

MERCY REGIONAL COLLEGE NEWSLETTER



ISSUE 4-4

Friday, 25th November, 2016

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 2016

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

This weekend heralds the beginning of Advent, the season that leads traditionally into Christmas in the Church's liturgical year. It is a season of preparation, of building excitement. And, in our world today, where joy and excitement is too often forgotten in the midst of fear, sadness and violence, the joy of Christmas is more welcome than ever.

*Come, long-expected Jesus.
Excite in me a wonder at the wisdom
and power of Your Father and ours.
Receive my prayer as part of my service of the Lord
who enlists me in God's own work for justice. Come, long-expected Jesus.
Excite in me a hunger for peace:
peace in the world, peace in my home, peace in myself. Come, long-expected Jesus.
Excite in me a joy responsive to the Father's joy.
I seek His will so I can serve with gladness, singing and love. Come, long-expected Jesus.
Excite in me the joy and love and peace
it is right to bring to the manger of my Lord.
Raise in me, too, sober reverence for the God who acted there,
hearty gratitude for the life begun there,
and spirited resolution to serve the Father and Son. I pray in the name of Jesus Christ,
whose advent I hail.
Amen*

Mercy Regional College End of Year Thanksgiving and Awards

A reminder to all parents and community members that we have changed the timing and arrangements for the upcoming End of Year Thanksgiving and Awards. They are being held at St Thomas' Church, Terang on **Tuesday 6th December starting at 10.00am**. As is always the case, we would love to see as many members of our College community in attendance; the morning provides the opportunities both to celebrate the year's achievements in Eucharist and applaud those students who have achieved excellence across all areas of the College.

INVITATION

All parents, family and friends are cordially invited to the **Mercy Regional College**

2016

Thanksgiving Mass & Student Award Ceremony

To be held at St Thomas' Parish Church Terang
on

Tuesday 6th December, at 10:00am

Students will be bussed from their Campus to and from the Mass.

Graduation Mass and Dinner

Last Friday, I was privileged to join our graduating class of 2016, their parents and teachers at St Patrick's Church, Camperdown and afterwards at the Five Star Function Centre. As I said to those gathered for the Mass, the class of 2016 will always sit fondly in my heart as the first group to travel through Mercy Regional College under my principalship.

Congratulations to those who received special awards and to Lesa Thornton, Jo Saunders, Fr. Matthew, Fr. Gerry, Chris Grant and Stacey Madden on their roles in coordinating and leading the evening.

Award Winners

CORE OF MERCY AWARDS	OTHER SIGNIFICANT AWARDS
Community Award Emma Lucas	Corangamite Citizenship Award Jordyn Hickey
Inclusiveness Award Hamish McConachy	ADF Leadership & Teamwork Award Indira Kent
Learning Award Ella Kissick	Caltex Allrounder Award Stephanie Hibburt
Care Award Meghann Lenehan	(VET) Excellence Award Hannah McGlade
Justice & Mercy Award Jordyn Hickey	(VCAL) Excellence Award Zoe Baxter
Excellence & Achievement Award Caitlin Williams	Principal's Award Henry Bradshaw
	College Captains Presentation Indira Kent and Austin Evans



Mercy Arts Night and Car Raffle

Last Wednesday evening, many students, staff and parents had the opportunity to view and celebrate the year's achievements in visual arts with the Mercy Arts Night being held in de Chantal Stadium. Congratulations to all students who were featured across a range of subjects – visual arts; materials technology (wood, food and textiles), graphics and media. Special congratulations to Tara Suri (11B) who was awarded the Mercy Arts Prize for her outstanding work in photography.



At the conclusion of the evening, the College's annual Car Raffle was drawn with this year's car going to Mrs. Denise Moloney of Kolora. It was lovely to hear that Tony Arundell who drew this year's raffle (grandfather of Greta who won the 2015 car) was Denise's first cousin. All prize winners are listed on page 4.

The opportunities offered by Transition

Transition times are amongst the most important opportunities available to ensure that students make a strong and effective start to a new year especially if the year is a significant one (such as Year 7 or Year 11 & 12). Over recent days, our Unit 3 & 4 students have commenced classes ahead of the long Christmas-January break and I wish them all the best in the next couple of weeks.

Next Tuesday will see the second day of transition for our incoming 2017 Year 7 students. Students will spend the day at the O'Keeffe Campus and experience their homeroom class and teacher.

Learning Leaders Professional Development

This Wednesday, six Mercy Regional College staff were fortunate to participate in a professional development day that was organised by Mr. Michael McKenzie at St Patrick's Primary School with North American educator, Tom Hierck.

His message was a positive and engaging one: *"education is about people working and learning together. It is about building relationships with the students and adults in an effort to create a professional learning community. How we treat each other and the way we interact with one another will set the tone for everything else we do in school."* It was timely to have the day to reflect on our teaching and learning practice and priorities ahead of planning for 2017.

A big thanks to Michael and his staff for the opportunity.

Student and Staff Activities

With transition, exams and the end of the school year approaching, there have been less events of note beyond the classroom:

- Congratulations to the students who travelled to Colac last week to celebrate the victory by Tindley House in the McLeod Shield House Competition for 2016. The day was a most enjoyable one and enabled those students involved to reflect on a fantastic year's effort.
- Thanks to all the O'Keeffe Campus students and staff who participated in Tuesday Summer Sports competitions across the region.

Yours in Mercy,

DR. DARREN EGBERTS
PRINCIPAL

2016 CAR RAFFLE RESULTS

1ST PRIZE: MITSUBISHI ASX

Value \$30,460

Supplied courtesy of Callaghan Motors, Warrnambool
Proudly supported by Trevor Lee, Camperdown Autosales

Winner: DENISE MOLONEY, KOLORA

2ND PRIZE: ELECTRICAL/FURNITURE VOUCHER

Value \$2,000.00

Supplied courtesy of Betta Home Living, Camperdown

Winner: PETE GOODALL, COLAC

3RD PRIZE: TRAVEL VOUCHER

Value \$500.00

Supplied courtesy of Helloworld, Camperdown

Winner: HARRISON HERSHALL, COBDEN

4TH PRIZE: APPLE WATCH

Value \$429.00

Supplied courtesy of COMP NOW, Nottingham

Winner: SOPHIE BATTISTELLO, BALLARAT

5TH PRIZE: NUTRIMETIC PAMPER PACK

Value \$300.00

Supplied courtesy of Helen Bourke, Terang

Winner: STEPHEN PLACE, WEERITE

6TH PRIZE: FUEL VOUCHER

Value \$250.00

Supplied courtesy of Riordan Fuels, (Stephen Lucas, Camperdown)

Winner: MICHAEL O'KEEFFE, TIMBOON

7TH PRIZE: CLOTHING VOUCHER

Value \$250.00

Supplied courtesy of Fashion Clubwear, Canterbury

Winner: ROB CLARKE, HAMILTON

8TH PRIZE: JEWELLERY VOUCHER

Value \$200.00

Supplied courtesy of Showcase Jewellers, Camperdown

Winner: CHRISTINE DUNKLEY, COBDEN

9TH PRIZE: MEAL VOUCHER

Value \$200.00

Supplied courtesy of Shirley Maria's, Camperdown

Winner: EAMONN O'CONNOR, TERANG

10TH PRIZE: CANON CAMERA

Value \$150.00

Supplied courtesy of OfficeMax, Richmond

Winner: DONNA DOYLE, BOORT

11TH PRIZE: DINNER VOUCHER

Value \$100

Supplied courtesy of Maddens Bar & Bistro, Camperdown

Winner: HENRY KENNA, THE SISTERS



Winner: Denise Moloney collecting the car.

The Mercy Regional College Parents & Friends Assoc. would like to acknowledge the generosity of the following:

- Callaghan Motors, Warrnambool
- Trevor Lee, John Cheslett & Staff, Camperdown Autosales
- Jacinta Lee, Camperdown Betta Home Living
- Kim Tracey, Helloworld, Camperdown
- Comp Now, Nottingham
- Helen Bourke, Terang
- Riordan United Fuels (Steve Lucas), Camperdown
- Fashion Clubwear, Canterbury
- Showcase Jewellers, Camperdown
- Shirley Maria's on Manifold, Camperdown
- OfficeMax, Richmond
- Maddens Bar & Bistro, Camperdown

THANKYOU

**To all Parents, Staff, and Friends of the College
for your generous support in making the
2016 Annual Car Raffle
such a success.**

**Thank you to each business for selling
car raffle tickets in their shops.**

2017 School Year Information

2017 BOOKLISTS

Booklists have been distributed to students. Please complete according to the instructions on the front cover and return your booklist before **Friday 2nd December 2016**. Do not send any payment with the booklist, payment is made to WARRNAMBOOL BOOKS only. They will mail you a payment advice in January.

BOOK PARCEL COLLECTION DAY

Book collection day will take place on **Tuesday 31st January, 2017**, 10:00am to 3:00pm at the McAuley Campus, Camperdown. A number of options for paying for your booklist are available and will be on the front page of the booklist.

PURCHASE OF SECONDHAND UNIFORM & BOOKS

If you are interested in purchasing second-hand uniform or text books, there are two avenues available to parents.

- **"Mercy Regional College Buy/Sell/Swap 2nd Hand Books and Uniform"** is a Facebook page that has been set-up by the parents of the College.
- Sustainable School Shop can help parents buy or sell items through their website www.sustainableschoolshop.com.au

OFFICE HOURS

The College office will open on **Monday 30th January, 2017** for normal hours of operation from 8:30am to 4:30pm.

FIRST DAY OF TERM 1

Term 1 will commence for all students on **Thursday 2nd February, 2017**.

UNIFORM SHOP NOTICE

VCE Jumpers

Year 10 student students that need to order a new VCE jumper for next year, fittings will take place in the multi-purpose room on **Monday 21st November** during lunch time.

Change in Trading Hours

Effective immediately, trading hours have been extended and will now be from 12:00pm to 2:40pm on Tuesdays and Thursdays.

Trading hours for Dec 2016 and Jan 2017

December

Thursday 1st December, 12:00 – 2:40pm

Tuesday, 6th December, 12:00 – 2:40pm

Thursday 8th December, 12:00 – 2:40pm

Thursday 8th December 4:00 – 6:00pm

January

Tuesday 24th January, 10:00am – 2:40pm

Wednesday 25th January, 3:00pm – 6:00pm

Tuesday 31st January, 10:00am – 3:00pm

	MERCY REGIONAL COLLEGE BACK TO SCHOOL TERM 1, 2017 Address: Crn Walls Street and Dimora Avenue, Camperdown VIC 3260. Email: uniform@mercy.vic.edu.au Website: http://fcw.com.au/schools-online-shop/ Nicola Fletcher (Uniform Shop Manager) Phone: 0481 311 701 OPENING HOURS: 12PM – 2PM on TUESDAY & THURSDAY (DURING NORMAL SCHOOL WEEKS)					
	Uniform Items	Available Sizes	Select Size	Qty		Price
	BOYS UNIFORM					
Jumper	Sizes - 10-16			\$84.00		
Jumper	Sizes - 18-22			\$90.00		
Jumper	Sizes - 24-30			\$94.00		
Boys Short Sleeve Shirt	Sizes - 8-32			\$46.00		
Trousers	Sizes - 10-16			\$59.00		
Trousers	Sizes - 17-M7			\$60.00		
Shorts	Sizes - 10-16, 77R, 82R, 87R, 92R, 97R, 102R, 107R, 112R, 117R			\$49.50		
Belt	Sizes - 75, 80, 85, 90, 95, 100 and 105cm			\$18.00		
Socks (short black)	Sizes: Small - 2-8, Medium - 7-11, Large - 11-14			\$13.00 (for pack of 3)		
GIRLS UNIFORM						
Jumper	Sizes - 10-16			\$84.00		
Jumper	Sizes - 18-22			\$90.00		
Jumper	Sizes - 24-30			\$94.00		
Dress	Sizes - 8-12			\$69.00		
Dress	Sizes - 14-18			\$73.00		
Dress	Sizes - 20-30			\$74.00		
Socks (short - white)	Sizes: Small - 2-8, Medium - 7-11, Large - 11-14			\$13.00 (for pack of 3)		
Winter Skirt	Sizes - 8-12			\$74.00		
Winter Skirt	Sizes - 14-18			\$78.00		
Winter Skirt	Sizes - 20-30			\$84.00		
Girls Short Sleeve Blouse	Sizes - 8-32			\$46.00		
Tights (black)	Sizes - Small, Medium, Tall & X Tall			\$12.00		
ACCESSORIES						
PE Shorts	Sizes - 8-26			\$33.00		
PE Polo Top	Sizes - 8-26			\$37.00		
Tracksuit top (PE)	Sizes - 10-14, Small, Medium, Large, XLarge			\$55.00		
Tracksuit pants (PE)	Sizes - 10-14, Small, Medium, Large, XLarge, XXL Large			\$38.50		
Rugby Top	All sizes			\$62.00		
Waterproof Jacket (Spicer)	Sizes - 10-24			\$62.00		
Hats	Slouch - Sizes: 57cm, 59cm & 61 cm			\$14.00		
Scarves	Navy or Maroon			\$15.00		
Gloves	One size fits all			\$ 8.50		
Backpack	Maroon			\$62.00		
				TOTAL COST		

prices subject to change without notice

PAYMENT DETAILS (Parents to Complete)

☐ **CHEQUE** (enclosed is my cheque to **Fashion Club Wear Pty. Ltd.**) ☐ **CREDIT CARD PAYMENT**

CREDIT CARD NO: _____ - _____ - _____ - _____

EXPIRY DATE: _____ - _____ Please charge my: ☐ Visa or ☐ Master Card

AMOUNT: \$ _____ SIGNED: _____

PARENT NAME: _____

CONTACT PHONE NO: _____

STUDENT NAME: _____ YEAR LEVEL: _____

I wish to pick my order up from
(please tick a box)

☐ **McAuley Campus, Camperdown**

☐ **O'Keeffe Campus, Noorat**

Achievement Program

Mercy Regional College are now committed to the Achievement Program.



It's no secret that healthy students learn better. And students who feel safe and included in their school community are more engaged. School structures that support students' physical and mental health and wellbeing can set a young person up to be healthy, resilient and prepared for adulthood.

Schools can influence student and staff health and wellbeing through a whole-school approach. This involves planning, health education, creating a culture that complements the health messages in the curriculum, and engaging students, staff, families and the community.

We have started working towards ensuring Mercy Regional College has a healthy environment for our students and staff. This year we have spent time reviewing our current activity and writing an action plan. The 2 areas we are focusing on first are Healthy Eating & Oral Health and Mental Health & Wellbeing.

We'd love for you to be involved. For more information contact Emily Stephens, Claire Walsh, Ben Brisbane, Mel Brisbane and Jo Williams, or visit <http://www.achievementprogram.health.vic.gov.au/schools>

Noorat Show Results

Mrs. Sharyn Grinter

Over many years the students at the O'Keeffe Junior Campus have entered a variety of exhibits in the Handcraft and Creative Writing sections of the Noorat Show. This year a large number of our students are to be congratulated on their success. The following students received certificates.

HANDCRAFT

Sarah McSween & Ally Cecil – Two types of Biscuits

Hayley Wason & Ruby Poustie – Novelty Cake – A Pirate Ship

CREATIVE WRITING

1st Prize

Hayley Wason (award of excellence)

Sheyna Robbins

Caitlin Martin

2nd Prize

Remi Brooks

Nicole Bath

Jack Aitkin

Highly Commended

Callum McSween

Noah Brumby

Riley Scanlon

Jordan Steel

Ava Howells

Keely Spore

Laneice Bond

Isabel Rowan

Jess McConnell

Anna Cole

Ella Pekin

Sam Newcombe

Robert Hibbert

Battlefields Tour 2017

Mr. Lachie Lee

As part of the MRC 2017 Battlefields tour we will visit a number of sights on the old Somme battlefields of France.

The Battle of the Somme began at 7.30am on the 1st July, 1916 with attacks along thirty kilometres of the front line from Gommecourt to Montauban. The British Army attacked German positions at places such as Thiepval, Pozieres and Beaumont-Hamel –places which would enter the history books as sites of the dreadful slaughter of ‘the Somme’.

The attack was designed to take pressure off the French who had been enduring the German offensive at Verdun since February. The stated objective of the German commander Falkenhayn was to ‘bleed the French Army white’.

The Somme battle began with the largest bombardment in history; the attack lasted a week and the roar of the guns was heard in London. The British Army was made up of mainly newly trained volunteers who enlisted in the patriotic euphoria of 1914 and 1915. The Australians were not yet on the Somme and would not enter the battle until 23rd July at Pozieres. The British General Sir Henry Rawlinson in charge of the Fourth Army planned the attack with the inexperience of his troops in mind. He was greatly concerned with the nature of the tasks expected of his troops so he tried to put into place conditions which would limit their exposure to danger. Therefore, the artillery barrage was meant to destroy the German defences and leave those few who survived to bewildered to put up an adequate defence.



The attack began at 7.30am which in July is mid-morning as the sun rises at about 4.30am and, far from being destroyed the deep German bunkers made of reinforced concrete protected the Germans from the bombardment and warned them that the attack was coming. The British walked across the battlefield towards the German lines some carrying heavy loads to consolidate the positions when they arrived and prepare the German positions for the arrival of the cavalry. The troops walked into the machine guns, barbed wire and artillery fire of the Germans. By the middle of the day the British Army had suffered 60,000 casualties out of 120,000 who attacked. Of these, 20,000 died, partly because it was difficult to get the wounded away for treatment. The officer who was in charge of medical arrangements had prepared only three trains for casualties, whereas eighteen had been called for in the preparations.

Our tour will visit a number of the sites of this tragic day, including Lochnager Crater-a huge mine grater eighty metres across and thirty metres deep-which was exploded in the German lines at the start of the battle; Thiepval memorial which has the names of 73,000 British soldiers who have no known grave and the Newfoundland Memorial at Beaumont-Hamel which commemorates the Newfoundland Regiment which lost 680 men out of 750-ninety-one percent casualties. This place really puts into some sort of context the tragedy of this day.



This is the heart of our tour, quite reflective yet set in the beautiful rolling countryside of northern France.



As we travel around this region, we notice streaks of lighter colouring in the ploughed fields. These are the outlines of the trenches from the First World War where the deep chalk was thrown up into the darker topsoil. A century later the impact of the war exists still.

Careers Report

Mrs. Jenny Phillips

SpotJobs Career Expo 2017

The SpotJobs Career Expo is one of the largest and most comprehensive careers event in Australia. The expo showcases career opportunities from large employers, trades to higher education in an exciting, interactive and informative format. All sectors and industries are covered, with the latest career trends and opportunities showcased and ready to be explored.

Now in its 16th year, the event will be held on Friday 21st to Sunday 23rd July 2017 at the Royal Exhibition Building next to the Melbourne Museum in the Carlton Gardens. The expo offers free career advice, inspiring and informative industry panels, employment opportunities, interactive training demonstrations and exhibits, free seminars and a wealth of information and opportunities for further study within the private education sector and universities. With all career, education and training information under one roof, this event is the first stop for all Victorians seeking a successful future.

Below is a link to a free E-Ticket that students and parents can use to attend throughout the weekend.

<http://www.careerexpo.com.au/free-ticket-to-expo/>

Need some help with your study

Deakin University has a digital content hub called 'this'. It has lots of interesting articles including:

- How to beat exam study and stress;
- Six ways to make the most of your study breaks;
- How to organize your study sessions;
- Effective ways to memorise for exams;

<http://bit.ly/2dh11BK>

Career News

The latest Career News and Year 12 Resource material is available through the link on the Careers Section (under Important Info.) of the MRC Website Homepage.

Find your THING
TURN IT INTO A JOB YOU LOVE

COME ALONG TO A 2017 COURSE INFO SESSION.

With over 150 courses and opportunities on offer, from health to horticulture or childcare to engineering, you're sure to **FIND YOUR THING** and turn it into the job you'll love.

Don't miss out, come to one of our info sessions to find out more and apply for a 2017 place.

INFO SESSIONS - COLAC
Tuesday 6 December • Colac Library
12.30pm & 5.30pm

- Aged Care
- Tourism, Events & Tour Guiding
- VCAL Programs
- Early Childhood Education & Care
- Training and Assessment

APPLY NOW FOR 2017 COURSES

SOUTH WEST TAFE

WARRNAMBOOL • HAMILTON • PORTLAND • COLAC

Find your THING
TURN IT INTO A JOB YOU LOVE

COME ALONG TO A 2017 COURSE INFO SESSION.

With over 150 courses and opportunities on offer, from health to horticulture or childcare to engineering, you're sure to **FIND YOUR THING** and turn it into the job you'll love.

Don't miss out, come to one of our info sessions to find out more and apply for a 2017 place.

INFO SESSIONS - WARRNAMBOOL CAMPUS

Monday 28 November 12.30pm & 5.30pm	Tuesday 29 November 12.30pm & 5.30pm
<ul style="list-style-type: none">• Building, Carpentry, Plumbing, Engineering, Electrical, Automotive• Information, Digital Media & Technology• Agriculture, Horticulture, Agronomy & Conservation• Hospitality• Tourism, Events & Tour Guiding• Visual Arts• Graphic Design• Training and Assessment• General Education for Adults	<ul style="list-style-type: none">• Community Services• Nursing, Aged Care, Disability Programs, Disability Support, Training, Allied Health Assistance• Education Support (teacher aide)• Early Childhood Education & Care• Hair, Beauty, Nail Technology & Massage• VCAL Programs

APPLY NOW FOR 2017 COURSES

SOUTH WEST TAFE

WARRNAMBOOL • HAMILTON • PORTLAND • COLAC

Sports News

Mr. Matt Harkin

Junior Table Tennis

Our junior teams did exceptionally well this recently. Both year 7 teams and year 8 boys won the pennant at the greater western level. At the state level, against very tough opposition the teams competed very well.



Groups of Year 8s mixed with some Year 7s represented the school marvellously well at the summer sports. Students played volleyball, golf, bowls, cricket, foot, tennis and soccer against other schools within the Hampden network. All students competed well demonstrating terrific sportsmanship and great behaviour. A big thanks to Caitlin Rix, Caz Costello, Trev Gardner, Dan Glennen, Darren Cheeseman, Jo Williams, Tania Bruckner and Darcy Collins for supervising students.





Triathlon

We had six students compete in two teams at the triathlon event in Warrnambool. In brilliant conditions our students did really well. There were roughly 800 students at the event from Grade 3 - Year 8, although no times or results are recorded our boys team think that they won the Year 7 section. As always our students demonstrated terrific behaviours throughout the day. Hopefully this is an event that grows for us next year as it really was a terrific day.



Greater Western Basketball

At the Greater Western level in Ballarat both our boy's teams did really well. The year 7s finishing 2nd and the Year 8 boys finishing third.



WELLBEING @ MERCY

Emily Stephens

Walk and Talk:

McAuley campus have been making the most of some sunshine in the last week or so with their lunchtime 'Walk and Talk'. Students head off for a casual walk with staff and talk about various happenings. The aim is to increase mental health by getting in some fresh air and getting some exercise.



'YOU THE MAN'

Please see the flyer (below) on the FREE live theatre performance brought to us by Women's Health and Wellbeing Barwon South West. "You The Man" is a play about dating violence and bystander action, followed by a panel discussion with key people in the field of family violence.

With teen and university dating abuse shockingly common, addressing unhealthy relationships and dating violence prevention and intervention is needed now more than ever. We are all bystanders who can help save lives and create stronger communities.

WARRNAMBOOL: Wednesday, 30th November, Warrnambool Corporate Centre @ Deakin (163 Timor St), 6.30pm for light refreshments, 7pm performance. Registration essential online: www.youthemanwarrnambool.eventbrite.com.au

CAMPERDOWN: Thursday, 1st December, Camperdown Theatre Royal (210-212 Manifold St) 6.30pm for light refreshments, 7pm performance. Registration online essential: www.youthemancamperdown.eventbrite.com.au

We encourage both young girls/boys and parents to attend this performance.

This day and age we have access to many resources in various categories. I am continuing on with the theme of gender based violence with this resource. This clip was shown to me at our Catholic Education Wellbeing Network meeting and believe that it is worth showing every young boy and girl. https://www.youtube.com/watch?v=b2OckQ_mbiQ

WE ARE ALL BYSTANDERS — WE CAN ALL HELP TO CREATE STRONGER & SAFER COMMUNITIES

- Written by Cathy Plourde
- Directed by Suzanne Chaundy
- Produced with permission of Cathy Plourde and Add Verb Productions under license to Deakin University





WOMEN'S HEALTH
AND WELLBEING
Barwon South West Inc

Is proud to present:

'YOU THE MAN'

Community Performance
Thursday, 1st December
6.30pm Light Refreshments
7pm Performance
Camperdown Theatre Royal,
210-212 Manifold St, Camperdown.

...a thought-provoking theatre show exploring the issue of relationship violence from varied perspectives, highlighting how bystanders can interrupt the cycle of abuse.

*** Followed by a panel discussion from local service provider representatives ***

Register online: www.youthemancamperdown.eventbrite.com.au / Enquiries: Sarah McKean 0455 333 990

FREE FRUIT

At the McAuley campus we have been trialing access to free fruit for students. This is being successful at the moment and something we will look in to on a regular basis for next year.

We have registered with food share Warrnambool to help support this initiative.

Amazing Race for Mental Health

The last day Year 8 students will participate in an Amazing Race for Mental Health in Camperdown. This will be held in conjunction with health services in Camperdown, Headspace, Mi Fellowship and South West Health Care. More details to follow.

Body Image Ambassadors program

Tess Lourey, Grace Moloney and Ruby Poustie will have a video conference with Eating Disorders Victoria next week to gain feedback on their project.

Professional Development

Childhood obesity leadership discussion

Last week a group of professionals gathered to listen to Deakin University researchers on childhood obesity in Corangamite Shire.

The aim of the program is to work with communities to develop ways to tackle this complex problem. We began with sharing our understanding of the complexity of the childhood obesity, defined it and identified the ways in which we can become part of the solution.

We then meet again to work on an action plan.

WISA- Wellbeing in schools Australia

Berni Sinnott and I attended a 2-day training program conducted by WISA (Wellbeing in schools Australia). Delivered in this training was information regarding: promotion, prevention, early intervention, networks of support, social and emotional learning,

Day 2 delved deeper in to best practice Wellbeing Frameworks, Conflict Resolution, Bullying Interventions, Addressing Special Needs & Grief, Risk & Protective Factors, Staff Wellbeing & Partnerships.

Interestingly, a large section of this training was on bullying interventions and conflict resolution by Ken Rigby. Restorative practice, the method of shared concern, were among the two methods most recommended for schools. At Mercy we use these methods in most cases to help repair damaged relationships.

A resource that is helpful to gain information on bullying is <https://www.ncab.org.au>

We encourage parents/students to let someone at school know as soon as possible if they are experiencing or know of someone that is being bullied so we can manage this situation.

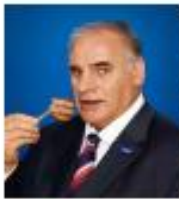


Bloke's BBQ

Your Levy at Work

Let's get together to celebrate the men in the dairy industry with a **FREE men's night out.**

After a challenging year it is time to get off the farm for an evening of laughter and entertainment. The evening will be part of the Movember campaign and those participating will be able to have a professional shave to get the Mo off. But there is plenty for those without hairy upper lips, including two very special guest speakers, Rodney Hogg and Sam Kekovich.



Sam Kekovich AFL star and author Sam Kekovich is a flamboyant media identity and the 'out-there' face of the Australian meat and livestock campaign for lamb. His presentation will bring together all his best stories and the characters he has encountered over the last 30 plus years of his involvement in football and life, adding his own special slant and commentary on the world.



Rodney Hogg Cricket Legend and media commentator Rodney Hogg will entertain with fascinating stories about his life and a great sense of humour to match. "Hoggie" was a genuinely quick bowler who destroyed the English batting line-up on his entrance to Test cricket.



Telstra proudly supports regional and rural Australia

When: 30th November 2016, 6.30pm – 9.30pm

Where: Terang Harness Racing Club, Princess Highway Terang

FREE BBQ Dinner available from 6.30pm until 8.00pm followed by dessert.

A complimentary drink will be offered on arrival.

RSVP essential for catering purposes.

RSVP by Monday 28th November to Amanda at WestVic Dairy on 5557 1000 or email amanda@westvicdairy.com.au



To join our local Movember dairy team or to donate, visit: <http://moteam.co/south-west-vic-dairy-farmers>

ROUDLY SUPPORTED BY



For more details contact Amanda on 5557 1000 | amanda@westvicdairy.com.au | westvicdairy.com.au

UPCOMING DATES

Term 4 2016

Tuesday 29 November

Year 7, 2017 Orientation Day
Year 9 Exams & Year 10 Exams

Wednesday 30 November

Year 11 students conclude
Year 9 Exams & Year 10 Exams

Thursday 1 December

Year 7 & 8 Exams
2017 Leadership Camp

Friday 2 December

Year 7 & 8 Exams
2017 Leadership Camp

Tuesday 6 December

Thanksgiving Mass & Student Award Ceremony

Wednesday 7 December

Years 7 – 10 students conclude

Tuesday 13 December

Teaching staff conclude

Friday 16 December

College office closes

Monday 13 February

Year 7 Camp (all week)
Year 10 Work Exp. (all week)

Wednesday 15 February

Year 12 Retreat (3 days)
Year 11 Camp (3 days)
Year 9 Bricks Program (3 days)

Tuesday 7 March

School Photos

Friday 31 March

Term 1 Concludes

Tuesday 18 April

Term 2 Commences

Wednesday 26 April

P/T Interviews – no classes

Friday 30 June

Term 2 Concludes

Tuesday 18 July

Term 3 Commences

Friday 18 August

Mid-Term Break – no school

Wednesday 13 September

P/T Interviews (4:00PM – 8:30pm)

Friday 22 September

Term 3 Concludes

Monday 9 October

Term 4 Commences

Wednesday 25 October

Year 12s final day

Wednesday 1 November

VCAA Exams Commence

Friday 17 November

Year 12 Graduation

Friday 1 December

Year 11s conclude

Friday 8 December

Year 7 - 10s conclude

2017 Dates

Monday 30 January

All staff return

Tuesday 31 January

Book Collection Day
(10:00am – 2:30pm McAuley Campus)

Thursday 2 February

Term 1 commences

Tuesday 7 February

Year 7 BBQ & Information Night

Wednesday 8 February

MRC Commencement Mass

Thursday 9 February

MRC Swimming Carnival

YEAR 9 EXAM TIMETABLE

SEMESTER 2 2016

	SESSION 1		SESSION 2		SESSION 3	
DAY	EXAM	ROOM	CLASS/STUDY	ROOM	EXAM	ROOM
Tuesday 29th November	ENGLISH Reading Time: 9:20 – 9:25 am. Writing Time: 9:20 – 11.00 am.	To be confirmed	STUDY 11:25 – 12:55 pm.	To be confirmed	HISTORY Reading Time: 1:20 – 1:25 pm. Writing Time: 1:25 – 2:55 pm	To be confirmed
Wednesday 30th November	MATHS Reading Time: 9:20 – 9:25 am. Writing Time: 9:25 – 10.55 am	To be confirmed	STUDY 11:25 – 12:55 pm.	To be confirmed	SCIENCE Reading Time: 1:20– 1:25 pm. Writing Time: 1:25 – 2:55 pm.	To be Confirmed

- NB.
- School uniform is to be worn to school for the exams.
 - Exam conditions apply for all exams.
 - Silence is to be maintained at all times.
 - Students will not be permitted to leave the room until the designated finish time.
 - Students can read a novel if they finish early.

YEAR 10 EXAM TIMETABLE

SEMESTER 2 2016

	SESSION 1		SESSION 2		SESSION 3	
DAY	EXAM	ROOM	CLASS/STUDY	ROOM	EXAM	ROOM
Tuesday 29th November	ENGLISH Reading Time: 9:20 – 9:30 am. Writing Time: 9:30 – 11.00 am.	To be confirmed	STUDY 11:25 – 12:55 pm	To be confirmed	SCIENCE Reading Time: 1:20 – 1:25 pm. Writing Time: 1:25 – 2.55 pm. PATHWAYS Normal timetabled class	To be confirmed
Wednesday 30th November	MATHEMATICS Reading Time: 9:20 – 9:25 am. Writing Time: 9:25 – 10.55 am.	To be confirmed	STUDY 11:20 – 12:55 pm	To be confirmed	HISTORY Reading Time: 1:20 – 1:25 pm. Writing Time: 1:25 – 2:55 pm.	To be confirmed

- NB.
- School uniform is to be worn to the school for the exams.
 - Exam conditions apply for all exams.
 - Silence must be maintained at all times.
 - Students will not be permitted to leave the room until the designated finish time.
 - Students may bring a novel to read if they finish early.

YEAR 7 & 8 EXAM TIMETABLE

SEMESTER 2 2016

	SESSION 1		SESSION 2		SESSION 3	
DAY	EXAM	ROOM	EXAM	ROOM	EXAM	ROOM
Thursday 1st December	ENGLISH Reading Time: 9:25 – 9:30 am. Writing Time: 9:30– 10.55 am.	Homeroom	Classes as normal	Timetabled Classroom	HUMANITIES Reading Time: 1.20 – 1.25 pm Writing Time: 1.25– 2.50 pm	Homeroom
Friday 2nd December	MATHEMATICS Reading Time: 9:25 – 9.30 Writing Time: 9.30 – 10.55 am.	Homeroom	Classes as normal	Timetabled Classroom	SCIENCE Reading Time: 1.20 – 1.25 pm. Writing Time: 1.25– 2.50 pm	Homeroom

- NB.
- All Junior Exams will be conducted at the O’Keeffe campus.
 - School uniform is to be worn.
 - Exam conditions apply for all exams.
 - Students will not be permitted to leave the room until the designated finish time.
 - Students are to bring a novel (not the newspaper) to read if they finish early.
 - Lunch time will be earlier on both days – 12.40 - 1.10pm.

IMPORTANT NOTICE



TERANG SWIMMING CLUB

Training will commence Monday 28th November, 2016.

Stroke Correction and Squad Training will be held Tuesday and Thursday afternoons coached by Hannah Justin. Hannah is a qualified instructor and has a wealth of knowledge and experience due to her many years of competitive swimming.

Fee for this class is \$7 per hour lesson.

Training will run for three weeks finishing Thursday 15th December and will start up again Tuesday 31st January 2017.

Learn to Swim Classes will commence Tuesday 31st January 2017 and will be both Tuesday and Thursday afternoons.

Fee for this class is \$5 per ½ hour lesson. Maximum of 4 in a group.

All club members are encouraged to compete at the Annual Terang Swimming Carnival in mid February.

Swimming Victoria Membership is compulsory for insurance purposes for participation in all classes.

Junior Dolphin Membership 7yrs and under is free.

8yr old Junior Dolphin Membership is \$55 – eligible for competitive swimming.

Recreational Swimmer is \$80

Competitive Swimmer \$110

Fees are payable at the commencement of 1st training session.

Our last training day will be Thursday 16th March 2017.

For enquiries please contact:

Narelle Cavarsan 0439 882 589

or

Lisa Chesshire 0438 922 275



Terang Pool Opening

Opens Saturday the 26th November 2016 so
come along and enjoy a splash plus free entry on
the day!!!!

Family pass: \$155

Adult pass: \$80

Children pass: \$70.

Daily pass: \$13



YOU ARE CORDIALLY INVITED INTO...

The Garden of HeArt

**EXHIBITING THE LATEST HEART
CREATIONS BY
PATRICK HALLENAN**

----- WHERE -----

Lake Edge Cafe

LAKE PURRUMBETE, CAMPERDOWN

WED. - SUN. 10AM - 3PM.

----- WHEN -----

JANUARY 3RD - FEBRUARY 28TH 2017

*"I hope you enjoy the art
and lovely cuisine"*

Junior Netball Try-Outs

Try-Outs for all Junior Netball will be held
Wednesday 23rd November & 30th November.

Under 12, 13 & 14's @ 4:00pm

Under 15, 16 & 17's @ 5:00pm

Try-Outs will be run by a panel independent club members

All New & Existing Players Welcome.

Any questions or apologies to Allison Lourey 0407 922 397

Netball Coaching Positions

We are seeking applications for coaches in the

Following Netball Grades:

Div 1, Div 2, Div 3, Under 17, Under 15 & Under 13 – Saturday Competition

Under 16, Under 14 & Under 12 – Sunday Competition

Written Applications to: Allison Lourey, P.O.BOX 66, TERANG 3264





2016

Camperdown Multicultural Christmas Party

BYO Alcohol
Soft drinks, Juice, Tea & Coffee available for purchase on the night

Please bring a plate to share

Kris Kringle
\$10 value exchange gift

Santa Clause
Bring a present for your child, named, for Santa to give out

Performers all welcomed to share your talents!

Music
Singing
Dancing
Karaoke
Games

Tickets:
\$10 per adult
\$5 per child (2-12 years)
under 2 **FREE**
Proudly supported by

Tiangge
Asian Grocery & Take Away

Saturday December 24
Camperdown Royal Theater
5pm onwards
Doors open from 4pm

Follow us on Facebook 2016 Camperdown Christmas party for updates! Please contact 0415537475 for more information. Tickets available at TIANGGE ASIAN GROCERY & TAKEAWAY STORE

ShineLife! Church

Christmas Family Fun Day!

On Little Manifold st, Camperdown

Santa & Carols
6-7pm

Obstacle Course
V8 Simulator
Cooper Lower Live
Sumo Suits
Carousel Swing
Face Painting

Fairy Floss
Kids Hummers
Bumper Balls
Side amusements
Live Music
Jumping Castle

...and much, much more!

Most attractions \$2 or under!

For more information please call Matthew: 047 789 0785

Dec 3rd
4 - 8pm