercy Showcase**

Along with the wonderful vibe around the place from the build-up to the Showcase performances, there are a few items which we require for props. If you would like to help the school by providing any of the following for the coming rehearsals and performances, it would be appreciated.

Most challenging first item is 40 old telephones...yes the ones with a cord and a receiver to hold up to your ear. I will label them and return them to you.

- 4 sessions bags
- 2 yellow umbrellas or at least pretty frilly ones.
- 1 large jewelry box (old and garish!)
- Many beads and jewels to fill the jewelry box.
- 16 metal tankards. You know the ones you get for fortieths and 21sts etc, that sit and collect dust in the cupboard or in the bar. Yes 16 would be marvelous so dig them out people!
- A wide basket to fill with fake flowers, one you might be able to carry on your hip if needs be.
- 3 high bar stools; either black or brown.

We will need these items as soon as we can gather them so the cast can use them in rehearsals. Please email me if you can help out. Many thanks, Jo Saunders. [jsaunders@mercy.vic.edu.au](mailto:jsaunders@mercy.vic.edu.au)

### **Seeds of Justice**



Again this September there is an opportunity for five young and inspired students to attend the Seeds of justice Regional Event in Anglesea. The Seeds of Justice program encourages young Leaders in the school to be aware of Social Justice issues and to link our actions to the Mercy Charism. The opportunity exists for any students to hear keynote speakers including Les Twentymen speak about the plight of the homeless. Students in Year 10 & 11 who wish to be considered for this two day retreat to Anglesea on 5<sup>th</sup> & 6<sup>th</sup> September are to contact Mrs. Saunders. [jsaunders@mercy.vic.edu.au](mailto:jsaunders@mercy.vic.edu.au)

### **Mercy Beyond Borders Donation**

After about 18 months of fundraising, we were pleased to have given \$1000 dollars to the Mercy Beyond Borders program. Recently at the Australasian Mercy Secondary Schools Conference in New Zealand, we were fortunate enough to present Sr. Marylin Lacey (Executive Director of MBB) with our donation.



This was the result of many a hot chocolate days and the Christmas biscuits made last year that were sold in the school and to local Parishes. The final funds contributing to this donation came from the Crazy tie and Handball day on the last day of Term 2 this year which was a great way to raise funds and serve others in need.



### **Hot chocolate days at O'Keeffe Campus**

Last week and in weeks to come students at the O'Keeffe Campus can warm up for winter with a tasty hot chocolate and marshmallows. For just \$2 students in the Social Justice team will serve Hot Chocolates and help to build up funds for 'Mercy Works'.

Mercy Works is the work of the Sisters of Mercy in many needy countries and local South East Asian and Pacific nations. These photos show the Junior Social Justice team in their new Aprons ready to serve up some yummy hot chocolate for a good cause. Hot Chocolate and HOME MADE SLICES will again be for sale next Tuesday at Recess in the canteen at O'Keeffe Campus.





## **iPads, Technology and Wellbeing**

*Mrs. Emily Stephens*

My role in Wellbeing here at Mercy Regional College is one that I am very passionate about. This is a role that extends to the physical, psychological and emotional wellbeing of the students at Mercy. It not only involves developing the mental health of the individual but also allowing them to grow as a person by guiding each individual to make decisions for themselves. We provide students with resources and materials with the intent to help and assist in making positive decisions about their lifestyle and use of technology taking into account the values of their family, school and culture.

- As this world is a rapidly changing technology driven world, there is no escaping the impact it has on us in our daily lives. From social media, blogging, vlogs, LOL's, apps, app stores, games, ebooks, goodreader, pages, browsers etc. we are forever trying to keep up. We all know that technology has increasingly become part of our lives as well as our children's.
- Whether we like this or not, we have to accept the fact that it isn't going away and we as adults need to be aware and educated of the increased technology that is part of our children's lives.
- My focus in this booklet will be the positive impact on the wellbeing of young people and tips in using technologies safely and effectively to promote young people's health and wellbeing.
- Understanding that you as parents have your concerns about the broad amount of information your child can access their iPads and you seeking strategies and answers to assist controlling this.

Information below will outline research undertaken by Young and Well, Cooperative Research Centre and the positive influence technology has on improving your child's wellbeing:

1. These days young people are increasingly online; the most tech-savvy generation ever, young people aged 12-24 are increasingly comfortable communicating, forming relationships and connecting over the Internet and using mobile technologies.
2. Social networking, text messaging, and apps are an environment in which many young people feel the most relaxed and able to be themselves.
3. Social inclusion is particularly important for young people negotiating the psychosocial changes of adolescence. It's a time when they are trying to develop a realistic, stable and a positive sense of self and grow towards maturity and independence from their parents and other adults.
4. Concerns about the safety of young people online are very real. Certainly, social networking has brought issues like cyber bullying to the fore. However, if we manage the risks effectively, positive outcomes can flow from social networking including participation in community, educational, cultural, creative, self-expression, social development and health opportunities.
5. Mental health among young Australians is a significant public health concern, including depression, anxiety, eating disorders, personality disorders and psychosis.
6. One of the major barriers and challenges is improving access to information and services young people need to get healthy and stay healthy. Some issues include concerns about confidentiality, cost, attitudes and communication styles of practitioners.
7. If we are serious about reaching young people and promoting a range of services to them, we need to be where they are. With the increasing availability of information and ICT comes the opportunity for health practitioners and services alike to engage young people in a space where they are most comfortable: online.
8. The mission Australia Youth Survey has consistently demonstrated that young people are more likely to access support on the Internet than they are to seek it from teachers, school counsellors, GP's or health professionals.
9. If we use technology well, we will see a shift in the burden of disease related-to poor mental health amongst young people who do experience a mental health difficulty and their families will have better access to health care and information-essential to young people's health and wellbeing.
10. With continual education and support surrounding your child(ren) constant access to a diverse range of information including health and support services, connections with youth about similar issues, social connections, engaging discussions on health and how to keep themselves safe and healthy can certainly be a positive influence on today's youth.
11. Technology is a cost effective way to reach large numbers of young people in an innovative, efficient, prevention, early intervention and treatment.

Our role at school is to provide not only support for a variety of issues, but to also assist with resources that will be beneficial to our student's wellbeing. This access is made easier and students feel they have control over their own wellbeing by having it at their fingertips.

## **Building Resilience**

*Mrs. Emily Stephens*

Parenting guru, Michael Grose, talks about the “art of shrugging”.

Shrug? It's what you do when someone is taunting you. Such nonchalance can be a great diffuser and an excellent example of the value of not being reactive. You can coach your child to effectively respond to some schoolyard taunts.

The best way to break a cycle of taunt-react-taunt is for a child to change his or her reaction.

Coach your children in the art of shrugging by encouraging them where to shrug their shoulders, as if to say “Whatever!” and walk away at the first sign of taunt.

Having said this, some things can't be ignored.

Kids should not and cannot ignore all negative comments directed at them.

There are times when they need to stand up.

The case of indigenous AFL player Adam Goodes, who made a stand on a Friday evening's game after hearing a racist slur directed at him from a young girl in the crowd, is a good example of taking a stand.

Goodes pointed the girl out to officials. He later explained his actions in the media, highlighting the hurt that he felt. The comment itself and context of the AFL Indigenous Round meant that the racist comment could not be ignored, and simply shrugged off!

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings. Those noisy sibling skirmishes that annoy the life out parents actually toughen kids up for the less than pleasant social interactions that may happen in the schoolyard.

So, if you have a sensitive child who wears his or her heart on their sleeve, or child who reacts impulsively to both taunts and witticisms alike, you may wish to introduce the art of shrugging into the repertoire of responses.

Kids can practise shrugging in front of the mirror so that they can see what it looks like.

There are 4 ingredients to a good shrug:

- A 'whatever' look,
- A shrug of the shoulders,
- Accompanied by a simple, non-combatative, non-sarcastic line such as “You may be right!”, “Whatever!”, “I hadn't thought of that!”
- Followed by a break of eye contact indicating they are in control.

## **A Word of Warning**

Children need to be told that a shrug is an inappropriate response to an inquiring teacher, parent or adult and is only to be used if they feel they are being taunted.

Children who exercise a degree of personal power, when smartly used, will increase their overall social effectiveness.

## **Library News**

*Mrs. Maureen O'Loughlan – Library Manager*

The Premier's Reading Challenge is quickly drawing to a close. With a little over a month to go, our challengers are busy ensuring that they have completed reading the 15 books required. Many of our students have completed the challenge and are now focused on extending their reading and range of genre. It will be a busy month ahead!

During the winter month's chess has been popular with many students at both campuses. With a chess tournament approaching in September, students have been practicing their moves. Mini-tournaments have been taking place and a team will be selected to pit their skills against teams from secondary schools in our region.



## **Battlefields Tour 2013**

*Mr. Lachie Lee*

Our 2013 MRC France and Battlefields Tour will visit many of the places that the Australians fought in and visited; Paris, Amiens, the Somme and London. One of the most important sites of the war was at Ypres in Belgium. In the Flemish language Ypres is written as Ieper. This town took on a great importance early in the war with the First Battle of Ypres. After this battle between the British and the Germans, a salient was created in the German lines which were situated on the high ground surrounding the town. This indentation in the German front lines was seen as a problem for the Germans and as an opportunity for the Allies to break through the lines and outflank the Germans and move to the coast on the North Sea. This place was of such strategic importance that in 1915 there was another great offensive-the Second Battle of Ypres at which the Germans introduced the use of poison gas which was to increase significantly the brutality and terror of modern warfare.

In 1917 the British Army sought to bring about an end to the war by breaking through the German lines and allow a push to the sea. To do this, they needed to take the high ground around the town. The preliminary battle, the Battle of Messines, between 7<sup>th</sup> and 14<sup>th</sup> June 1917, was a success and the main offensive-known as the Third Battle of Ypres or more simply and evocatively, Passchendaele, for the town that was to be the final objective- opened on the 31<sup>st</sup> July 1917. This great offensive became the site of huge losses for the Australians. The individual battles themselves became known as the sites of great success and great tragedy for the Australian divisions. Most Australians who served on the Western Front in the First World War fought in the battles around Ypres.

We will visit a number of the sites of these battles including the Menin Road, Polygon Wood, Hoge Crater and Broodseinde. The great Fifth Australian Division is memorialised at Polygon Wood a site of great interest to me personally as the 15<sup>th</sup> Brigade-Victorians-fought decisively here under the command of Harold 'Pompey' Elliott. The Third Battle of Ypres petered out in the mud of the November rains.

One of the significant sites that we will visit is the German cemetery at Langemark. This was created after the war and it contains the remains of 44,000 German soldiers-24,000 of whom are in one mass grave. I have included a picture of the cemetery. It is indeed an eerie place and brings home to the visitor the fact that the war was a tragedy for all.

Today the memory of these men is maintained at the nightly Last Post ceremony at the Menin Gate in Ypres. This has taken place for more than eighty years and is run by a dedicated group of local citizens. In 2011, our group laid a wreath and Paige Gibson, one of our current Year 12 students and leaders, sang Advance

Australia Fair. It was an emotional moment which made close the connection many of us felt to those whose names are inscribed on the panels of the gate. These are the names of 54,000 soldiers from the British Commonwealth who were killed in the area and have no known grave. We are booked in to again lay a wreath on the evening of the 20<sup>th</sup> September.

There are many remembered there with whom we have a connection. William and James Pekin are remembered. They were from Camperdown and were the cousins of my father-in-law, Frank Pekin. At places such as the Menin Gate, one can feel both, a great distance from, and very close to, those at home.





## **Sports Report**

*Stacey Hillman*

### **Basketball Report**

On Monday 5<sup>th</sup> August a team of eight senior and eight intermediate boys went to Ballarat for the day to play in the Greater Western Basketball.

The intermediate boys played at the Wendouree Sports & Events Centre they played against Stawell Secondary College and had their first win but lost to Emmanuel College in their second game. They made it into the second final against Trinity College Colac and had their second win for the day but they will not progress on.

The senior boys played at the Ballarat Minderdome they won 2 Lost 2, played against bigger schools, and hold their own. Mercy played a physical game although respectful game.

Game 1 Mercy Regional College v Trinity College Colac was won, Game 2 Mercy Regional College v Emmanuel College Warrnambool they lost, Game 3 Mercy Regional College v Portland College also they had a lost and there last Game 4 Mercy Regional College v Ballarat High School had a win, they also will not progress on. Overall the day was a fun day with the students displaying high quality basketball skills.

### **Running Club**

For those students interested in participating in this year's Running Club, please see forms on pages 18-20 of this newsletter.

### **Dirt Bike Racing**

Jack Guthrie recently took part in the Interschool Dirt Bike rider Training Day held at Lake Gilliar in Allansford. Here are some photos of Jack in action.



# 2013 Dates

## TERM 2

### **Tuesday 13 August**

- \* Year 12 Guest Speaker from Deakin Uni.

### **Wednesday 14 August**

- \* Year 11 Street Retreat

### **Thursday 15 August**

- \* Year 11 Street Retreat
- \* Feast of the Assumption of Mary

### **Monday 19 August**

- \* **MID-TERM BREAK**
- \* **[NO SCHOOL FOR STAFF & STUDENTS]**

### **Tuesday 20 August**

- \* Unit 4 Biology SAC Excursion
- \* Year 9 - Guest Speaker from the Shrine of Remembrance
- \* MRC Board meeting @ 7:30PM

### **Wednesday 21 August**

- \* College Musical Production (St Pat's Matinee)
- \* Year 8 - Guest Speaker from the Shrine of Remembrance
- \* Year 11 Street Retreat
- \* Battlefields Tour Group Guest Speaker 7:30 - 9:00PM

### **Thursday 22 August**

- \* Year 11 Street Retreat

### **Friday 23 August**

- \* College Musical Production 7:30PM
- \* Mercy Frayne Public Speaking Festival

### **Saturday 24 August**

- \* College Musical Production 2PM & 7:30PM

### **Monday 26 August**

- \* Thomas Carr College Exchange

### **Tuesday 27 August**

- \* Thomas Carr College Exchange

### **Wednesday 28 August**

- \* Thomas Carr College Exchange
- \* Year 11 Street Retreat

### **Thursday 29 August**

- \* Thomas Carr College Exchange
- \* Year 11 Street Retreat

### **Friday 30 August**

- \* Thomas Carr College Exchange

### **Monday 2 September**

- \* 2014 Country Kids Transition Day @ Noorat
- \* Parent / Teacher Online booking opens 9:00AM

### **Tuesday 3 September**

- \* 2014 HCSN Transition Day @ Noorat

### **Friday 6 September**

- \* Year 8 English Workshop with Archie Fusillo

### **Wednesday 11 September**

- \* Parent/Teacher/Student Interviews 4:00-8:30PM

### **Friday 13 September**

- \* MRC Battlefields Tour departs
- \* Our Lady of Mercy Celebratory Mass 11:30AM

### **Tuesday 17 September**

- \* MRC Board meeting 7:30PM

### **Wednesday 18 September**

- \* Year 10 Safe Driver Program
- \* Year 11 Street Retreat

### **Thursday 19 September**

- \* Year 10 Safe Driver Program
- \* Year 11 Street Retreat
- \* HCSN Combined Boards' dinner 7:00PM

### **Friday 20 September**

- \* **Term 3 concludes @ 2:10PM**

## **PUBLIC NOTICE**

**INTERNATIONAL  
TALL SHIP  
FESTIVAL**  
AUSTRALIA & NEW ZEALAND 2013

<b>FREMANTLE</b> 27 - 29 JULY	<b>HOBART</b> 20 - 25 SEPTEMBER
<b>ADELAIDE</b> 29 - 30 AUGUST	<b>SYDNEY</b> 3 - 10 OCTOBER
<b>MELBOURNE</b> 09 - 14 SEPTEMBER	<b>AUCKLAND</b> 25 - 28 OCTOBER

### **JOIN A VOYAGE**

Tall Ships from Australia, the United Kingdom, Canada, New Zealand and the Netherlands are now seeking people of all ages to join them for ocean passages and coastal voyages as they sail to each festival.

**History. Adventure. Challenge.**  
**Set sail on the voyage of a lifetime!**

**WWW.TALLSHIPFESTIVAL2013.COM**





# Weekly Career News

## TERM 3

6 August 2013

### OPEN DAYS THIS WEEKEND

- **9: La Trobe University**, Shepparton Campus, <http://www.latrobe.edu.au/openday>
- **10 & 11: Health Skills Australia**, Blackburn Eastern Campus (10) and Melbourne CBD Campus (11), [www.healthskills.com.au](http://www.healthskills.com.au)
- **11: RMIT**, City and Bundoora Campuses, <http://openday.rmit.edu.au/>
- **11: Australian Catholic University**, Melbourne Campus, [www.acu.edu.au/251231](http://www.acu.edu.au/251231)
- **11: Deakin University**: Geelong Waterfront & Warrnambool campuses, <http://www.deakin.edu.au/openday>
- **11: The Gordon Institute**, Geelong, <http://www.thegordon.edu.au/>
- **11: Melbourne Institute of Business & Technology**, Geelong, <http://www.mibt.vic.edu.au/>
- **11: Academy of Design Australia**, South Melbourne, <http://www.designacademy.edu.au/>
- **11: Australian College of Sports Therapy**, Melbourne, <http://www.sportstherapy.edu.au/>
- **11: La Trobe College of Art & Design**, Melbourne, <http://www.latrobecollege.com.au/>
- **11: Longerenong College**, <http://www.longy.com.au/>
- **11: Navitas College of Public Safety**, Melbourne, <http://www.ncps.edu.au/>
- **11: Oceania Polytechnic Institute of Education**, Melbourne, <http://opie.vic.edu.au/>



### VOCATIONAL & HIGHER EDUCATION NEWS

**Interested in working in theatre, film or television?** National Institute of Dramatic Art (NIDA) applications are now open. Applications close on Monday 30 September and auditions and interviews will take place in November. For more information, go to [www.nida.edu.au](http://www.nida.edu.au)

**Interested in apply for Deakin University?** If you are considering a gap year next year, you could enroll in the Associate Degree at Gotafe and gain credits towards a Deakin University degree. This is a great program for students who don't receive the required ATAR to get into their desired Deakin course or who want to transition slowly into university. For information about this exciting program, contact Helen Putland at [hputland@gotafe.vic.edu.au](mailto:hputland@gotafe.vic.edu.au) 03 5723 6178

**New agreement between Swinburne University and NMIT!** From 2014, NMIT will be offering courses in music, design, photoimaging, visual arts, theatre arts, sound production etc at the Swinburne Prahran campus. For information, go to [www.nmit.edu.au/prahran](http://www.nmit.edu.au/prahran)



**Passionate about science?** Charles Sturt University offer a large number of Science Scholarships each year in areas such as clinical, medical, equine, computer, agricultural etc. Scholarships are worth up to \$4000 per year for up to 4 years. For more information, go to [www.csu.edu.au/scholarships](http://www.csu.edu.au/scholarships)

**Big Science, Small Science:** Did you know that RMIT has a science based Facebook page featuring interesting science stories, images and regular updates on activities at RMIT? If you are a fan of science, you should consider joining the RMIT Big Science Small Science Facebook page. You will be able to ask science lecturers and students questions, participate in discussions, submit interesting stories and find out more about science. Go to [www.facebook.com/RMITscience](http://www.facebook.com/RMITscience)

## UPCOMING EVENTS

**Students studying VCE Arts and Technology Subjects:** Academy of Design Australia is running a VCE help day on Saturday 31 August at their South Melbourne campus. You will be able to select from the following workshops:

- Visual Communication Design: "The Pitch"
- Product Design & Technology: SAT & exam questions
- Tertiary Interviews- what to expect & how to prepare
- Product Photography Tips & Tricks
- Using Illustrator- Tips & Tricks

For information on prices and workshops and to register, go to <http://www.designacademy.edu.au/>



**Think Group Scholarships:** Scholarship application periods for the following institutions are closing on Saturday 31st August 2013

- APM College of Business and Communication <http://www.apm.edu.au/>
- William Blue College of Hospitality Management <http://www.williamblue.edu.au/>

**Think Group Events:** The following events are taking place soon in Sydney:

- *A Day in the Life of a Designer*, Billy Blue College, Saturday 24 August, <http://www.billyblue.edu.au/>
- *A Day of Beauty Workshop*, Australian National College of Beauty, Saturday 7 September, <http://www.ancb.edu.au/>
- *A Day in the Life*, Australian College of Natural Therapies, Saturday 7 September <http://www.acnt.edu.au/>

**Interested in music?** The Australian Institute of Music will be offering courses from their new Melbourne campus from next year.

They have an information evening on Wednesday 28 August at the Intercontinental, Melbourne you can attend. To register, go to [www.aim.edu.au](http://www.aim.edu.au)

## UPCOMING EVENTS

**NIDA Information Evening:** The National Institute of Dramatic Art (NIDA) is running an information session for all prospective students. They offer courses in theatre, film, and television. The event will be held in Sydney on Thursday 22 August. If you can't attend, the event will be broadcast live online or it can be streamed later. For more information, go to [www.nida.edu.au/info2013](http://www.nida.edu.au/info2013)

National Institute of Dramatic Art

## OTHER EVENTS- AUGUST

- **5 – 11: Australian Engineering Week**, <http://www.makeitso.org.au/aew>
- **9: Conservation Careers at the Zoo:** Melbourne Zoo, <http://www.zoo.org.au/education/school-programs/>
- **13: Parent & Student VCE Information Evening**, Victoria University, Footscray, <http://www.vu.edu.au/news-events/events/>
- **16 – 18: Herald Sun Melbourne Career Expo 2013**, [www.careerexpo.com.au](http://www.careerexpo.com.au)
- **17: William Blue College of Hospitality Management, Open Day**, <http://www.williamblue.edu.au/>
- **17: Australian National College of Beauty, Open Day**, <http://www.ancb.edu.au/>
- **17: Australian College of Natural Therapies, Open Day**, <http://www.acnt.edu.au/>
- **17: Jansen Newman Institute, Open Day**, <http://www.jni.edu.au/>
- **21: Monash University, Parent Information Evening**, [www.monash.edu.au/parent](http://www.monash.edu.au/parent)
- **27: APM College of Business Communication, Information Evening**, Sydney, [www.apm.edu.au](http://www.apm.edu.au)



# Applying for Tertiary Scholarships

## IN FOUR EASY STEPS

Developed by Catholic College Wodonga

August 2013

### Introduction

Each year, millions of dollars in scholarships are given to students by various organisations such as tertiary institutions, Government, societies and businesses.

There are many types of scholarships, which have different eligibility criteria, selection criteria, and methods of applying

There isn't a central resource you can use to find every single scholarship you may be eligible for. You will need to take the time to search through

- o Government sites
- o Tertiary institute websites
- o Tertiary institute scholarship brochures
- o myfuture scholarships database, and
- o Internet search engines

This may take you a considerable amount of time, but it will be worth it if you can secure a scholarship, especially if you have to move away from home to study.

Your parents may be able to assist you with sourcing scholarships



### Step 1: Centrelink

If you are eligible for a Centrelink benefit such as Youth Allowance, you may be able to apply for the Income Contingent Loan. You will have to pay this back in the future once you start earning a certain income. If you have to move more than 90kms away to study your course, you **may** receive the Relocation Allowance.

Ring the Centrelink Youth and Student Services line on 132 490 and ask them for an appointment with your parents/guardians to find out if you are eligible for either.

#### COMMONWEALTH SCHOLARSHIPS

Income Contingent Loan  
Relocation Scholarship

#### ELIGIBLE – YES

Currently receiving or will be eligible for a Centrelink benefit by March 2014

There are several factors that will determine if you will be eligible for the Relocation Scholarship

#### ELIGIBLE – YES

**Loan:** have to apply via Centrelink

**Relocation-** will come to you automatically through Centrelink.

#### ELIGIBLE – NO

Make the decision if you want to defer your course and try and get independent Youth Allowance through earning or working.

There are many factors that will determine your eligibility

Please get advice directly from Centrelink and an accountant

# Applying for Scholarships

## Step 2a: UAC

The majority of university courses in NSW are applied for via the University Admissions Centre (UAC). Most TAFE courses are applied for directly to the institution.

Participating universities enable you to apply for their equity scholarships via UAC through completing an online form which collects personal information that assists the universities to assess your eligibility.

This needs to be completed online by late September. Go to [www.uac.edu.au/equity](http://www.uac.edu.au/equity)

### TERTIARY ADMISSION CENTRE SCHOLARSHIPS

Scholarships from participating Universities through UAC & VTAC

### ELIGIBILITY

Yes if you have applied for a course from one of the participating institutions

You don't need to know if you are eligible for any scholarships, you just put in your details and the institutions will work it out for you.

## Step 2b: VTAC

The majority of university and TAFE courses in Victoria are applied for via the Victorian Tertiary Admissions Centre (VTAC)

All universities except for Australian Catholic University (apply through UAC) enable you to apply for selected scholarships through completing a form on the VTAC website.

The actual scholarships aren't listed on the site and you don't need to know if you are eligible for them. You just select which universities you are applying to and fill out an online form

This needs to be completed by Friday 18 October. Go to <http://www.vtac.edu.au/scholarships.html>

### ELIGIBLE – VTAC

Apply through [www.vtac.edu.au](http://www.vtac.edu.au) by Friday 18 October

Log in to your VTAC Account. Enter your VTAC ID number and pin.

Click on scholarships.

Fill out each section and click submit

Post any required paper work to VTAC by Friday 18 October using the document cover sheet

### ELIGIBLE – UAC

Apply through [www.uac.edu.au/equity](http://www.uac.edu.au/equity) by Friday 27 September (TBC)

Follow the links and you will receive a scholarships ID and Pin.

Fill out each section and click submit. Download any required paper work for evidence (i.e., rural)

Post the paper work by the closing date.



# Applying for Scholarships

## Step 3: Institution Scholarships

- Each institution you apply for will have scholarships listed on their website.

You simply put the name of the institution and the word into an Internet search engine and the link should come straight up. I.e., "RMIT Scholarships"

You will need to search through the scholarships that are relevant to you. These could include- undergraduate, faculty (i.e., health), campus, memorial, bequeathed, accommodation etc.

You will need to read over each one, checking the eligibility criteria and how to apply. There will be different closing dates and methods on how to apply.

### INSTITUTION SCHOLARSHIPS

Scholarships offered by the institutions you have applied to.

- Go the scholarships homepage of the institutions you have applied to and explore your options. If you find a scholarship, you need to find out how to apply for it.

- If it says you need to apply through VTAC, you have already done this through step 2

- Direct Entry: You will need to apply for the scholarship directly to the university. You may have to apply via an application form or online portal.

## Step 4: Other

- Once you have exhausted your options through Centrelink and the institutions you have applied for, you will need to find all the other scholarships floating around in cyber space.

There are all kinds- everything from the Defence Force to the Timber Merchants Society to Rural Female to Industry Cadetships.

The central scholarships database for Australia is on the myfuture website- [www.myfuture.edu.au](http://www.myfuture.edu.au)



Go to 'The Facts' then click on 'Scholarships and Awards'. You can use the search engine to look for scholarships.

### OTHER SCHOLARSHIPS

This includes all other scholarships you may be eligible for, including cadetships.

- Go to [www.myfuture.edu.au](http://www.myfuture.edu.au) then click on the facts, then click on scholarships and awards.

Use the scholarships search engine.

- Make sure to check your local and national newspapers for scholarships and also contact your local council.

# Scholarship Types

## Commonwealth

- **Centrelink scholarships**- must be receiving an approved allowance (i.e., Youth Allowance)
  - **Income Contingent Loan**: This isn't a scholarship but it can assist you being able to afford the costs associated with university study.  
<http://www.humanservices.gov.au/corporate/publications-and-resources/budget/1314/measures/young-people-and-students/25-15245>
  - **Relocation Scholarship**: For students who have to move away to study. Strict eligibility criteria.  
<http://www.humanservices.gov.au/customer/services/centrelink/relocation-scholarship>

## State & Local Government

In areas of skills shortages, sometimes State Governments will offer scholarships. For example, Queensland Health and NSW Health offer scholarships

You find this information on the individual institution websites and the State Government department websites

Local Governments sometimes offer regional area scholarships. Usually, the scholarship recipient needs to reside in the area. Contact your local/regional government office

## Institution

- **Institutions usually have several categories of scholarships.**
  - **Access/Equity/Diversity**: For students from disadvantaged backgrounds to access courses. You generally apply through VTAC/UAC for these scholarships
  - **Indigenous**
  - **Academic Merit/Excellence**: You often don't need to apply for these scholarships as you will be automatically considered for one based on your ATAR.
  - **Course Scholarship**: The course you would like to apply for may have its own scholarship
  - **Campus**: Some universities offer campus wide scholarships.
  - **Faculty Scholarships**: Faculties often have their own scholarships to encourage and enable students to access to their courses.
  - **Rural/Regional Scholarships**: Aims to encourage students from regional areas to apply for their courses.
  - **Sport Scholarships**: For talented and elite athletes
  - **Accommodation Scholarships**: Many student Colleges and Residences have scholarships



# Scholarship Types

## Industry

Some industry bodies/ companies/ sectors can offer sponsorships at a selected or multiple institutions. There are usually more industry scholarships offered in study areas of National skills shortages such as Nursing, Engineering and IT.

You can contact industry bodies yourself and ask if they will sponsor you for some of your course fees. They may make a donation or provide some paid work experience.

## Cooperative

Co-operative scholarships are formed when an institution, industry body and a student enter into a partnership where the student will study at the institution in a specified course, the industry body will offer some financial assistance to the student and the student will agree to undertake graduate employment or further training at the company for a specified amount of time.

You will find information about these scholarships on the institution websites



## Cadetships

These are like apprenticeships where you undertake study and also on the job training. You will generally be employed and paid a wage by a company and undertake off campus, part time or block release study at an institution.

Areas like Finance, Journalism, Engineering and Accounting generally have Cadetships. Check the newspapers and Google for advertisements

## Bonded

Some institutions offer bonded scholarships, where you enter into a contract stating that you will meet certain obligations in return for the scholarship. For example, you may be bonded to work for a certain company or work in a rural area for a period of time once you complete your course. You will find information about these scholarships on the institution websites

## Memorial

There are numerous memorial and personally sponsored scholarships all over the country. It is difficult to find all the ones relevant to you, but a good place to start is the institute website or through searching [www.myfuture.edu.au](http://www.myfuture.edu.au)

## **2013 RUNNING CLUB INFORMATION & PERMISSION FORMS**

### **ABOUT THE MELBOURNE MARATHON**

The Melbourne Marathon provides runners with the opportunity to participate in Melbourne Marathon 42.195 km, The Flight Centre Half Marathon 21.1 km, The Coffee Club 10km, The ASICS 5.7km and The ASICS 3km that originated in Melbourne 35 years ago. The race is usually held on the second Sunday in October of each year. The event this year (2013) will be held on **Sunday 13<sup>th</sup> October**. We will be leaving on Saturday 12<sup>th</sup> October and will be back on Sunday 13<sup>th</sup> 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 the either The Flight Centre Half Marathon 21.1 km (\$110.00), The Coffee Club 10km (\$45.00), The ASICS 5km (\$40.00) and The ASICS 3km walk.

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 risk of not being allowed to participate in this activity. Only committed students will be permitted to go to Melbourne.

#### **Running Club Training Sessions:**

<b>When?</b>	Wednesday morning at 7.20am, starting Week 2 of Term 3 on 24 <sup>th</sup> July.
<b>Where?</b>	Mercy Regional College Majority of sessions will be at McAuley Campus. Occasional session at O'Keeffe Campus

**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 different levels of fitness. 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 24<sup>th</sup> July at 7.20 am**. 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**

Students will be asked to commit to the Melbourne Marathon Trip. Majority of students have already shown their commitment to this by already registering for their preferred run. As part of the running club this year there will be a \$20 membership fee. This amount is to be paid to the College. It can be paid by cash, cheque, eftpos at the office or internet banking using your fee account number and designating "running club" as the payment reference. Once this fee is paid each runner will receive a Mercy Running Club running singlet.

*This \$20 is an additional cost and will contribute towards the total cost of the trip*

### **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](http://www.melbournemarathon.com.au) to complete the registration process if you haven't done so already.**

### **REGISTRATIONS**

Registrations can be done on [www.melbournemarathon.com.au](http://www.melbournemarathon.com.au) top tool bar. Click on event, pick event Half, 10km, 5km, follow links. Students are to register as an individual.

### **BREAKFAST**

Students are to bring one non perishable breakfast item at the beginning of running club please. Breakfast will be supplied to all students every Wednesday. The food will include toast, cereal, fruit, juice and hot drinks. All food will be provided by local business. The cost will be a gold coin donation. Breakfast will be organised by our 'breakfast club'. If your child has any special dietary requirements please indicate on the permission form.

Regards,  
**Mr. James Castles & Mrs. Berni Sinnott**  
Running Club Coordinators

## TRAINING PERMISSION FORM

### APPROVAL AND PERMISSION BY A PARENT

(Permission form for your son/daughter to participate in the co-curricular activity, Melbourne Marathon)

I, \_\_\_\_\_ (full name of parent)

have received notice of the Melbourne Marathon co-curriculum activity for **2013** 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 in Melbourne this year.
- ☐ • My son/daughter has **defiantly registered for the Melbourne Marathon** at home or at school.

Registration number is: \_\_\_\_\_

- ☐ • 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.

➤ **Please indicate which event your son/daughter will be participating in, or, if your son/daughter is unsure they will commit to the Melbourne Marathon (on 13<sup>th</sup> October) please still indicate an event. This is to be done by circling the appropriate event below.**

**HALF**

**10KM**

**5KM**

**3KM WALK**

➤ **Please indicate any special dietary requirement**

.....  
.....

**Parent's / Guardian's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_



**MERCY REGIONAL COLLEGE**  
**RUNNING CLUB**

**FUNDRAISING AND SPONSORSHIP**

During Term 3 at Mercy Regional College we have implemented a Running Club. This club has been training every Wednesday morning at 7.20am. The goal will be to travel to Melbourne in October to be part of the unique "Melbourne Marathon Festival". The initial intention of the Running Club was to provide a small group of students the opportunity to keep fit and socialise with their peers, although with the enthusiasm of the students, and the support from parents the running club has grown to 50 plus members.

To help make this a successful experience for all students involved, each member of the Running Club will be seeking sponsorship from a local business, families, or friends. The sponsorship will help contribute to the cost of the trip.

Members of the running club will be purchasing a running shirt that will be worn at the Melbourne Marathon. If your business would like to be advertised on this shirt, please fill out the section below.

Thank you for taking the time to read this and I hope that you can help us out.

Yours sincerely,

**The Mercy Regional College Running Club**

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**SPONSORSHIP**

We/I would like to sponsor the Mercy Regional College Running Club (please tick a box)

☐ YES      ☐ NO

Name of Business/Person: \_\_\_\_\_

Total Amount of sponsorship      \$ \_\_\_\_\_

We/I would like to have our name printed on the Running Club Running Shirt (please tick a box)

☐ YES      ☐ NO