

MERCY REGIONAL COLLEGE NEWSLETTER

ISSUE 3-1

24th July, 2015

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 2015

"Through the Mercy tradition we encourage our community to seek knowledge, to nurture curiosity and to love learning".

From the Principal

This week's prayer celebrates one of the key themes of this newsletter article, the importance of the Arts to a holistic education. Although we can easily articulate the commitment of Mercy Regional College to an education of the whole person, it is our capacity to express and attain this aspiration that is important. An education that embraces the intellectual, emotional, psychological and physical aspects must be complemented by opportunities for aesthetic and spiritual learning.

Prayer for Artists

*Bless the creators, O God of creation,
who by their gifts make the world
a more joyful and beautiful realm.
Through their labours, they teach us
to see more clearly the truth around us.
In their inspiration they call forth
wonder and awe in our own living.
Pour your Spirit upon them
that their hearts may sing
and their works be fulfilling.
Amen.*

High School Musical

Mercy Regional College's 2015 musical is only two weeks away with cast and crew very busy preparing for the four public performances of Disney's *High School Musical*. With almost four months of rehearsals including a three-day camp during the holidays, the students involved in the show have displayed great dedication, enthusiasm and creativity to bring to us a production of the highest quality.

The first performance will be on Wednesday 5th August for students from the HCSN primary schools. This week, the cast performed a short 20 minute preview of the show for all staff as well as students from the O'Keeffe and McAuley campuses. Photos of these previews are featured in this newsletter.

I strongly encourage all members of our school community to come along to support the students on stage at one of the public performances at Camperdown's Theatre Royal – Friday 7th August (7.30pm) and Saturday 8th August (2.00pm matinee & 7.30pm). Tickets are priced at \$20 for adults and \$10 for children. They are available for purchase online through the website www.trybooking.com/143830. If you are unable to access the TryBooking website, please contact the College for tickets or they may be purchased at the theatre door before each performance.





Digital Devices Review

With the end of semester reports that were mailed home at the end of last term, all families should have received a copy of Mercy's Digital Devices Review (DDR). It is a discussion paper that outlines a variety of options for technology at Mercy Regional College in the future. It has been four years since the College introduced the iPads to Years 7 – 10 and the DDR document reflects our thoughts on both the advantages and challenges of the iPad program and whether other alternatives are possible.

As I outlined in the DDR document, I am very keen to here from parents or community members who have thoughts on which way the College should go with respect to the provision of digital devices for all our students (Years 7 – 12). The College Board will be making a decision on whether to retain iPads or to move gradually to an Apple MacBook environment next month and any feedback from parents and community members will be passed on to them to inform this decision. If you have lost or did not receive a copy of the DDR document, there are electronic copies available on both the College website and SIMON.

Upcoming Student Free Day

On **Monday 17th August**, there will be a mid-term break for all students and staff at Mercy Regional College. Coming at the mid-point of term three, it will provide all with the opportunity to rest and recharge themselves after cold and wet of July and early August.

On **Tuesday 18th August**, most Mercy teaching staff will be involved with a curriculum writing day directed towards updating our year level and subject based units and assessment tasks. It is fundamentally important that these are sequential across Years 7 – 10 and also that both units and assessment tasks provide adequate opportunities for differentiated learning. Only Unit 4 classes will run on this day.

All Year 12 students and Year 11 students who have a Unit 4 subject are expected to be at school on this day.

Planning for 2016

With the College almost two weeks into third term, planning for next year is well underway. With a school the size of Mercy, forward planning needs to be comprehensive, considered and completed in a timely fashion. Central to this planning are the subject selection processes for students entering Years 9 – 12 in 2016. I strongly encourage all parents to take an interest in the selections and decisions that your son/daughter is making in the next few weeks. Specific details on subject selection processes and the upcoming VCE Information Night are included later in this newsletter as well as a 2016 Enrolment Intention form.

Next Tuesday and Wednesday sees the second stage in the College enrolment processes for incoming 2016 Year 7 students with enrolment interviews to be held at McAuley Campus (Tuesday evening) and O'Keeffe Campus (Wednesday evening) from 3.30 – 6.00pm.

These enrolment interviews provide both the College and prospective students and parents to meet, discuss transition arrangements, identify and discuss any areas of concern and provide an invaluable opportunity for prospective students to reflect on what the transition to secondary education might entail.

Any students or families that are considering an enrolment at Mercy are asked to make contact with the Principal's Secretary, Mrs. Sue Bohm at the College on 5593 2011 or sue@mercy.vic.edu.au.

Student and Staff Activities

Amongst the activities that are bringing life to the Mercy community at the start of term 3 are:

- Last Friday, the students from both campus' social justice committees organised a "Malala Day" that celebrated the contributions of Nobel Peace Prize winner, Malala Yousafzai who highlighted the importance of education for young people, especially girls.
- This Tuesday, the College will be filled with students and staff wearing a variety of warm and colourful beanies. These are to raise money and awareness for research into brain cancers, a most worthy cause.
- Sporting activities in recent weeks have included the Victorian Schools' Cross-country championships in Bundoora and GW senior and intermediate netball in Ballarat. Next week sees basketball for Years 10 – 12 and the VCE Outdoor Education Ski Camp.

Yours in Mercy,

DR. DARREN EGBERTS
PRINCIPAL

Mercy Regional College
production of

Disney

HIGH SCHOOL MUSICAL

ON STAGE!

Based on a Disney Channel Original Movie

August 7 & 8, 2015

Theatre Royal, Camperdown

Friday 7th: 7.30pm

Saturday 8th: 2.00pm and 7.30pm

Adults: \$20

Students/Children: \$10

Tickets available from: www.trybooking.com/143830

MRC Office, Henderson St, Camperdown | Phone 5593 2011

By arrangement with Hal Leonard Australia Pty Ltd, Exclusive agent for Music Theatre International (NY)

VCE INFORMATION NIGHT

Will be held at Mercy Regional College

on the night of

Monday 27th July from 7:30 PM - 9:00 PM

Multi-purpose Area of the McAuley Campus.

The purpose of this night is to provide students and their families with information regarding the VCE, which will address questions about the course and, hopefully, help them with the VCE subject selection process for 2016. The material is aimed at all VCE and VCAL students studying Years 11 and 12 in 2016; however, this year's Year 11 students, who have previously had access to this information, will have subject selection material distributed to them in Pastoral Care sessions on **Monday 27th July**.

The subject selection process has a tight timeline. Preliminary subject selection forms will need to be submitted by **Friday 7th August**. These forms enable us to gain an indication of student numbers for specific subjects and are therefore used as a guide in the construction of the subject blocks. These blocks once developed, will be circulated to all students and they will then be asked to make their final selections. We will offer the opportunity for interviews for those students and/or parents who may require help in making their decisions

**If you have any further queries, please contact Chris Grant or Lachie Lee
at McAuley Campus during school hours on 5593 2011.**

Dear Parents,

ENROLMENT INTENTIONS FOR 2016

At this stage of the year, we are busy planning for 2016 in terms of staffing, budgeting and timetabling arrangements for students currently enrolled at Mercy Regional College.

To assist with this, could I ask that you fill out the attached form regarding the enrolment intentions of your son/daughter for 2016. Please print their name and current year level, and then tick the most appropriate box regarding your intentions for 2016.

Do not include your son / daughter if they are currently in Year 12 as they will be leaving the College.

This indication is merely a statement of intention and, in no way, final and binding. But to assist with 2016 planning, we need indications which are as accurate as possible at this stage.

I also ask that you inform me if a change occurs to the information you provide to us, as this will directly affect our planning for next year.

Please complete and return the form [one per family] to the College office by no later than:

Friday 21st August, 2015

Yours sincerely,



Dr Darren Egberts
PRINCIPAL

2016 ENROLMENT INTENTIONS

(Please fill out a separate section for each child you have at Mercy, but not current Year 12 students)

STUDENT NAME: _____

CURRENT YEAR LEVEL: _____

- A. ☐ Returning to Mercy in 2016
 C. ☐ Leaving school for employment
 E. ☐ Leaving school for an Apprenticeship

- B. ☐ Attending another school
 D. ☐ Leaving school to do TAFE course

For (B) (C) (D) (E) please give further details.

STUDENT NAME: _____

CURRENT YEAR LEVEL: _____

- A. ☐ Returning to Mercy in 2016
 C. ☐ Leaving school for employment
 E. ☐ Leaving school for an Apprenticeship

- B. ☐ Attending another school
 D. ☐ Leaving school to do TAFE course

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 E. ☐ Leaving school for an Apprenticeship

- B. ☐ Attending another school
 D. ☐ Leaving school to do TAFE course

For (B) (C) (D) (E) please give further details.

Parent Name(s): _____

Parent Signature(s): _____

(Please complete, sign and return this form to the College office by Friday 21st August, 2015).

Deputy Principal - Wellbeing

Mr. Kerin Glennen

Facts and Myths:

It often seems that everyone's an expert when it comes to alcohol, especially when deciding how much is too much or not enough. The following are some myths that have been bandied about over many years.

Alcohol will give you more energy:

However alcohol is a depressant and therefore slow you down rather than give you energy. As it slows down the central nervous system, it may lead to some people feeling less self-conscious, however it is also likely to impair people's ability to make decisions in a rational manner. In some incidents people become violent following drinking alcohol.

Does alcohol not have an effect on your body unless you get really drunk?

Unlike food, alcohol does not require digestion and can be quickly metabolised through the body. When drinking on an empty stomach, it takes about five minutes for alcohol to be absorbed into the bloodstream through the small intestine. As soon as it is in the bloodstream, it only takes 90 seconds for it to be carried to all of the body's organs, including the brain.

People need to drink to have a good time:

There is a perception in society that when people drink alcohol it makes them more sociable and then they have a better time than if you don't drink. This is not true. Drinking alcohol can make people feel less inhibited due to a slowdown of the central nervous system, however it may not necessarily make more sociable. Rather, people are more likely to become aggressive and irrational after drinking too much.

If you want more information on the rules about alcohol and minors, go to www.vcgir.vic.gov.au

Head of O'Keeffe Campus

Mr. James Castles

O'Keeffe Campus Leadership Team

We believe that student voice is an integral part of improving learning and teaching within a school. This year we have continued and developed on the work that has already been done on student leadership by increasing the O'Keeffe Student Leadership Team from four students to 14 students.

Our Campus Captains believe by having more support this will lead to great action. We have a good school and by seeking the ideas and thoughts of our students we will only continue to improve this great place.

Congratulations to our O'Keeffe Campus Leadership Team:

O'Keeffe Campus Captains: Georgia Vick and Luke Bone

O'Keeffe Campus Vice Captains: Zac Sinnott and Stacey Riches

Social Justice: Hannah Whytcross and Tully Watt

Tindley: Toby Mahony and Tess Harris

Frayne: Grace Broderick and Jake Sinnott

Markey: Jordana Bateman and Isaac Kenna

Ryan: Chelsea Baker and Nathan Wyss

The Anzac Commemorative Naming Project

The Anzac Commemorative Naming Project Competition was an opportunity for students to learn more about the Anzacs and share their stories by researching Anzacs who were born, lived or based in Corangamite Shire. Students were asked to nominate a local Anzac and provide information about them when entering the competition. At the conclusion of the competition, Council will develop a collection of names that comply with the OGN *Guidelines for Geographic Names 2010 Version 2* for possible use as future road names within Corangamite Shire.

We are very pleased to announce that Toby Fleming from 7B received 2nd prize for his outstanding work. Commended certificates went to Josephine Stephens, Meg Pickles, Jasmine Moore, Hannah Whytcross, and Hayley Wason.

Well done to all students for their efforts and contribute to this competition.

Councillor Ruth Gstrein from the Corangamite Shire attended our assembly on Wednesday and presented Toby with his prize money and certificate as well as certificates to the commended students.



Toby Fleming with his mother and grandmother.



Cr. Ruth Gstrein with the commended certificate winners.

Junior School Core Value Awards

Congratulations to the following Year 7 & 8 students who received the Core Value Awards at our Assembly last term.

Community:	Dermot Carlin
Inclusiveness:	Ella Gleeson
Learning:	Sophie Swayn
Care:	Jessica James
Justice & Mercy:	Hannah Whytcross
Excellence & Achievement:	Laneice Bond

Street Retreat Report

Ms. Tina Jenkins and Mrs. Lynn Wadley

On Wednesday 8th /9th July a group of five students attended the Street Retreat Program to Melbourne during the holidays.



The students met many new friends during the course of the night. It was a great experience for all of us and we all learnt some personal lessons. We are 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 staff to experience this.

I will never forget that no matter how qualified you are, how smart or how well off you are, you are not guaranteed to not end up on the street like the people we were helping. After talking to multiple friends on the street, I met more than one person

who was quite intelligent. One of my friends gave me a history lesson on World War II and another man was a well-educated academic man.

Charlie Unwin

I will never forget all the young and disadvantaged people that need our help and all the friends I made and the conversations we had. It was a good experience and I recommend everyone coming along to help out. I am grateful for what they offered. I will remember this experience.

Anthony Glennen



The thing I will never forget about the Vinnie's soup van is how happy the people are, whether it was the volunteers or the new friends we made and I won't forget some of the stories I was told.

Jade Garcia

I will never forget the faces that I saw at the stops on the Vinnie's soup van. This experience has been an opener and changes your perspective on life. Giving someone 10 minutes out of your night to stop and talk can make their whole day and that's something to feel proud about.

Emmerson Unwin



Something that I will never forget about the Street Retreat is the age difference between the people. There were male, female, young and old that were at many of the stops. I will continue to think about how many are homeless and living on the streets.

Alister Huth

Cyberworld

As we know the digital world is upon us and it sure takes some keeping up with. As parents of children who live and love the digital world it can be often hard to grasp the interest and the need that young people have to be on a digital device. With this in mind we thought it is a timely reminder for both parents and students to be refreshed with some cyber world tips and strategies and also non negotiables eg. Legal age limit for various social media sites. We as a school take cyber bullying and issues extremely serious and are more than happy to hear from you if any issues arise with your child. Please read below a reminder of some cyber world do's and don'ts.

Internet Safety Tips for Teachers, Parents and Carers:-

- All internet enabled devices (iPad, phone, iPod, Xbox) **SHOULD** be in a common area of the house **NOT IN THE BEDROOM!** Need an alarm - buy a clock radio!
- Parental monitoring is vital – walk past and see what your child is doing, who they are talking to and what sites they are on....be aware if their mood changes. This is NOT invading their privacy at all...it is parenting in the digital space
- Make sure there is no response to rude or harassing comments. (keep a record in case of further investigation)
- Advise your student/child to immediately exit any site that makes them feel uncomfortable or worried. Basic protective behaviour principles apply.
- If harassment continues....the current accounts can be deleted and a new one started. The new account details should only be given to a selected few.
- If receiving harassing messages on social media - have the sender blocked & report to the site.
- If you have found inappropriate content about your child or one in your care on a website or are informed about this situation please contact the ISP and or Police or advise the parent to do so a.s.a.p.
- Have a family internet contract and set house rules about what information your child can put onto websites or share with others, where they go online and what they do. You (adult) need to be in charge.
- Be aware the majority of children **WILL NOT** tell a parent/teacher if bullied or harassed online for fear that they will loose internet access!! NEVER threaten total disconnection!
- Make sure that your children understand that they will not get in trouble if they tell you about a problem.
- Parents must learn about the internet with their child – get students to share their knowledge of the internet with their parents in a fun environment
- Spend time online with children, just as you would with many other activities such as sport, board games and walking the dog - learn and explore together
- Install filters and other monitoring/blocking software to minimise dangers. This is already done in schools but homes should have up to date filtering software installed at home.
- Know the sites they are accessing to ensure suitability. Filters **CAN** sometimes fail to protect and can be bypassed by a 'tech savvy' child.
- Learn the lingo so that you can decipher some of the content if required. Advise parents to do the same.
- **ABSOLUTELY NO EXCHANGE OF PERSONAL INFORMATION!**
- Children Under 13 **ARE NOT ALLOWED** on Facebook, Instagram, Kik, SnapChat, iTunes and many more. Don't support your child to break the rules & they won't be the only one without these accounts. Learn to say NO!
- Social Networking Profiles **MUST BE SET TO PRIVATE.** Use all the security settings available to make the site as safe as possible.
- Social networking site friends should be people that your child knows in real life. This is one way to reduce possible risks. Anyone can be anyone online.
- Teach children that information on the internet is not always reliable.
- Very close supervision for young children is recommended. There should be a limit to the number of people kids talk to online and the parent/carer should know who they are too. approved.
- Whatever your children use, you must use as well. Set up accounts on the same sites to ensure that they are suitable and the interactions appropriate. Engage with them online. This also allows you to know how these applications work.
- If your child is playing online games it is **YOUR** responsibility to make sure that **YOU** know how to play the game too in case of problems. Play online games together.
- Do not let young children 'google' aimlessly with no supervision. Children need to be taught about search engines and how they work.
- The internet and the various applications are a lot of fun and a wonderful tool.....maximize the benefits and surf safely together!

Please note that this list is by no means exhaustive and that there is no guarantee that adherence to these tips will provide 100% protection or safety for those using the various applications of the internet.

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Head of Sport

Mr. Matt Harkin

State Cross Country

In chilly conditions at Bundoora Park, Melbourne the following students Hannah Justin, Claudia Lee, Nick O'Connor, Tully Watt, Elly Harris, Stephanie Hibburt represented the College very well.

Against tough competition these students gave their all and had some pleasing results. Tully Watt and Nick O'Connor had the best results for the day finishing 23rd and 34th respectively. Well done to all.



Careers Report

Mrs. Jenny Phillips

Term 3 is a very busy time in for students in the middle and senior schools as they begin to make decisions for the next stage of their career journeys.

To assist students with this process the following events are occurring at the College.

Monday 27th July

Year 9 into 10 Subject Information Session during Periods 3 & 4.

Year 10 into VCE Subject Information Session during Periods 1 & 2.

VCE Information Evening beginning at 7.00pm.

Wednesday 29th July

Year 9 into 10 VET/SBAT Information Session during Periods 5 & 6.

(A letter has been sent home inviting parents to this event).

Thursday 30th July to Tuesday 4th August

All Year 10 students will be interviewed about their proposed VCE program for 2016. If parents wish to attend this interview they are most welcome and a mutually convenient time will be arranged.

There are also a number of publications available to assist students and parents during this process.

Year 10 into VCE

- VCAA Booklet – Where to now (all students have been given a copy).
- Herald Sun Supplement – 2015 VCE Planner (all students have been given a copy).
- Australian Government – Parents/Talking Career Choices (these will be given out at the VCE Information Evening).
- VTAC Booklets – Choice & Vicer 2018 (students have been emailed the PDF copies of these booklets and given a hard copy of Choice).

Year 11 into Year 12

- VTAC Booklet –Vicer 2017 (students have been given a hard copy and emailed the PDF copy of this booklet).

Beyond Year 12

- VTAC Booklet –The ABC of Applying (students have been emailed the PDF copy of this booklet).

NB VTAC are conducting a Parent & Student Information Session in Warrnambool on Thursday 13th August. See more information see the flyer on page 14 of this newsletter.

Young Farmers - Shaping the Future of Agriculture

The Victorian Government is providing new opportunities for young people in agriculture to have a say and enhance their career through the following initiatives:

- Young Farmers Advisory Council - expressions of interest now open
- Young Farmers Scholarship Program

For more information visit

<http://www.depi.vic.gov.au/agriculture-and-food/food-and-fibre-industries/young-farmers>

Zoo Keeper for a Day

Report by: Skylar Carpenter & Samuel Bond

On Tuesday 30th June during the last school holidays, we had the opportunity to be zookeepers for a day at the Werribee Open Range Zoo.

We got to feed the Cheetah and the Meerkats, which was very exciting and we also got close to many other animals. We went behind the scenes and learnt a lot about being a Zookeeper, including the different jobs that have to be done each day to care for the animals.

It was a great day and we are very glad that we followed up on the information about the day that was emailed to all students and advertised on the newsletter.

Open Day Dates – Vic & Tas

Universities. All dates are in August

Deakin University

- 1300 334 733, <http://bit.ly/1N0i0kr>
- 2: Warrnambool
- 9: Geelong Waterfront & Waurn Ponds
- 23: Melbourne

La Trobe University

- 1800 135 045, <http://bit.ly/1BGrG35>
- 7: Shepparton
- 9: Melbourne
- 16: Bendigo
- 19: Mildura
- 28: Albury-Wodonga

University of Melbourne

- 13 6352, <http://bit.ly/1LUTq3O>
- 16: Parkville and Southbank
- Discounted VLine tickets available for regional students (\$10)

Monash University

- 1800 666 274, <http://bit.ly/1cX3TQN>
- 1: Peninsula
- 2: Caulfield, Clayton

Australian Catholic University

- 1300 275 228, www.acu.edu.au/99146
- 9: Melbourne
- 30: Ballarat

University of Tasmania

- 1300 363 864, <http://bit.ly/1tGD3B8>
- 30: Hobart, Launceston, Cradle Coast

Swinburne University

- 1300 275 794, <http://bit.ly/1FRMN40>
- 2: Hawthorn
- Travel scholarships available for regional students

RMIT

- 03 9925 2260, <http://openday.rmit.edu.au/>
- 9: City, Brunswick, and Bundoora

Federation University

- 1300 225 527, <http://bit.ly/1GhNaja>
- 30: Mt Helen, SMB, Camp Street and Gippsland

Victoria University

- 1300 842 846, www.vu.edu.au/openday
- 23: Footscray

Open Day Dates – Victoria

Private Providers. All dates are in August

JMC Academy	<ul style="list-style-type: none"> • 1300 410 311, www.jmcacademy.edu.au/ • 22: Melbourne
Tractor Design School	<ul style="list-style-type: none"> • 03 9663 0001, www.tractor.edu.au/ • 15: Melbourne & Bairnsdale
Academy of Design Australia	<ul style="list-style-type: none"> • 03 9676 9000, http://bit.ly/1dbdZ0j • 9: Melbourne, 9am – 5pm
Australian College of Sports Therapy	<ul style="list-style-type: none"> • 1300 227 800, http://bit.ly/1eDgYQM • 9 & 12: Melbourne
Southern School of Natural Therapies	<ul style="list-style-type: none"> • 03 9415 3333, http://bit.ly/1eDhdey • 1: Melbourne, 10am – 2pm
Academy of Interactive Entertainment	<ul style="list-style-type: none"> • 1300 709 019, www.aie.edu.au/ • 16: Melbourne, 10am – 3pm
Australian College of Applied Psychology	<ul style="list-style-type: none"> • 1800 061 199, www.acap.edu.au/ • 9: Melbourne
Navitas College of Public Safety	<ul style="list-style-type: none"> • 1800 783 661, www.ncps.edu.au/ • 9: Melbourne
Photography Studies College	<ul style="list-style-type: none"> • 03 9682 3191, www.psc.edu.au/ • 16: Melbourne
SAE Creative Media Institute	<ul style="list-style-type: none"> • 03 8632 3400, www.sae.edu.au/ • 24: Melbourne
Marcus Oldham College	<ul style="list-style-type: none"> • 1800 623 500, http://bit.ly/1wEGiuc • 9: Geelong
Longerenong Agricultural College	<ul style="list-style-type: none"> • 03 5362 2222, www.longy.com.au/ • 9: Longerenong

Open Day Dates – Victoria

Government funded TAFE institutes. All dates are in August

Kangan Institute	<ul style="list-style-type: none"> • 13 8233, www.kangan.edu.au • 22: Moonee Ponds • 29: Docklands • 29: Richmond
Box Hill Institute	<ul style="list-style-type: none"> • 1300 269 445, www.bhtafe.edu.au/ • 23: Box Hill
Holmesglen Institute	<ul style="list-style-type: none"> • 1300 639 888, http://bit.ly/1vxdZMy • 13th of August
William Angliss	<ul style="list-style-type: none"> • 03 9606 2111, www.angliss.edu.au • 9: Melbourne
Wodonga Institute of TAFE	<ul style="list-style-type: none"> • 02 6055 6600, www.wodongatafe.edu.au/ • Faculty information sessions run from now until December
The Gordon Institute	<ul style="list-style-type: none"> • 03 5213 7964, www.thegordon.edu.au • 9: Geelong
Bendigo TAFE	<ul style="list-style-type: none"> • 1300 554 248, www.bendigotafe.edu.au/ • 16: Bendigo, 20: Echuca
Chisholm Institute	<ul style="list-style-type: none"> • 1300 244 746, www.chisholm.edu.au/ • 22: Dandenong

VTAC Information Evening



6:30-7:30pm
Thursday 13 August 2015
Deakin University
Warrnambool Campus
Building G - Lecture Theatre G1.01
Princes Hwy, Warrnambool

Find out from VTAC representatives how to apply for tertiary courses, scholarships and special consideration. There will also be information about the ATAR, scaling and offers. This presentation will be most useful for Year 12 students and their parents; Year 9-11 students and their parents are also welcome.

Term 3 Dates

Monday 27 July

- * Basketball - 10 to 12
- * VCE/VCAL Information Night (7:30-9:00 PM)

Tuesday 28 July

- * Outdoor Ed Ski Camp
- * Year 7 Enrolment Interviews (3:30-5:30 PM)

Wednesday 29 July

- * Outdoor Ed Ski Camp
- * Year 7 Enrolment Interviews (3:30-5:30 PM)

Thursday 30 July

- * Outdoor Ed Ski Camp

Friday 31 July

- * Outdoor Ed Ski Camp

Saturday 1 August

- * MRC Production

Sunday 2 August

- * MRC Production

Monday 3 August

- * MRC Production
- * GW BB & TTennis - Senior & Intermediate

Tuesday 4 August

- * MRC Production
- * Junior Golf finals. Ararat

Wednesday 5 August

- * MRC Production
- * Year 11 Street Retreat

Thursday 6 August

- * MRC Production
- * Year 11 Street Retreat

Friday 7 August

- * MRC Production

Saturday 8 August

- * MRC Production

Monday 10 August

- * Greater Western Netball – 7 & 8
- * France Meeting - Students & Parents (7:30-9:00 PM)

Tuesday 11 August

- * Year 10 Retreat
- * Year 9 Guest Speaker. Victorian Police

Wednesday 12 August

- * Year 10 Retreat

Monday 17 August

- * Mid Term break no school for staff and students

Tuesday 18 August

- * MRC Board Meeting (7:30 PM)

Wednesday 20 August

- * Seeds of Justice at Araluen, Anglesea
- * Junior Debating. Geelong (5:30 PM-8:30 PM)

Thursday 21 August

- * Seeds of Justice at Araluen, Anglesea

Tuesday 25 August

- * Cambodia Meeting with Clint Miller (3:30-5:30 PM)

Wednesday 26 August

- * Instrumental Music Evening (7:00-9:00 PM)

Monday 31 August

- * Country Kids Transition Day @ O'Keeffe Campus

Tuesday 1 September

- * HCSN Transition Day @ O'Keeffe Campus

Wednesday 2 September

- * Think Tank Day. Year 7-10
- * Year 11 Street Retreat

Thursday 3 September

- * Year 11 Street Retreat
- * Junior Debating - Geelong (5:30-8:30 PM)

Friday 4 September

- * Our Lady of Mercy Mass

Monday 7 September

- * Literary Day - O'Keeffe Campus

Wednesday 9 September

- * P/T/S Interviews, McAuley Campus (4:00-8:30PM)

Thursday 10 September

- * Greater Western Basketball – 7 & 8 (All Day)

Friday 11 September

- * MRC Battlefields Tour departs

Monday 14 September

- * Mercy Parents' Consultative Group (5:00-6:30 PM)

Tuesday 15 September

- * MRC Board Meeting 7:30 PM

Friday 18 September

- * **Term 3 concludes**

NOTICES



PRIVACY NOTICE

Information required to determine the *Index of Community Socio-educational Advantage* (ICSEA) for schools

This notice is from the Australian Curriculum, Assessment and Reporting Authority (ACARA), to advise you that ACARA has requested your child's school to provide ACARA with information about you and your child. Your school may disclose to ACARA information such as your child's gender, date of birth, country of birth, background language, residential address, parental occupation and parental education.

This information is disclosed to ACARA under the *ACARA Act 2008* for one or both of the following purposes:

- formulating national reports consisting of aggregated data on school performance; and
- assisting government to formulate policies in relation to education matters.

ACARA will not disclose this personal information to any third party. If you do not want your school to provide this information to ACARA, please advise your school within seven (7) days of receiving this notice.

Further information about ACARA can be obtained from the ACARA website at www.acara.edu.au.

UNIFORM SHOP CHANGES

Dear Parents,
The uniform shop is now located in the house at 50 Walls Street,
Camperdown (on the corner of Dimora Ave and Walls Street.
Entry is via the front door, the first room on the right.

Trading hours are the same.
Tuesday & Thursday, 12pm to 2pm
Contact number is 0481 311 701

***Dinny's Diner* - CANTEEN PRICE LIST TERM 3**

HOT FOOD

Sweet Chilli Roll with lettuce, cheese & sweet chilli sauce	\$4.50 *	[Price rise]	
Loaf and Lounge pies and pasties	\$4.00 *	[Price rise]	
Loaf and Lounge chicken pies	\$4.50 *	[Price rise]	
Sausage Rolls	\$2.00		
Nibble Pies	\$1.50		
Ham and Pineapple Pizza	\$2.50		
Streamed Dim Sim	\$0.80		
Hot Dog	(in bread) \$2.00	(in a roll)	\$2.50
Toasted sandwich (ham & cheese or chicken & cheese)	\$3.00		
Toasted Foccacia	Small	\$3.00	Large \$4.00

ROLLS & SANDWICHES

Salad roll or sandwich (chicken or ham)	\$4.50
Salad roll or sandwich (no meat)	\$3.50
Egg and Lettuce sandwich	\$3.00

FRUIT

Various fruits	\$1.50
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CAKES

Small donuts	\$1.50 *	[Price rise]	
Muffins	\$2.20		
Coffee Scroll	\$2.00		
Homemade Hedgehog	\$1.50 *	[Price rise]	

DRINKS

Big M's	Small	\$2.00	Large	\$3.00
Fruit Box	\$1.20			
Cool Ridge Water 600mL	\$1.50 *	[Price rise]		
Fresha fruit juice varieties	Small	\$2.00	Large	\$2.50
Nippys milk varieties	\$2.50 *	[Price rise]		

* Denotes price rise

Parents please note that from the beginning of Term 3 students are to take their lunch orders directly to the Canteen before school commences.

Barn Dance

Mercy Regional College Year 11 VCAL students in conjunction with St. Patrick's Primary School are hosting a wonderful community event; "Dance till the cows come home, Barn Dance". This event will be held at the Theatre Royal, on the Friday 14th August, 7pm- 10pm.

Tickets costs vary; family \$25, adults \$10, children aged 4 years plus \$5 and children under 3 requires a gold coin donation. There will feature great local musicians performing for this event, Peter Daffy and Tuniversal with special guests, called by Michael Saunders and Chris Barks DJ assisting with sound and playing during intervals.

Tickets prices include supper, tea and coffee. Soft drinks and treats will be for sale. This is an alcohol free event. It's great fun for all ages. We are welcoming all the local community to this amazing event. Get your friends on board and tell your family to come along for a fun filled night with local talent providing music for us all to dance till the cows come home. (See poster on next page for more information).

ALCOHOL FREE COMMUNITY EVENT!
“DANCE TILL THE COWS COME HOME”
BARN DANCE



When: Friday August the 14th from 7pm until 10pm.

Where: The Theatre Royal, Camperdown.

Starring: Peter Daffy and ‘Tuniversal’ with special guests.

Called by Mick Saunders!

Supper provided and special treats for sale.

Family: \$25 Adult: \$10 Children/Student: \$5

Gold Coin donation 3&under.

For further details or if you are keen to sponsor this event please email:

grace-veenstra@student.mercy.vic.edu.au

This event is brought to you by St. Patrick's Primary School and Mercy Regional College
VCAL students.

www.thebutterflyfoundation.org.au

Body Confident Children & Teens - *Information for Parents*

Every year, since its inclusion in 2006, body image has been one of the top three areas of personal concern for young people
(Mission Australia, Youth Survey)

What: An interactive presentation that aims to equip parents with knowledge, information and tips, to better support their child's and/or teen's body confidence during puberty and adolescence at home.

Who: For parents, guardians and family members with boys and girls of school age.

Topics covered include:

- Background on body image and importance of prevention
- Brief overview of eating and body related issues and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding 'Fat Talk' and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information

Date: Wednesday, 26th August

Time: 7pm – 8.30pm

Venue: Killara Centre, 210 Manifold Street, Camperdown, VIC 3260

Cost: FREE (bookings are essential)

Bookings close: Wednesday, 19th August

To book online:

thebutterflyfoundation.org.au > Education > For Parents

For more information:

helen.bird@thebutterflyfoundation.org.au 02 8456 3908

With thanks from



Butterfly
Foundation for Eating Disorders



www.thebutterflyfoundation.org.au

Dove BodyThink Educator Training

Please note, this is not a clinical training about eating disorders

Are you in need of additional tools and confidence to support body esteem in the young people you work with?

Body image is consistently reported as a top 3 personal concern of young people.

Body dissatisfaction is a significant risk factor for eating disorders.

In 2014, 935,000 Australians experienced an eating disorder.

What: A train-the-trainer, health promotion and prevention focused workshop, in the use of *Dove BodyThink*: a self-esteem, body image and media literacy program.

Suitable for: For teachers, youth workers and community professionals working with males and females aged 11-14 (however it can be adapted for use with older age groups).

Please join us to explore:

- Latest research and evidence based approaches to prevention
- How the issue is changing and evolving
- A selection of activities and resources to support body esteem education
- How to develop a positive body esteem environment and whole organisation policy
- Peer-led models as agents for change
- What to do if you suspect a young person is at-risk

Includes:

- The latest Dove digital clip *Change One Thing* + supporting lesson
- *Dove BodyThink* program + DVD: self-esteem, body image, media literacy for ages 11- 14
- Discounted rate for *Free to Be – A Body Esteem Resource* (Years 3- 12)

Locally supported by



School Focused Youth Service

Date: Wednesday 26th August

Time: 9am – 12pm includes morning tea

Venue: Brophy Family & Youth Services, 210 Timor St, Warrnambool

Cost: \$75(incl GST)

To book online:

thebutterflyfoundation.org.au > Education > For Professionals

For more information:

helen.bird@thebutterflyfoundation.org.au 02 8456 3908



Butterfly
Foundation for Eating Disorders

Start collecting for your school now

The Woolworths Earn & Learn program gives Schools and Early Learning Centres around Australia the chance to earn new educational resources.

Make a difference for your local school

- Simply shop at Woolworths and you will receive one Woolworths Earn & Learn Sticker for every \$10 spent.*
- Stick the Woolworths Stickers onto the Woolworths Earn & Learn Sticker Sheet inside.
- Once it's complete, pop it into a Collection Box at your school or local store. You can download more Woolworths Earn & Learn Sticker Sheets from our website woolworths.com.au/earnandlearn

*excluding tobacco, liquor and gift cards.

Last year more than 14,500 schools and Early Learning Centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs.

It's easy to earn valuable resources to help your local school, so start collecting your Woolworths Earn & Learn Stickers today.

Go to woolworths.com.au/earnandlearn for more information, terms and conditions and answers to frequently asked questions.



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2nd • August 2015

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21.5km trail run

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