

MERCY REGIONAL COLLEGE NEWSLETTER

ISSUE 4-1

16th October, 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

Although today has dawned cool and somewhat overcast, it has been an unusually warm and dry first half of spring with little rain and very warm temperatures. Although these reflect the historical *El Nino* effect, it does remind us of the serious threat climate change poses, today's prayer calls this to mind.

Prayer for Climate Change

*Your creative love, O God, brought forth our world,
Once a garden where humans
Could taste and see the goodness of the earth.
But our eyes have been blinded
to the beauty of Creation,
to the knowledge that it is Gift,
one given so that all humans may live and flourish.
Our indifference changes the world;
Even mighty glaciers weep now.
Our disregard for our sisters and brothers
threatens the very skies above us.
Our passivity begins to choke us, and
the excess of our lifestyles blot out the sun.
Call us to renewal, to stewardship;
Call us to solidarity to the earth and all its creatures.
Give us new vision to see the fragile beauty that
remains to us;
Give us new spiritual energy to become active
In loving the world through our daily life;
Give us new voices to speak out for environmental
solidarity.
Bless us again with the gift
Of being a joyful community;
Bless us with a love of your Creation
And we will glimpse your Eden once again.*
(Jane Deren, 2009)

Investiture of 2016 Student Leaders

Last Tuesday, the incoming Year 12 student leaders were presented with their badges and a candle in front of the school community gathered for the occasion.

The investiture included speeches by our current College captains, Joshua Rowan and Haylee Davis, who reflected on the achievements of the past twelve months. Congratulations to both of them and to all our student leaders both those of 2015 and our new leaders of 2016.

2016 STUDENT LEADERSHIP

College Captains

Indira Kent and Austin Evans

College Vice-Captains

Jessica Cheslett and Charlie Darcy

Communication Captains

Luella Foster and Matt Murray

Sports Captains

Claire Kingston and Ryan Brumby

Social Justice Captains

Jordyn Hickey and Caitlin Williams

House Captains

Frayne: Hannah Justin and Stephanie Hibburt

Markey: Indira Kent and Sebastian Hulme

Ryan: Emma Lucas and Zoe Barker

Tindley: Jacoba Mungan and Kate Hallyburton



Last Day for Year 12 2015

Next Wednesday 21st October sees the completion of thirteen years of education for Mercy Regional College's class of 2015. The day is always both exciting and emotional. As has been the case in recent years, it will include a mix of homeroom and Year 12 time as well as the annual Mercy's Got Talent competition and the Year 12 Final Assembly. Parents, family members and friends are warmly invited to join us for the afternoon's assembly which is always a highlight of the day. It will begin at 1.30pm in the de Chantal Stadium. As part of this, O'Keeffe students will be bussed across to Camperdown at recess and will depart from McAuley Campus at the end of the day.

Although the next few days are a very exciting time for our Year 12 students, it is also important for them to remember that their VCE exams are just around the corner and that any celebrations marking the end of formal schooling must be balanced by the need to effectively use the seven days of study available before the English exam. Year 12 students are also reminded that they need to maintain the excellent standards of behavior that have been demonstrated throughout this year and that any instances of disrespect to students, staff or school property will be regarded most seriously. Participation in next month's Year 12 Graduation is contingent on finishing Year 12 in the manner expected of all Mercy Regional College students.

Bus Passes

This term, there appears to have been a significant increase in the number of students using buses other than those allocated to them. The processes in place for the issuing of bus passes has been in place for several years and need to be adhered to. Mercy Regional College **does not** have the automatic right to issue bus passes for buses other than our own contract buses. In particular, this affects buses that depart from the bus interchanges at Camperdown College, Terang 5 -12 and Cobden Tech and bus coordinators are quite entitled to ask students without appropriate documentation to leave the bus.

In all circumstances other than an emergency, students wishing to be issued with a bus pass **must** apply at least two days in advance. In requesting bus passes, students and parents need to be aware that no bus passes are possible on government buses beyond Terang 5 – 12 or on buses south of Cobden.

Mark the date – Thanksgiving Mass and End of Year Awards

An early reminder to all Mercy Regional College students, parents, families and friends that our annual End of Year Thanksgiving Mass and End of Year Awards is being held on Thursday 3rd December at St Thomas' Church, Terang starting at 7.00pm. We would love to increase the numbers at the mass and awards presentation and to that end will be posting home a written invitation to each Mercy Regional College family in the next few days.

School Improvement Plan

Earlier this year, the College completed its four yearly School Improvement Framework (SIF) review with a comprehensive report and set of strategic recommendations resulting. This week, the College Leadership team met for the second time to review these recommendations and use them to develop a School Improvement Plan that will drive the growth of Mercy Regional College over the next three – four years. We have another meeting next month and I will also be consulting closely with the College Board, staff, parents and student leaders ahead of publishing this document late this year or early 2016.

Buildings Update

After almost eleven months of construction and significantly longer in planning, Stage One of the College's Master Plan for the McAuley Campus has been completed. The College expects to receive an occupancy permit for the building in the next few days and following that, we will start a four week process of moving equipment into the new rooms and buildings. We expect our Year 12 2016 Transition classes to be the first in the new building on Monday 16th November and the building to be officially opened in February next year.

Melbourne Cup Long Weekend

A reminder that there will be no classes on Monday 2nd November and Tuesday 3rd November for the Melbourne Cup long weekend.

Car Raffle Early Bird Booksellers Prize

The draw for the early bird prize took place at assembly on Tuesday and Mr. Danny Gordon (our Property Manager) was the winner of the Camera.

Student and Staff Activities

It has been a particularly busy opening to fourth term for students and staff with plenty to happen in the next couple of weeks, some of these activities include:

- Last Sunday, more than 80 people participated in the annual MRC Lake-to-Lake Fun Run from Lake Gnotuk to Lake Bullen Merri. It was a fantastic afternoon and one that the 2015 Year 12 student leaders should be very proud of. They were ably supported by many other Mercy students and parents under the very capable leadership of Ms Stacey Hillman.
- Continuing the running theme, good luck to the 40+ students and staff who travel to Melbourne this weekend for the Melbourne Marathon Festival. The College will have participants in the 5km, 10km and half marathon events.
- Last week, Melbourne hosted the Year 9 camp with students undertaking a variety of activities in and around the CBD. Congratulations to all students as your behavior and enthusiasm was exemplary with staff involved commenting on how enjoyable the three days were.

- The recent school holidays saw the return of our intrepid Battlefields travelers after two weeks in France, Belgium and United Kingdom. You will have the opportunity of reading the personal accounts of those involved elsewhere in this newsletter but I would like to offer my heartfelt thanks to the staff who travelled with the group and especially its wonderful leader and inspiration, Mr. Lachie Lee.
- Good luck to those students and staff who depart on Monday for the first Kimberley immersion trip, we hope that all the planning and preparation is worth it and look forward to your return on November 2nd. We also look forward to the reciprocal visit to MRC by students from the Kimberley Clontarf Academy in early December.

School Hats

Reminder to parents that with the change of school uniform in Term 4, it is compulsory that students wear their school hat during recess and lunchtime.

Yours in Mercy,



DR. DARREN EGBERTS
PRINCIPAL

Director of RE

Mrs. Jo-Anne Saunders

Parent Street Retreat

During the holidays on 21st September, a group of keen Mercy Regional College Parents made the trip to Melbourne to participate in the first ever Parent Street Retreat. The evening was a little chilly and we were soon put to work producing loaves of sandwiches and loading the Vinnies Soup Vans ready for the evening. The format of the evening followed the same timeline as the Year 11 students have throughout the year.

We were fortunate enough to have Brother Doug Walsh meet us at the Soup Kitchen and again for dinner at the end of the evening. Br Doug has been a keen advocate for our program here at Mercy Regional College and the way we have been able to enable all students in Year 11 to attend the Vinnies Matthew Talbot Soup Van and support the needy.

After our work which continued on into the evening sharing scarves, beanies, toiletries and conversation with the friends of the Soup Van, we enjoyed a meal together at Papa Gino's in Lygon Street.

The following day we visited ACU in Victoria Pde and shared our reflections on the night before. It was a

privilege to share the school program with interested parents and to enjoy their company. If possible this will be an ongoing program and allow a number of parents in our school community to help those in need and share this journey of service with their children.

Those who participated were:

Rose and Wayne Henry, Kevin Bradshaw, Maz O'Neil, Ingrid Baxter, Zoe Baxter, Jan Green, Annie Watson, Christine Moloney and Jo Saunders.



Cambodia Immersion Experience 2016

This week the students participating in the Cambodia Immersion Experience, met to continue their preparation for the 2016. Together with staff Jo Saunders and Ben Brisbane the students researched and shared information about the Culture, Spirituality, Geography and History of Cambodia.



Students also participated in team building and trust activities that promote communication and reliance on one another.

The student group are really coming together as a team and will gather, along with their parents, on 28th November at 7:00pm in the Library. At this gathering we will meet with Clint Miller of destination dreaming.

Year 8 Sharing Spirituality

Jeannette Morris of the Ballarat Catholic Education Office met with Year 8 students on Thursday. Jeanette was our guest for the day and shared her understanding and vast knowledge of Aboriginal Spirituality and family structure. She spoke of law, family groups and interconnection of creator beings and the indigenous people.

Jeannette has visited the O'Keeffe Campus for the past four years as part of the unit of study in Year 8 Religion which focuses on Indigenous spirituality and comparisons to Christian Spirituality.



Seeds of Justice Regional Event 2015

This year's Regional Seeds of Justice Event was another success with thirty six students and eight staff from six Mercy schools attending the two-day retreat at Araluen Campsite in Anglesea. Our guest speakers were of an exceptional standard and enlightened the students information, reflections and challenging concepts, all focusing on Global Poverty as a 'Mercy concern'.

Students attended from Notre Dame College in Shepparton, Mercy Regional College Camperdown, Emmanuel College Warrnambool, Damascus College Ballarat, Sacred Heart College in Kyneton and Our Lady of Mercy in Heidelberg. With the group ratio of 9 boys and 27 girls we explored the issues of food shortages,

positive action, scientific research and our moral obligation to support those who are less fortunate.

Anthony Leddin from Yambuk Western Victoria, engaged the students with his unique concept of seed gathering and storage for use in third world countries as a way of managing the food production needs of our world in the future. He encouraged students to look at the science of food production and suitable support for regrowth of crops in war torn areas of our planet.

Sister Karon Donellan was a wonderful companion for the day. She spoke of the works of Mercy around the globe and the rich tasks that we are called to undertake in the future. Mercy in relation to food shortages, global problems and the picture of Compassion for others we might paint with the brush of Mercy.

Students enjoyed meeting others and making connections with other students who may be interested in Social Justice Issues. The event also included a 'hypothetical' debate regarding resources and the topic of 'fracking'.

Each school was able to respond to the topic both creatively and consider how they might share the information and raise awareness about the correlation between conflict and food shortages. Our students have worked on a gallery style display in the multipurpose room which contains images and responses to these global concerns.



France and Belgium Battlefields Tour 2015

Mr. Lachie Lee



We left Australia on Friday 11 September and flew via Bangkok to Paris. We were all very excited and I thought how different the circumstances were for this group of young people leaving the district for France, from those of the young people of the First AIF. Our journey would not take the four to six weeks that sailing to Europe via the Suez Canal would have taken a century ago.

We did take longer than expected, however, with a long delay in Bangkok. We were met in Bangkok by representatives of Thai Airways and taken to a five star hotel in the city, given dinner and flash rooms on the nineteenth floor. Early in the morning we were given breakfast and then taken to the airport. An uneventful flight had us arriving in Paris at 3.30pm in the afternoon. After a tour of the city we checked into the hotel and so began three days in Paris, one of the world's great cities.

We visited the Church of Sacre Couer in Montmartre near our hotel; Louis XIV's great Palace of Versailles; the Louvre; the Eiffel Tower and the medieval cathedral of Notre Dame. We wandered the streets of the city and we negotiated the Metro, Paris's underground. Some of the students introduced themselves to the delights of French cuisine- including escargot.

The core purpose of our tour was to visit the battlefields of the Great War of 1914-18. We began this part with visits to Mont St Quentin, the site of an Australian Battle in September 1918 and the site of the Second Australian Division Memorial. We visited places such as Le Hamel, the Australian Memorial at Villers-Bretonneux which bears the names of 11,000 Australians killed in France who have no known grave. At this place, as in all the places which we visited, we conducted a simple reflection where students and adults spoke about the soldier or nurse that they had researched in the months leading up to the tour. Some had found out a great deal, others some basic details and still others again, found new questions about their subject that they will attempt to answer in the future. As we travelled through the countryside visiting some of the cemeteries and memorials we maintained this simple structure at each of our 'pilgrimage' sites.

The students remarked on the countless numbers of cemeteries that are scattered about the landscape.

We visited the Villers Bretonneux School rebuilt after the First World War with the contributions of Victorian schoolchildren. Villers Bretonneux has developed a strong relationship with Victoria over the years and the school boasts signs which say Never Forget Australia. Here also is the Adelaide Cemetery which contains the graves of many Australians including that from which the Unknown Soldier, who is buried at the War Memorial in Canberra, was taken.



Jeremy Baker at the site of his great uncle's grave W.J. Caddle at Dernancourt

Around Amiens, where we stayed, we visited many places of interest including place connected to the Battle of the Somme in 1916; Pozieres, Thiepval, Beaumont Hamel and Serre. We then moved on to Ypres in Belgium via the important sites of Bullecourt, Fromelles and Notre Dame de Lorette in the village of Ablain-St. Nazaire, which is a French memorial containing the remains of 40,000 French soldiers. Again the students we were awestruck by the sheer numbers.

We stayed three nights in Ypres in Belgium around which three great offensives were fought in 1914, 1915 and 1917. The Australians were involved with that which became known as Third Ypres or Passchendaele and again, memorials to them dot the landscape. The Menin Gate Memorial in Ypres is a memorial to 54,000 soldiers of the British Empire who have no known grave. As at Villers Bretonneux, this place includes the names of people from the local communities who died in the great battles around this town.

Every night since 1927, a local group, The Last Post Association, has conducted the last post ceremony at the Menin Gate. It is a simple ceremony where organisations have the opportunity to lay a wreath. Our representative group from Year 11 laid our wreath. It is quite a moving ceremony. We were also privileged to be allowed to nominate one of our touring party to sing the Australian National Anthem. Year 10 student Sophie Blain did so, and she was brilliant. As she sang those Australians in the crowd of 1500 to 2000 joined in. It was quite a moving experience.

The last three nights of our tour were spent in London. We used this as a base to visit the Tower of London, all the sights of London such as the Houses of Parliament, Westminster Abbey and Buckingham Palace. We went to Windsor Castle and had a tour of the small city of Oxford, visiting universities and other sights. Student also went on the London Eye for a panoramic view of this great city. Again, it is not too much of a leap of the imagination to see the men and women of the AIF wandering the streets and visiting the sights of London a hundred years ago.

We returned to Australia on the 23 September. We bring back with us lasting memories of a trip that introduced us to two great cities of the world while also helping us to explore the footsteps of our ancestors and reflect on the sacrifices of that generation.



Sports Reports

Mr. Matt Harkin

A hot day had in Ballarat on Friday for the Greater Western Athletics. Mercy students competed well on the day with some pleasing results that included:

- Isaac Kenna 3rd 200m
- Jack Aiken 2nd long Jump
- Chelsea Baker 2nd triple jump, 3rd triple jump
- Charlie Finnerty 2nd Discus (by one cm!)
- Claudia Lee 2nd 1500m
- Michael Koroneos 2nd discus (again by one cm!), 3rd shotput
- Tarj Anderson - 2nd 100m
- Loch Bone - 2nd 100m
- Tyler Mungean - 3rd 1500m
- U/14 boys relay - 3rd
- U/17 girls relay - 3rd

Sarsha Anderson recorded a PB in the high jump.

Stephanie Hibburt recorded a PB in the 1500m.

It was pleasing to see a lot of support from parents on the day. Thanks to Chris Grant and Emily Stephens for their help and to Mark Evans for driving the bus.



Lake 2 Lake Fun Run

Ms. Stacey Hillman

The annual Lake 2 Lake Fun Run was held last Sunday in picturesque conditions. A smaller field of 78 runners and walkers completed the 8km run or 4km run/walk starting at the Camperdown Golf Club and making its way around the north side of Lake Bullen Merri. In tough conditions Warrnambool runner Tom Hynes was the winner in an incredible time of 28.48 minutes for the 8km course. The year 12 Leadership team should be extremely proud of their efforts in getting this event back up and running in 2015.

We cannot organise an event like this without the help of our local sponsors: Charles Stewart Real Estate (major sponsor), Charles Stewart (Major Sponsor), Greeves Fruit and Vegies, Green Pastures, Webber and Chivell, Zen Do Kai, Timboon Pharmacy, JeanieBoy, Jo Jo's Timboon, Ultimate Fitness, Dance Struck, Wannon Water, Corangamite Shire, Loaf & Lounge, Camperdown Quality Meat, Bulla.

Fastest time:	Tom Hynes 28.48
Primary 4km Female:	Hope Kerr
Male:	Paddy Baker
Primary 8km Male:	Willoughby Perriss
U/16 4km Female:	Sarah Pekin
Male:	Henry Rouston
U/16 8km: Female:	Holly Castledine/Ebony Davis
Male:	Archimedes Perriss
Open 4km: Female:	Emma Owen
Male:	Darren Cheeseman
Open 8km: Female:	Kobi Hickey
Male:	Tom Hynes
Masters 4km Female:	Penny Adamson
Male:	Garry Doyle
Masters 8km: Female:	Jo Finn
Male:	Robert Townsend
Walkers: Female:	Jenny Phillips
Male:	Rod Clarke



Term 4 Dates

Sunday 18 October

- * Melbourne Marathon

Monday 19 October

- * Kimberley Cultural Trip Departs

Tuesday 20 October

- * State Athletics
- * MRC Board Meeting 7:30pm
- * Final day for Year 12 Students
(Mercy's Got Talent & Assembly in the Stadium)

Friday 23 October

- * Motocross Event – Lake Gillear

Tuesday 27 October

- * Middle School Oratory Competition
- * Junior School Oratory Competition

Wednesday 28 October

- * Cambodia Trip Meeting
(Students & Parents 7:00pm in the College Library)

Thursday 29 October

- * Year 10 Discover Deakin Day

Friday 30 October

- * State Golf – Year 7 & 8 Students

Monday 2 November

- * College Board Holiday

Tuesday 3 November

- * Melbourne Cup Day Holiday

Wednesday 4 November

- * GW Tennis & Cricket – Year 7 & 8 Students

Thursday 5 November

- * Presentation Ball Meeting
(7:00pm in the College Library)

Monday 9 November

- * GW Basketball & Tennis – Year 7 & 8 Students

Wednesday 11 November

- * MRC Arts Night & Car Raffle Draw

Thursday 12 November

- * Unit 2 Outdoor Ed Camp @ Halls Gap

Friday 13 November

- * Unit 2 Outdoor Ed Camp @ Halls Gap

Monday 16 November

- * 2016 Year 12 Transition Commences
(10 Days: 16th – 20th and 23rd – 27th)

Tuesday 17 November

- * MRC Board Meeting 7:30pm in Board Room

Wednesday 18 November

- * Hospitality Excursion to Port Fairy

Thursday 19 November

- * Year 12 Graduation
(Mass 6:00pm at St. Patrick's Church)
(Dinner 7:30pm at Five Star Function Centre)

Friday 20 November

- * Intermediate Boys Table Tennis State Championship

Wednesday 25 November

- * Year 7 & 8 Exams

Thursday 26 November

- * Summer Sports Day

Friday 27 November

- * Year 11 Students Conclude
- * Year 7 & 8 Exams, Year 9 Exams, Year 10 Exams

Monday 30 November

- * Year 9 Exams, Year 10 Exams

Tuesday 1 December

- * 2016 Year 7 Transition Day
(No classes for current Year 7 students)

- * 2016 Year 9 Transition Day

Thursday 3 December

- * Mass of Thanksgiving and Awards Night
(St. Thomas' Church, Terang @ 7:00pm)

Friday 4 December

- * Years 7 – 10 Students Conclude

Thursday 10 December

- * Teaching Staff Conclude

Tuesday 15 December

- * College Office Closes

2016 School Year

Wednesday 27 January

- * College Office Opens
- * All Staff Return

Monday 1 February

- * Years 7 – 12 Students Return



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SCHOLARSHIP PROGRAM 2016





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SCHOLARSHIP PROGRAM 2016



At South West TAFE we embrace the world of learning and all it has to offer. We are determined to provide our students with the very best in training quality and career opportunity.

Our Scholarship Program aims to create opportunities for those who might not otherwise have access to study, and to recognise those who have the aptitude and commitment to achieve academic excellence.

We also offer scholarships that target students in a particular course, or from a particular region, or background.

Each scholarship has its own criteria, and the application process can vary from one scholarship to the next.

We also are continuously seeking out new scholarships, so be sure to keep an eye on our website www.swtate.vic.edu.au/students/scholarship-and-awards-program.

Included in this guide is an overview of 2016 scholarships available to our students, the application process and other external scholarships and awards available.

If you have any questions regarding scholarships, please email info@swtate.vic.edu.au, or phone us on 1300 648 911.

CONTACT US

To find out more, please call our Customer Service Centre on 1300 648 911, email us at info@swtate.vic.edu.au, or visit our website.

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The information contained in this publication was correct at time of issue. South West TAFE reserves the right to amend information as required without notice.



www.swtate.vic.edu.au | 1300 648 911

Deakin Twilight Festival

21st November



Deakin University Warmambool is celebrating 25 years and we want you to come join in the fun!

Packed with FREE rides and amusements, live entertainment, face painting, farm animals, market stalls and a FIREWORKS SPECTACULAR - Deakin's Twilight Festival will be filled with activities for the whole family.

Activities include:

- * Rides and amusements
- * Live entertainment
- * Face painting
- * Farm animals
- * Local market stalls
- * Fireworks Spectacular

Parental supervision required

Food and beverages will be available to purchase from various stalls, including a sausage sizzle at the campus eatery - Ginger Kitchen. Packed picnics are welcome, so bring your rug and enjoy a relaxed evening as we celebrate this exciting milestone with the community.

Entry is FREE and parking is available on campus.

Public transport:

Warmambool – Deakin University

Bus route 3 via Gateway Plaza Shopping Centre

Weekly Career News

TERM FOUR

Tuesday 13 October 2015

COOL COURSES & CAREERS

Meet Ellen Larkin: Ellen is studying the Bachelor of Oral Health (Therapy & Hygiene) at Charles Sturt University, <http://bit.ly/1SS454I>

Senior School Subjects

- **Year 11:** English, Youth Ministry, General Mathematics, Biology, Health and Human Development, Psychology.
- **Year 12:** English, Biology, Psychology, Further Mathematics, Physical Education.

What is oral health? Oral Health Therapists provide high quality oral health care for children, adolescents and in some states young adults including examination, treatment and prevention. Oral Health Therapists possess qualifications in dental therapy and dental hygiene. The subjects I did in my last semester at university were Oral Health Sciences, Clinical Practice and Theory, and Psychology.

Every week we have 8 hours of Therapy Simulation Clinic, where we apply the theory we have learnt in class to practice. The Clinic aims to "simulate" a real clinical environment. So we have our mannequin patients, our dental light, hand pieces and our instruments. My mannequin has a very nice set of plastic teeth that I do fillings, fissure sealants and cleans on and it's super fun.

What is your course like? It is three years fulltime, so I'm at university five days a week and usually from about 9am - 5pm. I just try and think of it as a full time job and it's a course I'm quite passionate about. It is super busy but hey, it's only three years!

What do you love about your course? I love the friends I have made to start with. I moved to Melbourne not knowing anybody (scary!) but everyone is in the same boat, so it's a great opportunity to meet different people from all over the country, and all over the world! Secondly, I love my subjects and I love the amount of

COOL COURSES & CAREERS

simulation clinic time we get. It's not all theory based and you get a great understanding of what you'll be doing with your degree when you graduate.

How did the subjects at school prepare you for your course? I know most people say "I'm never going to use this in real life". Sorry, but that is not true! I would say Biology, Psychology and Mathematics helped me the most. I did one term of Chemistry in Year 11 and even that helped me at university. Basically all health degrees have subjects related to biology. However the university subjects are more focused on human biology.

So when you're learning about different types of cells, DNA, etc. in Year 12 Biology, it's background knowledge for university and then it's a lot easier to build on that instead of starting from scratch. Doing Psychology in Year 12 helped a lot too because I actually just did a Psychology subject at university, and I found some components of the subject were the same. It makes life that little bit easier.



Meet Mitch Clark: Mitch completed the Bachelor of Health Science (Acupuncture) at Endeavour College of Natural Health and a Master of Acupuncture at University of Western Sydney <http://bit.ly/1Mrg9Im>



Senior School Subjects

- **Year 11:** Switzerland on Exchange, English, German, Physical Education, Philosophy, Mathematics, Biology, Physics
- **Year 12:** English, History, Psychology, Further Mathematics, German.

COOL COURSES & CAREERS

What were your courses like? The Bachelor degree was a heavy course load: I averaged 28 contact hours per week, and that required 84 personal study hours per week. The course is mostly exams and practical examinations. There was a fairly high fail rate. The Internship was really hard. It was over 3 months but the hours were long – I averaged 12 hours per day and Sundays were the only day off. I completed the Master degree part-time. It was 70 contact hours per semester (completed in 2 x 4-day workshops at the beginning and end of the semester). It took several weeks of solid work to knock off an assignment.

What did you love about your courses? As part of the Bachelor degree, we were introduced to all the different specialties we could pursue after graduation, which put us at an advantage to other courses that only really taught general practice. I was able to decide that sport was to be my specialty fairly early and was able to organise an internship and a Master Degree to make it happen straight away.

How did the subjects at school prepare you for your course? It would've been better for me to have completed Chemistry and Biology in Year 12 – every health science degree is very heavy in those two subjects. Having completed Psychology though, meant that I understood the scientific method, and statistics etc., which put me in good stead.

What are you doing now in your graduate position? I own and operate my own sports clinic with acupuncturists, massage therapists and trainers. I work with amateur and semi-professional athletes and love it.

What do you enjoy about your job? I get to see instant results with clients that get their injuries fixed, feel less pain and are able to get better results in their sport. That's really rewarding. I also get to meet a few sporting celebrity idols, which is pretty cool. Lucky last, as the practice owner, lots of sports companies give me free stuff in the hope that I advertise their brand to my clients, which means I get cool toys to make me better in the sports I participate in.



VOCATIONAL & HIGHER EDUCATION NEWS

Careers with Code Guide:

You can now download for free the amazing Careers with Code Guide. "Technology doesn't stand still and neither do careers or the skills that we need for the jobs of the future". No matter what career you are interested in, chances are there will be a computer science element to the occupation in the future. Download your free magazine at this link - <http://bit.ly/1KAeBuJ>



Interested in health, IT and business? You may enjoy a career in health information management. According to La Trobe University, "there is a national workforce shortage in this industry, which means graduates are in high demand. Salaries range from \$50 000 - \$180 000 at senior level". The course at La Trobe University is called the Bachelor of Health Sciences (Medical Classification)/Bachelor of Health Information Management. Find out more at this link - www.latrobe.edu.au/health/areas-of-study



Do you have a fascination with space? You may have already seen The Martian at the cinema. The film is based on a book by Andy Weir. He went to great lengths to ensure the novel was scientifically accurate. Watch Andy explaining the science fiction and the science fact behind the film here - <http://bit.ly/1LfUcrh>

'Make it with JMC' initiative: JMC Academy offer courses in Animation, Audio Engineering & Sound Production, Film and Television, Contemporary Music & Performance, Digital Design, Entertainment Business Management, Game Development, and Songwriting. Their new initiative 'Make it with JMC' aims to encourage students from each course area to work collaboratively on commercial projects, providing them with real world industry experience. For information, go to <http://bit.ly/1R6Ghr8>

University of Melbourne blog: 'My Melbourne' is the University of Melbourne's blog for future students. Delivered to subscribers' inboxes every month, My Melbourne keeps students up-to-date with all the news from the University. To view My Melbourne, visit: <http://blogs.unimelb.edu.au/mymelb>

VOCATIONAL & HIGHER EDUCATION NEWS

Diploma courses at La Trobe University:

Unsure of what to study next year? Want to 'try' a course at university, but not ready to commit to a degree? La Trobe University is offering the following diploma courses, which will give you credit for the first year of selected bachelor degrees:

- Diploma of Arts – all regional campuses
- Diploma of Business – all regional campuses
- Diploma of Health Sciences – Bendigo campus

Applications are made direct to the University. For more information, go to www.latrobe.edu.au/courses



Changes to Engineering programs at La Trobe University: In response to industry feedback, La Trobe has redesigned their engineering programs. This will affect all Year 12 students who have applied for La Trobe engineering courses via VTAC. Students who are affected will receive information via email and will be invited to attend an information evening. For information on the new Bachelor of Engineering (Honours), go to <http://bit.ly/1G8tzrh>

Trinity Young Leaders Summer School: Trinity College at the University of Melbourne is running their annual intensive week-long residential programs for talented students aged 14 – 17 years. Students will have the opportunity to:

- Engage in interactive teaching
- Participate in excursions and group work
- Develop skills in critical and creative thinking, teamwork, public speaking, communication etc.
- Explore University of Melbourne courses
- Immerse themselves in a 'themed week' (e.g., biomedicine, social justice, arts, environment).

The programs will run between 29 November – 20 December. For more information and to register, go to <http://bit.ly/1Zu9RNm>

Learn about the ATAR: La Trobe University has created a video which helps students and parents to understand what an ATAR is, how the ATAR is calculated, what subject scaling is, and prerequisites at La Trobe etc. To view the video, go to <http://bit.ly/1VNIMab>

UPCOMING EVENTS

OCTOBER EVENTS

- **16: Scholarship application due**, VTAC, <http://bit.ly/1LD7CN6>
- **19: Early Entry due**, Australian Catholic University, <http://bit.ly/1LIMJIR>
- **21: Extension Program Information Evening**, University of Melbourne, <http://bit.ly/1Laqymd>
- **21: Celebrating Women in Physics**, University of Melbourne, <http://bit.ly/1MmJuz6>

NOVEMBER EVENTS

- **12 & 13: Portfolio Workshop**, Whitehouse Institute of Design, <http://bit.ly/1WrZEOT>
- **25 – 26: Graduate Exhibition and Parade**, Whitehouse Institute of Design, <http://bit.ly/1WrZEOT>

DECEMBER EVENTS

- **29 Nov – 20 Dec: Trinity Young Leaders Summer School**, Trinity College, University of Melbourne, <http://bit.ly/1Zu9RNm>
- **15 – 18: High School Workshops**, JMC Academy, Music (15), Songwriting (16), Entertainment Business (17), Film & Television (18), Melbourne, <http://bit.ly/1iYfuD9>
- **20, 29: UMAT Medical Interviews Workshop**, NIE, Richmond, <http://bit.ly/1hztLEi>

JANUARY EVENTS

- **3 – 12: National Computer Science School**, University of Sydney (for students going into Year 12 in 2016), <http://bit.ly/1G8vign>
- **5 – 24: Film Making Summer School**, University of Melbourne, <http://bit.ly/1WWWhXfp>
- **11 – 15: Campion College Summer Week**, Sydney, <http://bit.ly/1Ot4dY0>
- **13: Open Day**, JMC Academy, Melbourne, <http://bit.ly/1VNjuHy>
- **14 – 15: Summer Workshops**, Whitehouse Institute of Design, <http://bit.ly/1WrZEOT>

Health Promotion Update – Healthy Students Learn Better!

Mercy Regional College and St. Pats have decided to become a health promoting school. We have registered to be involved with the Achievement Program, which is a Healthy Together Victoria initiative which was jointly developed by the Department of Health and Department of Education and Early Childhood Development.

The school environment can influence children and young people's health and wellbeing, which has an impact on learning and development, including numeracy and literacy outcomes. The Achievement Program provides a framework and supporting resources to help coordinate existing and new activities using a [whole-school approach](#) to promote the health and wellbeing of students. It's not just for students; it also supports the health and wellbeing of staff, and engages families and the wider community too.

The program involves 8 key health priority areas, including; Healthy Eating and Oral Health, Physical Activity, Mental Health and Wellbeing, Tobacco Control, Sun Protection, Safe Environments, Alcohol and Other Drug Use and Sexual Health and Wellbeing.

We are hoping to collect data to create a plan to implement in 2016. We would appreciate if you could spend 5 minutes completing the survey below.

<https://www.surveymonkey.com/r/9MLJWX6>

If you have any further questions, feel free to contact Emily Stephens or Annie Judd for further information.





National Nutrition Week

11th—17th October

Did you know more than 90% of Australians aren't eating enough fruit or vegetables?

Pick Right. Feel Bright is all about getting all Australians to eat more fruit & vegetable everyday. Whether they're fresh, frozen or canned, eating more fruit & vegetables is one of the easiest things we can do for better health & wellbeing.

Fruits & vegetables burst with flavour & they're packed full of important vitamins & minerals, disease-fighting antioxidants & gut-healthy fibre. AND they're so versatile. They can be eaten raw, cooked, poached, baked, mashed, grated, chopped, diced, sliced — you name it!

Take the challenge

TRY for 5

Do you think you can
eat five serves of
vegetables everyday
during National
Nutrition Week?

We'll help you out with some
inspiring recipes. Just visit
www.pickrightfeelbright.com



2015 Car Raffle Roster

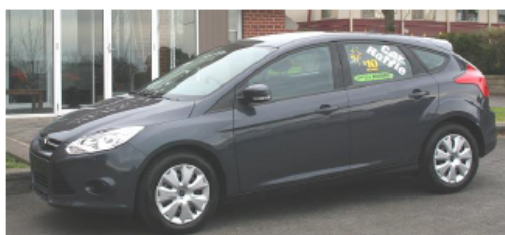
Pg 3

DATE	LOCATION	TIME	NAMES	PHONE	MOBILE
FRIDAY 16TH OCTOBER	COBDEN SPRING FESTIVAL (Car)	9.00 - 10.00 10.00 - 11.00 11.00 - 12.00 12.00 - 1.00 1.00 - 2.00	Chris & Liza Blake John & Jenni Wason Eric & Natasha Wagner Greg & Jenny Free Andrew & Karen McConachy	5595 1187 5595 1669 5594 6282 5595 1454	0409 952 609 0415 801 275 0407 040 290
SATURDAY 17TH OCTOBER	COBDEN SPRING FESTIVAL (Car)	9.00 - 10.00 10.00 - 11.00 11.00 - 12.00 12.00 - 1.00 1.00 - 2.00	Joy Nowell Stephen & Vikki Unwin Martin & Nicole Darcy Rod & Fran Clarke James & Jan Green	5594 6291 5595 1726 5595 2085 5595 1334 5595 1757	0406 350 941 0417 577 246 0429 131 298 0419 759 730 0408 951 755
SUNDAY 18TH OCTOBER	DERRINALLUM TOWN & COUNTRY MARKET (Car)	9.30 - 11.00 11.00 - 12.30 12.30 - 1.30	Stephen / Angela Bignell Darren Angus Vernon / Sally Tucker	5597 6613 0439 258 676 5597 7511	0428 624 200 0439 258 676 0407 977 511
THURSDAY 22ND OCTOBER	CAMPERDOWN SAFEWAY SUPERMARKET (Car)	9.30 - 11.00 11.00 - 12.30 12.30 - 2.00 2.00 - 3.00	Phillip / Julie Whytross Wesley / Belinda Lenehan Peter / Tanja Rowan James / Sally Mahony	5594 7324 5594 7393 5593 2677 0447 939 230	0408 948 218 0437 946 757 0409 350 420 0447 939 230
FRIDAY 23RD OCTOBER	CAMPERDOWN McANNIS NEWSAGENCY (Car)	9.30 - 11.00 11.00 - 12.30 12.30 - 2.00 2.00 - 3.00	Stephen / Christine Lucas Kellie Neal Gary / Marilyn O'Neill James / Paula Atkins	5593 2034 5593 1136 5593 1486 5593 2384	0400 954 814 0400 681 946 0417 824 158 0400 920 274
	TERANG	9.30 - 11.30 11.30 - 1.30 1.30 - 3.30	Diane Quick Leanne Quick Tracey Wallis Jane Wyss Sophie Wright Caroline Lucas	5592 5300 5592 1822 5592 5249 5595 4279 5592 7275 5592 5358	0400 925 301 0400 076 580 0408 082 529 0417 017 020 0417 431 089 0438 925 358
SATURDAY 24TH OCTOBER	CAMPERDOWN IGA SUPERMARKET	9.30 - 11.00 11.00 - 12.30 12.30 - 2.00 2.00 - 3.00	Danny / Karen Moran Cynthia Lucas David / Jenny Heath Shawn / Tanya Robbins	5593 2206 5593 3393 5594 8282 5595 4420	0409 958 288 0437 785 398 0417 586 080 0437 700 109
	CAMPERDOWN McANNIS NEWSAGENCY (Car)	9.30 - 11.00 11.00 - 12.30 12.30 - 2.00 2.00 - 3.00	Simon / Sarah Pollard Kristopher / Samantha Tobias Chris / Geanellie Searle Ashley / Leah Sinnott	5593 1900 5593 1245 5593 3899	0488 931 959 0417 379 616 0407 950 209 0407 860 678
	CAMPERDOWN	7.30 MASS	Maureen Adeney	5593 3097	0409 210 336
	TERANG	6.00 MASS	Jenni Lenehan	5592 1732	0458 595626
SUNDAY 25TH OCTOBER	CAMPERDOWN CRUISE VIDEO SHOP (Car)	9.00 - 10.00 10.00 - 11.00 11.00 - 12.00 12.00 - 1.00 1.00 - 2.00 2.00 - 3.00 3.00 - 4.00 4.00 - 5.00	Ron Anderson Stephen / Danielle Daffy Andrew / Nora Bone Gerard / Barbara Ryan Janet Cain Greg / Paula McKenzie Stephen / Tracey Hickey Paul / Jane Kingston	5593 3596 5593 3770 5593 3864 5594 3378 5593 2041 5595 2015 5593 2210	0458 932 367 0419 423 309 0427 958 970 0407 933 518 0427 943 378 0438 932 041 0439 952 014 0439 589 887
	TERANG	10.30 MASS	Jack / Nancy Moloney	5592 6214	0408 420 305
	CAMPERDOWN	11.00 MASS	Jo Saunders	5593 3200	
TUESDAY 27TH OCTOBER	CAMPERDOWN SALEYARDS (Car)	10.00 - 11.30	Craig / Tanya Davis	5595 2074	0439 952 074
FRIDAY 30TH OCTOBER	TIMBOON (Car)	9.00 - 10.00 10.00 - 11.00 11.00 - 12.00 12.00 - 1.00 1.00 - 2.00	Murray / Sharyn Rhode Shane / Leanne Lees John and Monica Ryan Tony / Catherine Krybolder Adrian / Vickie Bond Paul / Jodie Marsland Craig / Kim Clough Hayden / Janine McKay Anthony / Michelle Rose Jason / Amanda Poustie	5598 3365 5598 3159 5598 3129 5595 0140 5598 7290 5598 8130 5598 5089 5598 3167 5598 7283	0439 983 365 0448 685 421 5598 3129 0428 950 275 0429 793 495 0407 559 129 0439 985 088 0429 670 907 0427 987 283
SATURDAY 31ST OCTOBER	PORT CAMPBELL (Car)	9.30 - 10.30 10.30 - 11.30 11.30 - 12.30 12.30 - 1.30	Scott / Kerrie Thompson Chris Hibbert / Katy Miland John / Tanja Jansen Van Beek Jason / Rachel Mungan	0438 983 421 5598 8256 0428 985 473	0438 983 421 0427 563 316 0428 985 473
SUNDAY 1ST NOVEMBER	CAMPERDOWN CRAFT MARKET (Car)	9.00 - 10.30 10.30 - 12.00 12.00 - 2.00	Simon / Tracey Baker Stephen / Davina Pickles Jenny Simons	5593 3784 5593 1194 5593 2972	0419 353 975 0409 139 341 0409 937 959
	TIMBOON	10.45 MASS			
MONDAY 2ND NOVEMBER	TERANG TROTS (Car)	6.30 - 7.30 7.30 - 8.30	Narelle Williams Paul O'Sullivan	0427 925 413 5592 5402	0427 925 413 0418 998 725
TUESDAY 3RD NOVEMBER	CAMPERDOWN MELBOURNE CUP DAY Commercial Hotel TAB (Car)	9.00 - 10.00 10.00 - 11.00 11.00 - 12.00 12.00 - 1.00 1.00 - 2.00 2.00 - 3.00	Peter / Donelda Conroy Andrew James / Nicola Fletcher Andrew Campbell / Judy Baker Scott / Rachael Johnstone Paul / Joanne Stephens Peter / Jodie Jehu	5593 1852 5593 1872 0429 393 804 (A) 5594 7322 5593 2471 5593 1753	0499 568 573 0411 899 939 0407 318 630 (J) 0407 041 771 0427 091 974 0437 953 689
WEDNESDAY 4TH NOVEMBER	CAMPERDOWN McANNIS NEWSAGENCY (Car)	9.30 - 11.00 11.00 - 12.30 12.30 - 2.00 2.00 - 3.00	Terry Bouchier / Carolyn Judd Tony / Lisa Urek Mark Vallejo / Charmaine Uy Nick Rouston / Deldre White	5593 8274 0437 352 623 5593 3283 5593 2420	0409 806 973 0437 352 623 0415 537 475 0419 311 505
THURSDAY 5TH NOVEMBER	CAMPERDOWN SAFEWAY SUPERMARKET (Car)	9.30 - 11.00 11.00 - 12.30 12.30 - 2.00 2.00 - 3.00	Brian / Kelly Wickenton Neville / Natasha Swayn Greg / Kelly Molan Daniel O'Shannassy / Donna Edge	5593 1733 5593 2059 5593 1691 5594 5338	0409 181 650 0419 541 314 0417 240 957 0419 598 143

MERCY REGIONAL COLLEGE
PARENTS, TEACHERS & FRIENDS ASSOCIATION

CAR RAFFLE

1st Prize – Ford Focus Ambiente Hatch



6 Speed Auto, Air Conditioned,
Power Steering, 6 Airbags, CD Player, ABS
Bluetooth, Cruise Control,
Rear Parking Sensors, On-Road Costs,
Value \$23,040

Supplied Courtesy Rex Gorell, Geelong
Proudly Supported By TREVOR LEE, CAMPERDOWN AUTO SALES

2nd Prize - Travel Voucher Valued at \$2000
Supplied Courtesy of Hello World Travel, Camperdown

3rd Prize - Electrical Voucher Valued at \$1000
Supplied Courtesy of Camperdown Betta Home Living

4th Prize - Nutrimetics Pamper Pack Valued at \$300
Supplied Courtesy of Helen Bourke, Kolora

5th Prize - Fuel Voucher Valued \$250
Supplied Courtesy of Riordan Fuels (Steven Lucas Shell Camperdown)

6th Prize - Clothing Voucher Valued at \$250
Supplied Courtesy of Fashion Club Wear, Canterbury

7th Prize - Jewellery Voucher Valued at \$200
Supplied Courtesy of Showcase Jewellers, Camperdown

8th Prize - Gift Voucher Valued at \$200
Supplied courtesy of Café 153 on Manifold, Camperdown

9th Prize - Dinner Voucher Valued at \$100
Supplied Courtesy of Madden's Bar & Bistro, Camperdown

10th Prize - Gift Voucher Valued at \$50
Supplied courtesy of Timboon Railway Shed Distillery

Drawn Wednesday, 11th November, 2015 at 8:30 pm

NOTICES

TERANG ATHLETIC CLUB TRAINING

The Terang Athletic Club commence track training Wednesday 14th October at the Terang Rec Reserve at 4.00pm-4.45pm in Term 4 and Term 1 2016. Those interested must be in Years 3 and above. Training covers sprints and long distances and develops skill and technique. Excellent preparation for primary and secondary athletics sports or for those who want to improve their running style. Coaches are Richard Wearmouth, Jill McKenzie and Anthony O'Connor. Cost for the season is \$10 a student or \$30 family of 3 or more and \$20 for all other adults. For further details ring Richard on 0400 189 498.

TERANG CRICKET CLUB

Terang Cricket Club training will commence on Thursday 15th October.

- U13's will run from 4pm to 5pm.
- U16's will run from 5pm to 6pm.

All children new and returning are welcome to attend. For any further information please contact Symone Moloney on 0439 683 276.

Cobden Junior Tennis

Is holding a "Come & Try" Day on Saturday 24th October at Cobden Recreation Reserve from 10am. Registrations will also be taken for the upcoming season in Competition, C grade coaching & ANZ Hot Shots. Cobden Juniors is on Saturday mornings and runs from late October to mid-March but not in school holidays.

More parent help is required before the junior season can commence, so if you would like to help in any way or have an enquiry please contact Sharyn on 0409 253 727.

Senior tennis is commencing Saturday 24th October, names are required to Erin Hassett by Friday 16th October on 5593 1001.



FREEZA PRESENTS
METAL NIGHT
FEATURING
DEAF GROVE
WITH SPECIAL GUESTS
ENTITLEMENTS
KICK GROVE
SILVER CITY
FRIDAY 30TH OCTOBER
CYC, 210 TIMOR ST.
WARRNAMBOOL
DOORS @ 6.30PM
BANDS @ 7PM
TIX @ KULCHA SHIFT
\$5 PRE-SALE
\$10 ON THE NIGHT
DRUG, SMOKE AND ALCOHOL FREE,
NO PASS OUTS
FULLY SUPERVISED EVENT FOR 12-25 YEAR OLDS

Logos at the bottom: dale clevens, DRUM + DRUM, brophy, kulcha shift, freeza, VICTORIA, WARRNAMBOOL.

Dragons Abreast Geelong Australia

In October 2015, our community will join thousands of paddlers across Australia in paddling together in dragon boats to support Dragons Abreast Australia. We invite you to come and have fun paddling with our local Dragons Abreast group and experience the benefits of dragon boating for breast cancer survivors. People aged 18 and over are invited to come and try. Everyone welcome: survivors, supporters, women, and men. All ages and levels of fitness.

For more information please contact: *Vijay Lachmi* –
PRESIDENT- 0478 215 121 OR send SMS OR email
vj51@westnet.com.au

Where: 1/11 Marnock Rd, Newtown, Geelong, Victoria
(Geelong Canoe Club)

When: Saturday 31st October 2015 between 1.30-2.30 PM

Local Debbie Marshman is hoping to get a car load together, if you are interested please contact *Deb:*
0429 948 254.



Dragons Abreast Australia is a national Registered Charity that enables breast cancer survivors to get on with life after treatment through the fun, fitness and camaraderie of dragon boating together. If you want to know more about DAA go to:
www.dragonsabreast.com.au




**Weerite Hall
Committee**
Presents
"The Cabaret"
Featuring the versatile music of
Will Inko
Sat Oct. 17th. 8pm – 12. Weerite Public Hall.
\$15 per head.
BYO Drinks and nibbles, Tea/Coffee available.
Bookings preferred,
Ph. Julie 0408 948 218 or Chris 0488 947 314.
Proceeds to Hall restoration.