

MERCY REGIONAL COLLEGE NEWSLETTER

ISSUE 2-4

Monday 5th June, 2017

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 2017

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

The last week has seen a large number of events across the country to recognise and celebrate Reconciliation Week; most notably in Victoria, they included the AFL's Indigenous Round.

More broadly, this year's events focused on the 50th anniversary of the 1967 referendum when Australians voted to remove clauses in the Australian Constitution that discriminated against Aboriginal and Torres Strait Islander peoples as well as the 25th anniversary of the historic 1992 Mabo decision in which the High Court of Australia recognised native title—the recognition that Aboriginal and Torres Strait Islander peoples' rights over their lands did survive British colonisation.

My prayer today celebrates those connections between the original owners and inhabitants of our land and the Catholic Christian tradition.

Aboriginal Our Father

You are Our Father, you live in heaven

We talk to you, Father you are good (repeat)

We believe your Word Father

We your children, give us bread today (repeat)

We have done wrong, we are sorry

Help us Father not to sin again (repeat)

Others have done wrong to us

And we are sorry for them, Father today (repeat)

Stop us from doing wrong, Father

Save us all from the evil one (repeat)

You are Our Father, you live in heaven

We talk to you, Father you are good (repeat)

The Lord's Prayer from the "Missa Kimberley"

Social Media and Mobile Phones at Mercy Regional College

Most parents will be aware that the College has had some serious concerns this term about an escalation in the number of issues we have seen with social media – bullying, isolation, poor decision-making. Although much of this has been occurring outside of school, the effects of these decisions have had a major impact on the learning and wellbeing of students.

Last week, the school released an updated and stronger set of guidelines for students who wish to bring a mobile phone to school.

The key points of this document included:

- ***Students are strongly encouraged not to bring their mobile phones to school.***
- If a student, with the specific consent of his or her parents, chooses to bring a mobile phone or other electronic device to school then he/she must respect fellow students' and teachers rights through responsible and appropriate use of the phone or device.
- The use and securing of mobile phones and other electronic devices is the individual student's responsibility. It is not the responsibility of the school to ensure the security of mobile phones brought to school by students. Students bring these items at their own risk.
- If mobile phones are brought to school they must be turned off and left in students' school bags or handed in to the appropriate staff member.
- Parents and students who feel it necessary to bring phones to school (to accommodate nights when students have part-time work, sports training and study etc.) are most welcome to leave it securely stored in the Director of Students (Berni Sinnott) or Heads' of School (Ben Brisbane or Lesa Thornton) office.

Students who choose not to comply with these guidelines will have their phones confiscated for 24 hours or for 7 days if repeated.

I understand that banning anything (rather than educating young people about appropriate use) can be considered a backwards step. However, this decision reflects both our concerns about the negative behaviour's being exhibited by some students on their phones as well as our genuine attempt to provide a circuit breaker for those young people for whom a phone has become a serious obstacle to effective learning.

Exams and Assessment

As we enter the month of June, the learning and teaching programs in our classrooms climax with end of semester assessments and, in most year levels, exams. I encourage all parents and families to support your children to spend a little extra time each evening revising past work or completing outstanding assessment tasks. One of the key foci for teachers this year has been to maintain accurate records of students' progress on PAM; in particular, ensuring that parents when checking what outstanding work a child may have has access to up-to-date records.

Mercy Regional College Feast Day Mass and Assembly

On Wednesday 24th May, the whole school community joined Fr Gerry to celebrate our College Feast Day Mass in the de Chantal Stadium. Held on the feast day of Our Lady Help of Christians, patron saint of Australia, the mass was a wonderful occasion with the liturgy enlivened by a large student choir under the leadership of Mrs. Freya Egberts. Thanks to Mrs. Jo-Anne Saunders for her coordination of the mass and all those who contributed to its success.

Advance Notice – Monday 17th July (Student Free Day)

With four weeks remaining in term 2, classes will finish at 2.15pm on Friday 30th June. Term 3 will commence for all students on Tuesday 18th July with **Monday 17th July being a student free day** with all staff undertaking a Religious Education Professional Development day together with staff from other HCSN schools.

Student and Staff Activities

The last couple of weeks have seen many of the district schools involved in winter sports as well as the normal busy school calendar more broadly:

- Last Monday, the four Boards and School Advisory Councils of the Hampden Catholic Schools Network (HCSN) celebrated together at our annual HCSN dinner. The dinner was hosted by Mercy Regional College and featured an address by Old Collegian and Paralympian, Josh Hose.
- Last week, a number of families and many prospective students took the opportunity to have a tour around our McAuley Campus as part of our Mercy Open Mornings.
- The last two weeks have seen Mercy students represent the College in sport and other activities including AFL, netball, social justice leaders' day, history competition and a O'Keeffe student leaders' evening in Colac.

Yours in Mercy,



DR. DARREN EGBERTS
PRINCIPAL

CAMBODIA IMMERSION TRIP 2018

Mrs. Jo Saunders

Following on from our successful trip to Cambodia in 2016, we will again be making the journey with Destination Dreaming in 2018. We will be leaving from Tullamarine late Friday evening March 23rd and returning April 4th (2018) The final week of term one and the first few days of the holidays.

The journey takes us to Cambodian schools and in particular Siem Reap and the Jesuit Retreat Centre there. We learn about the culture, political and religious history of Cambodia and then support a mixed age of students learning English. Our students are required to teach classes.

Clint Miller will be presenting at a special parent meeting on Monday 19th June at 7 pm.

At this meeting we will hear from students who attended and parents who will comment on the incredible impact this journey has had on their children. More details of the trip will be discussed on the night.

More news will be sent to parents of students who are currently in Year 9 and 10. (Year 10 & 11 in 2018) We will take approximately 19 students to Cambodia. The trip will begin at the Jesuit Retreat Centre in Siem Reap and our contact at the Retreat Centre is Sister Denise Coghlan (RSM). We then continue on to more remote schools, helping to teach children English and in the afternoons learning more about the culture and history of Cambodia. Then two days back in Siem Reap for a time of deep reflection on our experiences. We look forward to this trip and the exciting opportunities it will open up for our students as they become more aware of themselves as true global citizens.



Social Justice Report – The year so far!

It has been a busy and exciting year in Social Justice!

In 2017, we have been focusing this year is on sharing stories, raising awareness and fundraising for some important causes that relate to our community.

Project Compassion

By Sophie Rowan

Throughout lent we focused on Caritas' annual fundraising and awareness appeal Project Compassion. The theme for 2017 has been 'Love your neighbour', where each week featured a story of our vulnerable neighbours in Australia and other countries.



These stories highlighted the importance of working hand in hand with communities around the world and how Caritas has developed the strength to combat poverty, promote justice and uphold the dignity of every person. Videos of these stories were shown in homeroom and religion classes to raise awareness for the appeal and encourage students to donate at their own will. One story focused on a young girl with a disability from Vietnam named Nguyet, who had lived behind closed doors due to her disability. With high levels of disability from war, but little support for these families, many people just like Nguyet live in poverty, with poor health and education.

But with the help of Caritas children with disabilities can now receive support and are given the opportunities to reach their fullest potentials. Now Nguyet has learned to read and write and has even unlocked her creative gifts. During classes and as lunch time activities students took part in paper flowers making activities to support and raise awareness for Nguyet and others who live with disability and poverty.

Through the schools fundraising efforts, we could provide a pig for a Vietnamese family, first-aid training to locals affected by natural disaster in the Philippines and food for woman staying in shelters in Timor-Leste.

Shave for a Cure

Congratulations to Isabel Rowan (Year 9) and Sam Baker (Year 7) for bravely shaving their hair for the 'World's Greatest Shave'!

Both students donated a considerable amount to the Leukaemia foundation!



St Vinnies Garbage Bag Initiative

Students across both campus' donated pre-loved clothing items, books and toys to St Vinnie's during lent. Approximately 25-30 bags were donated in total!

Representatives from St Vinnies came to our Junior School assembly and collected the donations.



World MS Day – 31st May

Students across both Campus' showed their support for MS, by wearing casual clothes with a 'touch of red'. Students generously donated a gold coin, which will go towards Zach Merrett's MS fundraising #DoltForMS.

Pictured

Rose Henry and Ella Gleeson with Zach and Kathy Merrett.

Social Justice Leaders Day

An inspiring day on Monday 29th May at the "Social Justice Leaders Day" in Melbourne with Ailie Bateman and Chey Beaver. The day included guest speakers from different organisations focused on making a difference in the world.



We were also entertained by the student's themselves and a very talented African drummer.



Spirit of ANZAC Prize State Luncheon



On Friday 21st April, I had the great honor of attending a State Luncheon commemorating the Anniversary of ANZAC day as part of the Premiers Spirit of Anzac Prize in Melbourne. The luncheon was attended by the Minister for Veterans, the Governor, around 200 veterans, ex-servicemen and women, current service men and women, state MPs, and other important figures. It was a pleasure to be accompanied by my Father.

One of the highlights of the luncheon was the guest speaker Corporal Daniel Keighran, a Victoria Cross recipient. His story is one of pure bravery and a bit of luck, in his second Afghanistan deployment in 2010. He was a member of a partnered fighting patrol with soldiers from the Afghan National Army, visiting a small province to talk to the elders about what action needed to be taken against the enemy, when his patrol was targeted. He and his patrol members moved to an exposed ridgeline directly into the firing line. While risking his own safety he went to the top of the ridge to direct the fire at him to help expose the enemy's positions, so they could be suppressed. While this was happening, his best mate and patrol member was shot in the shoulder. He had to act. Without a second thought, he left the cover of safety to deliberately draw the fire away from the team treating his mate, running the length of the ridge continuously until he knew the rescue helicopter had collected his mate. During this, he said he saw and felt bullets flying between his legs, beside him and in front of him; he should have been dead. At this stage, he knew his mate was dead but he kept going. This exposed the gunmen and helped to neutralize them. He was awarded the Victoria Cross for completely disregarding his safety and doing something he claimed to be out of his mind to even think to do.

Sitting at our table were five army veterans and a Member of Parliament from the surrounding Geelong area. One of the veterans was a man named Jack who is 99 years old, and led the Anzac Day march in Melbourne this year, walking on his own two feet. He told us how during the war, the French loved the Australians the most, as they were charismatic and had great jokes to lighten the mood. He gave me a badge with the French and Australian flags side by side, the last one he hadn't given away. The veterans were very overwhelmed to hear we were willing to share their stories and more importantly, the story of the ANZAC is alive.

This day was one of the most inspiring and influential days I have had, and I have learnt so many valuable lessons in life.

Lauren Huth

Year 11



Lauren (front row, left) and other Canberra study tour students had the opportunity to attend the Governor's 2017 ANZAC Day Luncheon.

Here they are with Minister for Veterans, the Hon John Eren MP and Her Excellency the Hon Linda Dessau AC, Governor of Victoria.

Senior School Report

Mr. Lachie Lee

VCE EXAMS

As occurred last year those VCE students who are studying Unit 3/4 subjects will be sitting the General Achievement Test (GAT) on **Wednesday 14th June**. Specifically, this will include those students from Years 11 and 12 who are studying a Unit 3/4 subject in 2017. All Unit 3/4 VCE exams in 2017 will be held at the Camperdown College Hall.

VCAA requires that all students from Years 11 and 12 who are studying one or more Unit 3 and 4 sequences are to sit the GAT. This task is sat over three hours in strict exam conditions. The results are used in helping the assessment of exams, in particular where there are difficulties in reaching an agreement over a particular result.

I quote below from the VCAA definition of the GAT's role and its importance:

'Although GAT results do not count directly towards a student's VCE results, they play an important role in checking that school assessments and examinations have been accurately assessed, and in determining Derived Examination Scores. So it is important to sit the GAT and do as well as possible on all parts of it.

The GAT is used in these ways because achievement on the GAT is a good predictor of achievement on other assessments. If students have done well on the GAT, then their achievements are likely to be high on their school assessments and examinations.

Clearly, some GAT questions relate more closely to achievement in particular studies. The VCAA takes this into account when it calculates students' expected achievements in each study for each school. For example, GAT results in mathematics, science and technology play only a minor part in calculating students' expected achievements in humanities studies.

- contributing to statistical moderation of School-assessed Coursework
- reviewing school assessments in School-assessed Tasks
- checking the accuracy of examination marking
- Calculating the Derived Examination Scores.' (VCAA website)

Thus, it is important that all students sit the task and do so to the best of their ability. We will give the students, particularly those in Year 11, some individual instruction regarding the GAT including some practice questions. The GAT is not something that can be studied for but it should be done to the best of the student's ability.

The Unit 1 & 2 exam period will be held in the period between Tuesday 13th June and Wednesday 21st June. This exam block will be held in class time by each subject. The students will be issued with a timetable of these exams. The end of Unit 2 Exam period will be held over three days in November and will lead into the Unit 3 Transition period for 2018.

As the term approaches its conclusion, students may be feeling quite stressed, therefore it is important that they are quite well organised and that those around them know what is going on.

If you have any questions please contact Lesa Thornton, Darren Cheeseman or myself at the school.

Lachie Lee

Head of Teaching & Learning Senior School.

Careers Report

Mrs. Jenny Phillips

Try a Career Day

All Year 9 students attended the SWTAFE Try a Career Day on Monday 29th May at Sherwood Park Warrnambool. Students selected their three preferred sessions from a wide range of options, which included: automotive, building, hair & beauty, community services, sport & recreation, arts and allied health. This was an ideal opportunity for students to try a variety of course options that can lead into VETIS programs, trades, or further study.

Try a Career Day Report (Hayley Wason)

On Monday, all the Year 9s from five different schools, met up at the South West TAFE campus; just out of Warrnambool. Before we went there, we were asked to pick three activities that we would like to participate in on the day. I picked hospitality, health and early childhood. In hospitality, we made mocktails. They are cocktails without alcohol. They were delicious! We also had a go at carrying 10 full glasses on a tray around the room with one hand. I didn't think I could do it, but it wasn't actually that hard! Next I had health where we tested our pulse, blood pressure, and the temperature of our body. I was very surprised with some of my results, as I had never tested them before, so that was exciting! My third and final activity was early childhood. In this we played with kinetic sand and other kids toys. By doing this we can understand how children learn and develop from these activities, and at what ages they can play with the different things. It enables us to help kids develop while they also have fun.

Try a Career Day Report (Tess Lourey)

On Monday 29th, all the Year 9 students went to the Sherwood Park campus of South West TAFE in Warrnambool. We were quickly addressed by a staff member about how the day was going to run and how to get to all the activities. There were many different schools and everyone was doing different activities., We set off to do three activities and each one ran for 25 minutes. My first activity was hairdressing, where we got to do manicures and hair while the instructor told us about the course at TAFE. The second activity that I selected was Early Childhood Learning and for this activity we got to play with kinetic sand while the instructor spoke about the relevant TAFE course. My final activity of the day was Health and for this activity the instructor quickly spoke about what courses there are at TAFE and then we got to play on crutches and wheel chairs before checking our blood pressure. Overall it was a really good day and I got lots out of my experiences.

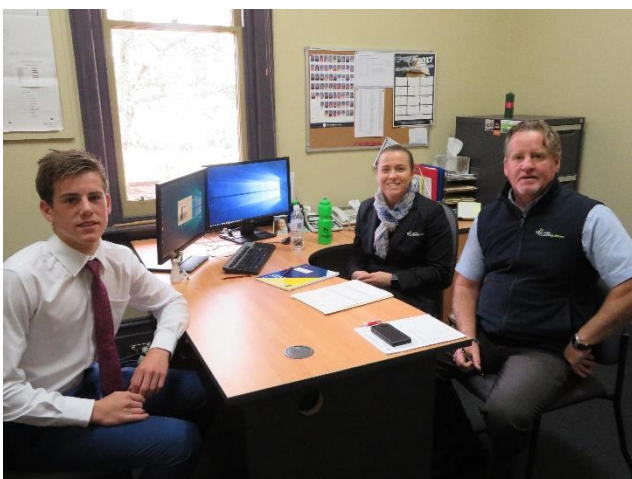


Mock Interviews

On Tuesday 9th May our Year 11 cohort of students undertook simulated job interviews. The students were given the opportunity to meet with and impress prospective employers in order to obtain a hypothetical job.

The students had to apply for a job, by preparing and submitting in advance, both a cover letter and resume. On Tuesday twenty-eight interviewers from the local community, generously donated their time and expertise to assist our students further develop their job application skills. The day provided valuable reassurance and constructive criticism for our students that they will be able to use in future job application and interview situations.

Congratulations to all the participating students, as the positive feedback from the interviewers commended the students on their presentation and attitude. I would like to take this opportunity to thank all those interviewers who made this process possible and Darren Mounsey from Westvic Staffing Solutions for providing preparatory sessions for the students. Those students who were unavailable for this round of interviews will have this opportunity provided early next term.



CAREER EVENTS – JUNE 2017

JMC ACADEMY

Information Session: JMC Academy offers vocational and higher education courses in:

- Animation
- Audio Engineering, Sound Production
- Contemporary Music & Performance
- Digital Design
- Entertainment business management
- Film and Television
- Game Development
- Songwriting

The next information session will be held on Saturday 3 June at the Melbourne campus, <http://bit.ly/1PvWdBT>

UNIVERSITY OF CANBERRA, HEALTH DAY

University of Canberra (UC) is running a Health Open Day for students interested in learning about the following degrees:

Counselling	Nutrition
Medical Imaging	Nursing
Public Health	Occupational Therapy
Pharmacy	Physiotherapy
Psychology	Sport & Exercise Science

The event will run on Saturday 3 June between 10.00am – 1.00pm. You will be able to participate in the Open Day and book a one-to-one session with a course adviser. For information, email healthstudentliaison@canberra.edu.au

MEDICINE, BIOMEDICINE, BUSINESS

Monash University is running the following information seminars in June: Medicine and Biomedical Science on the 5th and Business on the 14th. For more information and to register, go to <http://bit.ly/2ki2NYw>

UNIVERSITY OF MELBOURNE

Focus on Melbourne: The University of Melbourne is running a series of evening seminars showcasing their course areas. Dates for June are listed below.

- 6: Arts
- 7: Design
- 8: Law
- 13: Music
- 20: Fine Arts
- 21: Education

For information and to register, go to <http://bit.ly/23A4MUN>

NATURAL THERAPIES

Endeavour College of Natural Health is running an open day at their Melbourne campus on Saturday 17 June. The College offers courses in Acupuncture, Myotherapy, Naturopathy, Nutritional and Dietetic Medicine, and Complimentary Medicine.

For more information and to register, go to <http://bit.ly/2pRWsnA>



MARINE & BOATING CAREERS

Marine Careers Day: The Boating Industry Association of Victoria (BIAV) invites you to the Marine Careers Day at the 2017 Melbourne Boat Show. The day will be held on Monday 19 June at the Melbourne Convention & Exhibition Centre. For more information and to register your attendance, go to <http://bit.ly/2rJdsuB>

ALLIED HEALTH

Charles Sturt University (CSU) will be running an Allied Health MyDay at the Albury Wodonga campus on Tuesday 27 June. Students will explore the following courses, tour the labs and hear from lecturers and current students about courses at CSU

- Physiotherapy
- Occupational Therapy
- Health & Rehabilitation Science
- Podiatric Medicine
- Speech and Language Pathology

For information and to register your place, go to <http://bit.ly/2kVYa5R>

SCIENCE AT RMIT

Science in the City and Laboratory Tour at RMIT: Science in the City is a specialised tour of RMIT's facilities where students and parents can learn more about the following RMIT single and double degree science programs:

- Biology, Biotechnology, Chemistry, Environmental Science, Food Science, Nanotechnology and Physics

The next tour will be run Thursday 29 June. For information and to register, go to <http://bit.ly/2pWOxnu>

CAREER EVENTS – JULY 2017

TRINITY COLLEGE YOUNG LEADERS

Trinity College Young Leaders School: Trinity College at the University of Melbourne is running an intensive residential program for talented students aged between 14 – 17 years. You can choose one of the below week-long themed academic programs:

- **Sunday 2 July – Sunday 9 July:** Arts, Leadership for Social Justice, Commerce, English Intensive (Drama and Communication), Science & Engineering
- **Sunday 9 July – Sunday 16 July:** Fine Arts, Law and Justice, Biomedicine, Psychology and Personal Development for Future Leaders.

Cost is \$100, which includes accommodation, field trips, airport transfers, meals and social activities. Scholarships are available. For more information and to register by 2 June, go to <http://bit.ly/2qHVL1x>



SCIENCE AT RMIT

RMIT Experience Days: These full-day events provide a fantastic opportunity for you to experience life as a RMIT student for a day and to explore the courses you are interested in. Dates in July are listed below:

- 3: Business
- 4: Science
- 5: Engineering
- 5: Health and Biomedical Sciences
- 5: Design
- 6: Marketing, Public Relations and Advertising

To book your place, go to, <http://bit.ly/2qRca06>

DESIGN AT RMIT

Portfolio preparation programs: RMIT are running the portfolio preparation programs for Year 12 students planning to apply for design courses to start in 2018. Workshops will run for one day and there is a choice of days available between Monday 26 – Thursday 29 June. For information on cost, workshop, venue and to register your place, go to <http://bit.ly/2plydL7>

LAW AT MELBOURNE UNIVERSITY

Juris Doctor (JD) Showcase: The JD provides students with a postgraduate law qualification. Students can apply for the JD once they have completed a Bachelor degree in any field. Students have an opportunity to find out what it is really like to study law at the University of Melbourne. Program highlights include:

- Panel discussion with JD students
- Two Melbourne JD Sample Seminars, and
- A Dispute Resolution interactive session.

The Showcase will be held 4 July between 9.00am-3.00pm at the Melbourne Law Building. For information and to register, go to <http://bit.ly/2s6l3UJ>

TAFE HOLIDAY PROGRAMS, FEDUNI

Federation University (FedUni) TAFE holiday programs: FedUni will be running a 2-day program during the mid year holidays for students interested in studying one of the following TAFE courses:

- Professional Writing and Editing
- Building Design
- Conservation and Land Management
- Live Production
- Graphic Design
- Screen and Digital Media.

The program will run on Tuesday 4 and Wednesday 5 July at the Ballarat campus. On campus accommodation and meals are available. For information, go to <http://bit.ly/2qNMpPf>

ANIMAL SCIENCE, AGRICULTURE

Charles Sturt University is one of the only institutions in Australia that offers undergraduate veterinary science. The University is running an animal science and agriculture MyDay at the Wagga Wagga campus on 3 and 4 July (sessions repeat). You can choose to explore the following course areas – Veterinary Science, Animal Science, Veterinary Science, Equine Science or Agriculture. Register here - <http://bit.ly/2kVYa5R>

AUSTRALIAN CATHOLIC UNIVERSITY

Australian Catholic University Experience Day: University Experience is a hands-on event, where you will be able to participate in a range of activities related to the course area of your choice. The following sessions are running:

Melbourne campus, Tuesday 4 July:

- Digital media, Radio – the new black?
- History and Politics: Using the past to illuminate the present
- Visual arts: Printmaking workshop
- Business: Marketing for young entrepreneurs
- Early childhood and primary education: Learning through play in the early years
- Education and science: The great science challenge
- Primary education: Equality and algebraic thinking
- Primary education: Visual literacy and comics
- Exercise science: participate in exercise testing
- Law – American genius – Jobs v Gates
- Occupational Therapy and Speech Pathology
- Philosophy and ethics: The big questions
- Psychology and counselling
- Public health: Disease detectives
- Science/biomedical science: undertake practical activities in the lab.
- The following sessions are full: nursing, midwifery, and paramedicine.

Ballarat campus, Tuesday 11 July:

- Early childhood education: Learning through play
- Education and science: The great science challenge
- Exercise science: participate in exercise testing
- Nursing and paramedicine: Think quick, save lives
- Physiotherapy: Explore movement
- Primary education: Mathematics learning in the 21st Century
- Science and nursing: Understanding blood types

There are very few places remaining in sessions, so please register today! For more information and to register, go to <http://bit.ly/2pb23CK>

EXPERIENCE LA TROBE UNIVERSITY

La Trobe is running Experience Days on the following dates in July: Shepparton – 4th, Bendigo – 5th, Melbourne – 6th and Mildura – 7th.

Students and parents will be able to undertake three hands-on workshops in their areas of interest from a huge selection of course and career areas.

Examples of course areas covered at the Bendigo event include:

- Arts, Biomedical Science, Science, Business, Dentistry/Oral Health, Education, Exercise Science, Exercise Physiology, Health Sciences, Nursing, Midwifery, Occupational Therapy, Physiotherapy, Urban/Town Planning, Psychology, Social Work, Agribusiness, Creative Arts, Civil Engineering, Law, Information Technology, Outdoor, Environmental and Physical Education, Paramedicine, Pharmacy, and Speech Pathology.

The Melbourne workshops haven't been advertised yet, but may include:

- Science, Biomedical Science, Physics, Anatomy
- Health Sciences, Nursing & Midwifery, Physiotherapy & Podiatry, Orthoptics, Paramedicine, Speech Pathology & Occupational Therapy, Audiology, Dietetics, etc.
- Commerce, Accounting & Finance
- Media Industries & Communication, Journalism,
- Events Management, Marketing, and Public Relations
- 3D Printing
- Teaching
- Politics and International Relations
- Civil Engineering and Robotics
- Psychology & Social Work
- Sport degrees, Sport & Exercise Science
- IT - Applications Development, Network Tech, Cybersecurity
- Animal & Veterinary Biosciences
- Sustainability & International Development
- Archaeology, Languages
- Criminology and Law

You will receive a free lunch and be able to speak with current students and lecturers. To view the full list of workshops and to register, go to <http://bit.ly/2p07y7b>

DEAKIN UNIVERSITY

DeakinInspire Days: Deakin University is hosting Inspire Days at the Burwood and Geelong campuses. You will be able to listen to amazing guest speakers, participate in two hands-on events, and speak to current lecturers and students. The following sessions are running:

Burwood campus, Tuesday 4 July:

- Learn from the world's best in sport
- Carve out a career in food and nutrition
- Get a sneak peak at being a nurse or midwife
- Get career ready with Arts and Education
- Gain an insight into the brain by studying psychology
- Life sciences laboratory experience
- Immerse yourself in virtual reality
- Test your design and building skills
- Be successful in the business of sport
- Be part of the future of accounting
- Law: Take part in a mock trial
- Humanities and social sciences
- Good reasons to study philosophy
- Experiment with science and teaching
- Education: Inspire others to learn
- Take campus tour/check out accommodation/learn about global exchange

Geelong Waurn Ponds campus, Thursday 6 July:

- Learn from the world's best in sport
- Be successful in the business of sport
- Get career ready with Arts and Education
- Gain an insight into the brain by studying psychology
- Immerse yourself in virtual reality
- Test your design and building skills
- Be part of the future of accounting
- Law: Take part in a mock trial
- Humanities and social sciences
- Good reasons to study philosophy
- Education: Inspire others to learn
- Solve a murder in the crime scene house
- Take campus tour/check out accommodation/learn about global exchange
- Medical Imaging
- Design a computer game
- All eyes on our optometry course

For more information and to register, go to <http://bit.ly/2pb23CK>

UNIVERSITY OF MELBOURNE

UniExperience Melbourne: If you are in Year 11 you may have the opportunity to apply for the two-day University of Melbourne UniExperience program being held at the Parkville Campus on Thursday 6 – Friday 7 July. Cost is \$100 and the program includes: One night accommodation and meals, guided campus tour, information on courses, social activities organised by current University of Melbourne students, and workshops on the transition to university, student support, accommodation, scholarships, and study tips.

To find out if you are eligible and to apply, fill out the online application form at <http://bit.ly/1Nvott8>

A Day at Melbourne University: You will be able to find out about courses at the University of Melbourne on Friday 7 July. You can learn about:

- Undergraduate degrees and graduate pathways at Melbourne
- Unique opportunities to enrich your degree such as concurrent diplomas and going on exchange and study abroad
- Admissions and entry requirements
- Access Melbourne and Melbourne Scholarships
- Accommodation options

You will also be able to participate in a session focusing on the course you are interested in. Information will be at this link soon, <http://bit.ly/2qHYbXk>

Victorian College of the Arts and Melbourne College of Music – short courses: Short courses will be run during the mid year holidays in course areas such as:

- Film and Television
- Acting
- Music Theatre
- Youth Jazz Ensemble
- Visual Art
- Production

For a full list of short courses, dates, and locations, go to <http://bit.ly/1HT4SuD>



DANCE



FILM, TV & MEDIA



MUSIC

HOTEL MANAGEMENT

Career Week at the International College of Hotel Management: If you are interested in business, hospitality, working overseas, and working with people from different cultures you may enjoy a career in international hotel management. The International College of Hotel Management is running a 'Career Week' at their Adelaide campus between 10 – 14 July. For information and to book your place, go to <http://bit.ly/2qRmJ3d>

VCE WINTER SCHOOL

Faculty of Arts, University of Melbourne - VCE Winter School: Developed in consultation with VCE experts and examiners, this is an excellent opportunity for VCE students to prepare for Literature, History, Italian and French exams with Australian and international scholars who are experts in their fields. Dates are between 11 – 16 July. For more information and to register, go to <http://bit.ly/2qRuOps>

CAREERS AT THE ZOO

Are you in years 7 – 12? Do you want to work with animals? The following programs will run during the mid year holidays.

Keeper for a Day: Are you an aspiring zookeeper? Find out what it takes to care for an amazing array of animals at both Healesville Sanctuary and Weribee Open Range Zoo. Learn how you can help us to fight extinction and be a hero for wildlife.

Vet for a Day: Come along and work alongside our heroes, our veterinary staff, who work on real cases involving Healesville Sanctuary's animals, endangered species and injured wildlife.

For information, dates, and to register, go to <http://bit.ly/2pMDPPA>

UMAT PREPARATION

UMAT Preparation Day: Students in Year 12 interested in applying for medicine, dentistry or optometry may need to sit the Undergraduate Medical Admissions Test (UMAT) on 26 July. Registrations close on Friday 2 June, <https://umat.acer.edu.au/>

National Institute of Education (NIE) will be conducting a UMAT intensive preparation day on 6 July at St Vincent's Hospital, Melbourne. Places are strictly limited. To book your place, go to www.nie.edu.au/

INDIGENOUS STUDENTS

The Murrup Barak Experience Camp is for Aboriginal and Torres Strait Islander students in Years 11 & 12 who are intending to complete the VCE or similar pathway and have an interest in going to university. The camp will provide students with hands on interactive experiences highlighting the support available, the University of Melbourne experience as well as opportunities to engage with various faculties and other Aboriginal and Torres Strait Islander students. The program includes:

- A Welcome to Wurundjeri Country
- Discussion sessions with academics and students from several faculties
- Various campus and faculty tours
- Yarning circles with current Indigenous students
- Melbourne experience from a student perspective
- Meet and greet with Indigenous staff and students
- University life

When: 11th - 16th July Cost: FREE (Including return flights, airport transfers and full board accommodation at Trinity College.)

Indigenous Student Experience Monash Day: This day will be held on 27 July at the Clayton campus. Students will be able to participate in hands-on sessions that explore different course and career areas such as Business, Arts, Architecture, Law, Medicine, Engineering, Nursing, Health Sciences and Science. Students will also find out about the application process for Monash University. For more information and to apply, email Kristel Keleher at kristel.keleher@monash.edu.au

NURSING, MIDWIFERY

Deakin University: You have the opportunity to learn more about the innovative nursing and midwifery degrees at Deakin University. The evening sessions are running on the following dates:

- Melbourne campus – 26 and 29 July
- Geelong campus – 26 and 29 July
- Warrambol campus – 11 August

For information and to register your place, go to <http://bit.ly/2pbrTdT>

SCIENCE TOUR AT MONASH

If you are interested in studying science at Monash University, you can book a science precinct tour. You will be able to visit the new science facilities and learning spaces, get a feel for campus life and have a chat with current science students along the way. These tours are very popular so registration is essential, <http://bit.ly/2r8hm3d>

Sports Report

Lily Lourey

Term 2 has been busy for the Sports Domain with a large number of students out competing in a number of sports.

In week five and six, George Beasley and Hamish Huffadine travelled to Melbourne to participate in the State Golf Tournaments for their age groups. Both boys played at a high standard and were exemplary in their behaviour. They were very fortunate to play at some of the best Golf Clubs in the state and against other students from many different schools with great talent. A big congratulations to these boys and we look forward to seeing them develop their talents over the years.

On Tuesday 23rd May, male students from Years 10, 11 and 12 competed in the Senior Boys Football and Leura Oval, Camperdown versus Trinity College, Colac. The boys displayed exceptional talent given the number of emissions due to injury from their original team who beat Brauer College earlier in the term. The boys fought back from a 30-point deficit to eventually lose the game by 18 points. There were a number of goal scorers including- Harry o'Sullivan, Nick Koroneos, Toby Roberts, Louis Cain and Sid Bradshaw. Named among the best were- Josh Bone, Zac Green, Harry O'Sullivan, Louis Cain and Jack Darcy.

On 25th May, 18 Year 7 and 8 girls made their way to Terang Basketball Stadium for the HSSSD Netball. All girls played with great skill and sportsmanship and overall behaviour was exceptional. Both teams won all their games comfortably which gave opportunity for all girls to have a good run. Big thankyou to Emily Stephens for coaching on the day.

The Year 9 Mercy Bears played in the HSSSD Football Cup on 25th May at Kolora-Noorat Recreation Reserve. The boys played four games and comfortably won each them.

Scores of each of the games were:

Mercy (7-7-49) to Camperdown (1-0-6)

Mercy (9-7-61) to Timboon (0-0-0)

Mercy (7-9-51) to Terang (0-0-0)

Mercy (5-4-34) to Cobden (0-1-1)

Well done to coach, Ben Brisbane and the Mercy Bears for a great day's football winning all games and for showing great sportsmanship.

The HSSSD Cross Country was held on Friday 19th May with 50+ students from years 7-12 participating on the day. It was a very competitive field with lots of great times ran. The overall winner of the day was Mercy Regional College.

Age Champions included:

U14

Male - Hamish Sinnott

U17

Male - Nicholas O'Connor

Female - Ebony Davis

U13

Male - Lachlan Herschell

Female - Susanna Ryan

U16

Female - Tully Watt

U20

Male - Louis Cain

Female - Claudia Lee

As a result of the students' excellent performance at the Interschool level nearly all competitors will be heading to Warrnambool on Monday 5th June to compete in the GWR Cross Country.

Senior/Intermediate Netball

On Tuesday our senior and intermediate girls competed at the HSSSD netball competition. The Mercy girls, keenly led by Mel Kavanagh and Claire O'Connor won all their games and will compete at the next level in Ballarat early next term.



IMPORTANT DATES

Term 2 - 2017

Friday 8th June

- Year 8 Retreat

Monday 12th June

- Queen's Birthday Public Holiday

Tuesday 13th June

- VCE Unit 1 Exams Begin

Wednesday 14th June

- GAT Exam

Monday 19th June

- GWR Soccer - Warrnambool

Tuesday 20th June

- Board Meeting

Thursday 22nd June

- Corrections Day (no classes for Year 7-11 Students, excepting Unit 3 classes only)

Friday 30th June

- Term 2 Concludes



MERCY
Regional College

MERCY REGIONAL COLLEGE

Enrolment Applications

For

Year 7 – 2018

REMINDER

**The closing date for enrolment applications
for Year 7, 2018 are due by:**

Friday 16th June, 2017

**If you require further information about enrolling your child
at Mercy Regional College
please contact Sue at the College office.**

Phone: 5593 2011

Email: office@mercy.vic.edu.au



PlainSpeaking



2017 NAIDOC week celebrations

Connecting community and culture to country and the Victorian Volcanic Plains



• Mt Leura • Camperdown • Mt Elephant • Derrinallum •



from Sun 2 to Sun 9 July

- Recognition & flag raising ceremonies • Wayapa Wuurrk well-being workshops •
- Volcanic Plains & Wetlands Property Visits • Guided nature walks & talks •
- Indigenous Film Screening 'Charlie's Country' • National Tree Day hands on activities •
- Guest speakers - artist & local Gunditjmara Keerray Woorroong woman Vicki Couzens •
- Children & family Cultural & NaturePlay activities • Historical Displays •
- Wildlife monitoring & mammal trapping at Floating Islands Reserve • PLUS MORE!

MORE INFORMATION & FULL PROGRAM AVAILABLE EARLY-MID JUNE AT:

www.mountelephant.com.au



Mount Elephant Community

www.mtleura.org.au

Friends of Mt Leura Inc.



TAKE A STEP TOWARDS a 'WARMER' SOUL

TIME: 6:45am – 7:45am

WHERE: @ McAuley MPA

DATE: Tuesday mornings: 6th/13th/20th June

COST: Gold coin donation for breakfast



Come and join fellow Mercy parents, students and staff in

Taking a step towards a 'Warmer' soul!!

Begin the day with a meditation session with Suzanne Frydman followed by a home cooked breakfast by our Mercy Food Tech domain.

Chairs and some equipment will be provided but it is recommended that you bring a mat/towel/blanket/cushions to stay comfortable and warm.

STUDENTS TO BE ACCOMPANIED BY A PARENT PLEASE

The meditation session will go for 1 hour and breakfast will be available from 7:45onwards.

We welcome you to be a part of our warming our soul initiative.

Hope to see you there.

<http://relaxcommunications.com.au/>



MEDITATION at Mercy Regional College:

Meditation has been proven to be effective for a range of people and situations. It can be helpful to learn that different meditation practices work better for different people depending on their needs, learning styles, and preferences. As a saying goes, "if you don't have time for 20 minutes of meditation in your day, then you need to do it for an hour". Even short meditations can go a long way towards making us more productive in our work and study, so come along and learn different techniques in the three morning sessions:

June 6th June 13th June 20th: 6.45am-7.45am.

Some different practices we will cover:

Body awareness - body scanning, moving from body part to body part.

Breath awareness – holding the awareness of the breath at the nose or abdomen, following the natural breath without changing anything, lengthening the breath, equalising the inhale and exhales.

Visualisations – creating a visualisation that is safe and has personal meanings.

Mindful movement – gentle stretching, releasing and extending movements with awareness.

Sound and other senses – awareness on different sounds and sensations.

Range of benefits:

Managing stress better through giving the body and mind some rest and relaxation.

Personal learning and goal setting.

Meditation positions:

Some people prefer to lie down for meditation and others choose to sit. The benefits of both sitting and lying down will be explored in these sessions, with options given for both. Also explored will be some standing meditative positions and stretches.

Preparation and equipment:

Please dress warmly and bring any blankets, cushions or mats you might like to also use for your practice. Note that chairs and mats and blankets will also be provided.

Please be punctual to gain maximum benefit from the sessions and please enter the space quietly on arrival so we can all get into the meditation space straight away.

Looking forward to sharing these sessions with you – Suzanne Frydman @ Relax Communications



BEREAVEMENT SUPPORT FOR CAMPERDOWN PARENTS

An Information Evening will be held in late June to introduce a Camperdown-based support group for bereaved parents.

The meetings, hosted by The Compassionate Friends Victoria, and supported by Westpac's Community Grants Program, will commence in August, and will be ongoing.

The monthly meetings provide a social lifeline for parents who have suffered the death of a child of any age and any cause.

The gatherings will be facilitated by two local women, Jan Smith and Judi Oakes, both of whom have experienced the untimely deaths of both children and siblings.

"Jan and Judi have responded to the need in the Camperdown and surrounding region to get a Compassionate Friends group going," said the organisation's groups co-ordinator, Andrew McNess.

"They will be able to offer peer support in the community. This is a tremendous thing, as bereaved parents and siblings can often be very isolated in their grief."

The monthly meetings will be held at Camperdown's Uniting Church. "It's a relaxed setting where bereaved individuals can meet up and mix. They can talk about their loved one, or loved ones, who died and their ongoing experiences of grief," said Mr. McNess.

"Often, though, the most comforting thing is being able to mix with people who have travelled a similar road. Knowing that you are not alone in your grief."

The Information Evening will be held on Monday, 26 June at 7.30pm. Supper will be provided. The venue is Camperdown Uniting Church Hall, Barkly Street, Camperdown.

To attend, please RSVP The Compassionate Friends on (03) 9888 4944 or email support@compassionatefriendsvictoria.org.au

The Compassionate Friends Victoria Inc.
Supporting Parents and Siblings after a Child Dies