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.

Dear Students, Parents, Staff and friends of Mercy Regional Community,

Over the weekend I had the privilege of being involved in the South West Big Freeze fundraiser to fight MND. I must say this was a very humbling experience. To date, Sarah Dunn and Tracey Telford along with the generosity of the South West have raised well over $36,000. A final tally will be announced in the coming future. The decision of what costume to wear was an easy one for me – it certainly needed to tie in with the generosity of the Mercy Community – so a Mercy student in correct winter uniform and mobile phone at hand was a “no-brainer”!

I would like to say a special thanks to the following groups that supported the cause:
- The Mercy Staff (lead by Emily Stephens). They raised over $600 with a morning tea and luncheon.
- The VCAL crew who sold countless hot chocolates and coffee’s over the past few weeks.
- The students of MRC who donated their loose change in the canteen – foregoing those extra Chicken Nuggets on those winter days.
- The raffle run by our Admin team.
- Jada Mahony, from St Pat’s who initiated fundraising efforts and helped organise their ice-bucket challenge along with the rest of their Student Rep team.
- All those who supported through buying beanies, raffle tickets and general donations.

I must say I did enjoy a very toasty Saturday evening with the heater and Ugg boots on.

Today’s prayer is one that is inclusive of hope.

PRAYER FOR THE SICK
Father God, we lift up all those who are facing illness today. We ask that You would bring healing, comfort and peace to their bodies. Calm their fears and let them experience the healing power of Your love. In Jesus' name. Amen.
End of Term Arrangements
A friendly reminder there will be student free days on Friday 21st June and Friday 28th June.

The 21st June will provide teachers with the opportunity to complete remaining semester one corrections and to detail these assessments on PAM and SIMON. The Correction Day is also part of the new entitlement that Catholic school teachers have four professional practice days annually. The second date, the 28th June is a combined Religious Education PD day where all Mercy and St Pat’s staff will come together to “unpack” the Enhancing Catholic School Identity surveys that Parents, Students and staff completed last year.

2020 Enrolment Planning
With the start of third term almost here, planning for next year is underway and given the size of Mercy, forward planning needs to be comprehensive, considered and completed in a timely fashion. 2020 enrolment applications are due this Friday 28th June into the College with a $100 deposit. Early next term, on Monday 29th and Tuesday 30th July the second stage in the College enrolment processes occurs for incoming 2020 Year 7 students with enrolment interviews to be held at McAuley Campus (Monday evening) and O’Keeffe Campus (Tuesday evening) from 3.30 – 6.00pm. These enrolment interviews provide both the College and prospective students and parents to meet, discuss transition arrangements, identify and discuss any areas of concern and provide an invaluable opportunity for prospective students to reflect on what the transition to secondary education might entail.

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

Trial Lockdown and Evacuation
As part of our routine Emergency Management planning, we will be running a trial lockdown at McAuley campus and both a trial lockdown and evacuation at the O’Keeffe campus on Thursday 27th June. Students will be informed well in advance that this is trial procedure and we welcome you to discuss this with your child if you feel they may need further support.
Mercy Parents’ Consultative Group Meeting

The term two, Mercy Parents Consultative Group (PCG) meeting will be held this Wednesday 19th June from 5.00pm in the McAuley Campus Board Room. As I have mentioned in previous newsletters, the Mercy PCG provides an opportunity for Mrs. Claire Wrigley and myself as Principal to consult on the major issues affecting the College and vice versa.

By Gods Mercy we have been given the Work to do

This fortnight’s reflection comes from Mr. Ben Brisbane, Head of Middle School.

Last week I was privileged to attend a professional development activity where I learnt the skills and techniques of “Growth Coaching”. Whilst it was difficult being off campus, the experience was most worthwhile for my development as a leader in the school. Growth coaching’s central focus is on getting each person (child or adult) to generate the answers, to gain the ability to make decisions on their own and put them into action, resulting in the individual being committed to their decision making and allowing for personal growth. This professional development has given me the chance as a teacher to really press reset on my approach, to reinforce that we are not here to just provide the answers, but more importantly to guide students to the confidence needed to make their own decisions. When this happens this displays learning, and I feel we do this well at Mercy. Being able to witness this first-hand is the greatest part of our job as a teacher and as the Head of O’Keefe Campus. Experiencing the students arrive from Primary School and seeing the growth they go through on their way to Middle School is something to beho.

By God’s mercy we will keep doing this work.

Staff and Student Activities

As the College community approaches the end of term, a number of important extra-curricular activities have been underway:

- By all accounts our Year 9 Students spent a not-so-cold day a Sovereign Hill, Ballarat. This day was spent supporting Humanities classroom learning. Students attended an education session on Australia and Asia looking at immigration to Australia at the time of the gold rush and the treatment of the Chinese on the goldfields, as well as a tour of Red Hill Mine.
- Currently Year 10 and 11 students have either completed or are in the midst of completing End of Semester exams.
- Last Wednesday saw approximately 90 students complete the GAT in readiness for their end of year exams. After this, many students came back to share in some hot soup and additional study sessions.
- This week again sees our Middle and Senior Girls compete in GWR Football in Colac. We wish them all the best.
- 25 keen Year 12 students will complete their Responsible Serving of Alcohol (RSA) on Wednesday night.

Warm regards,

Mrs. Berni Sinnott
Principal
Men's Health Week is celebrated every year in June. Because the health status of males in most countries, including Australia, is generally poorer than that of females.

More males die at every stage through the life course, more males have accidents, more males take their own lives and more males suffer from lifestyle-related health conditions than females at the same age. Meanwhile, males are less frequent visitors to general practitioners, and the perception is that they don’t care about health or that health services are not well-prepared to interact with men effectively. In Australia, Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of males, their health outcomes and health needs around the country. The awareness of the week celebrates the strengths of men, the contributions they make and the important role they play in society. It is as much a week of celebration and engagement of men with a serving of health on the side!

We encourage our male students to seek out medical help when need and to talk to family, teachers and friends about how they are feeling. In particular to talk about mental health and know its ‘ok to be not ok’ and to seek out help when needed.

Uniform – students are doing a very good job of wearing the school uniform correctly and we thank parents for their support in this process. We had a full school uniform check last week and although some students were issued with a tracking point for the most part uniform was worn correctly by the majority of our students. We do ask that rugby tops are not worn to school as they are part of the PE uniform not the school winter uniform.

Just a reminder that jewellery must be discreet and can include; two pairs of earrings per ear, one nose piercing (less than 2mm or clear) One bracelet is allowed. Jewellery being kept to a minimum is necessary for the occupational health and safety of the student. Students are not permitted to have coloured nail polish.

Year 12 Physical Education Incursion
On Tuesday June 4, the Year 12 PE class were able to see to fitness component tests conducted at school by Mets Performance from Melbourne. We had to students complete the tests, Toby Mahony and Maddie Hickey. Toby completed a VO2 max test which tested the capacity of his aerobic energy system and Maddie completed a Wingate test which tested her capacity of the anaerobic energy system. To witness these tests really helps students in their learning and understanding of this area of study.
Careers Report
Jenny Phillips

RIST Wool Overview Program
This was a great opportunity for a small number of our Year 9 students to check out the wool industry first-hand. This program was run by RIST at Mt Elephant station over three days (29\textsuperscript{th} - 30\textsuperscript{th} May & 5\textsuperscript{th} June) and this year we had six students attending the event.

RIST – Wool Overview Program Report (Alex Martin)
Last week I went to a wool program at Mt Elephant, along with 5 other students from our school. I thought that the program was really good, and I enjoyed learning lots about all aspects of the sheep industry. I met many new people and would recommend it to everyone interested next year.

RIST – Wool Overview Program Report (Bailey Vines)
On 29\textsuperscript{th} & 30\textsuperscript{th} May and 5\textsuperscript{th} June, I was lucky enough to go to Mount Elephant Station. The first day at the sheep shed was freezing. We had to do health and safety before we did anything else. That afternoon we got split in 3 groups. One was shearing, another pulling dags off and rolling the wool and the third was doing theory. The next day we went straight into doing all these things and we manage to shear about 70 sheep. On the last day we spent some time out in the sheep yards. We watched the sheep dogs round the sheep up and push them up with having to move. We learnt how to round the sheep up and drench them.

Resources for School Leavers

For students considering an Apprenticeship, or Traineeship: Steps to an Australian Apprenticeship
- Flyer attached

For students considering Tertiary Studies: Open Day Calendar
- Flyer attached
Uni & TAFE Open Days

VICTORIA

JUNE 2019 // PREPARED BY SLM CAREER RESOURCES,
WEEKLYCAREERNEWS@GMAIL.COM
Swinburne University
Hawthorn

La Trobe University
Shepparton
Friday 2 August
Melbourne
Saturday 4 August
Mildura
Wednesday, 14 August
https://bit.ly/2HNDt8
Albury-Wodonga
Sunday 18 August
Bendigo
Sunday 25 August

The University of Melbourne
Parkville
Sunday 18 August
https://bit.ly/3x0pgx

Australian Catholic University
Melbourne
Sunday 11 August
https://bit.ly/2P3hvy0
Ballarat
Sunday 25 August
https://bit.ly/2P3hvy0

CQ University
Melbourne
Sunday 18 August
https://bit.ly/2WbBy2k

Charles Sturt University
Albury-Wodonga
Sunday 18 August
https://bit.ly/2GmzCV1b

University of Tasmania
Hobart, Sandy Bay
Sunday 4 August
https://bit.ly/2WEpFm
Newnham, Inveresk
Saturday 10 August
https://bit.ly/2WEpFm
Cradle Coast
Sunday 11 August
https://bit.ly/2WEpFm

The Gordon
Geelong
Wednesday, 4 August
https://bit.ly/2DD03mh

Other
Contact the institutes directly for information on experience and information days
Holmesglen
Kangan Institute
Wodonga TAFE
GO TAFE
South West Institute
Sunraysia Institute
Chisholm

Monash University
Peninsula
Saturday 3 August
https://bit.ly/3v0kz8
Clayton & Caulfield
Sunday 4 August
https://bit.ly/2v6eK8

Deakin University
Warrnambool
Sunday 4 August
Geelong
Sunday 18 August
Melbourne
Sunday 25 August

RMIT University
Bundoora
Sunday 4 August
City & Brunswick
Sunday 11 August

Torrens University
Melbourne
Saturday 17 August

Federation University
No set day – contact the University to book a time to speak to a course adviser and have a campus tour

Box Hill Institute
Box Hill
Sunday 25 August
https://bit.ly/2v0kz8
Lilydale
Sunday 15 September
www.boxhill.edu.au

Melbourne Polytechnic
Preston
Sunday 18 August
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<td>Audio Engineering</td>
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Steps to an Australian Apprenticeship

1. **Research**
   - Discover what apprenticeships and traineeships are all about
   - Find out which industry is right for you by checking out the Career Interest Explorer, and Work Type Explorer
   - Learn more about apprenticeship or traineeship occupations by checking out Job and Training Descriptions

2. **Preparation**
   - Put your knowledge to the test by trying a Practice Aptitude Quiz
   - Learn about pre-apprenticeships and whether they would be right for you
   - Learn about the organisations that are involved throughout an apprenticeship and traineeship, and how the training works
   - Find out what wages and entitlements you will get as an apprentice or trainee

3. **Job Hunting**
   - Check out the My Gain YouTube channel and talk to family and friends to find out how other people got their apprenticeship or traineeship
   - Chat with Group Training Organisations, Australian Apprenticeship Support Networks and jobactive to see if they have any positions, and don’t forget to contact employers directly and visit job search sites
   - Tailor your resume and cover letter for the job you want and apply

4. **Sign Up**
   - Once you have found an employer who is interested in taking you on as an apprentice or trainee, contact an Australian Apprenticeship Support Network to organise the sign up

[Image: aapathways.com.au/steps]
Save the Date
Monday, 19th August 2019
MRC Annual Instrumental Concert
More Details to Follow

Congratulations to Hayden Parker on winning overall Champion on Nitro in the 120 class and overall reserve Champion on Fat Boy in 110 class. Hayden is off to Sydney in September joining other friends representing Victoria.
MADDIE RIEWOLDTS VISION DAY
AIMING TO FIND A CURE AGAINST BONE MARROW FAILURE SYNDROMES.
WEAR A TOUCH OF PURPLE TO SUPPORT THIS GREAT CAUSE!
THURSDAY, 20TH JUNE
BRING A GOLD COIN FOR THE BAKE SALE
#fightlikemaddie

Maddie Riewoldt’s Vision
MRC Cake Bake Sale
Thursday 20th June @ Recess & lunch
Please bring a gold coin
COMING DATES

TERM 2, 2019

Tuesday 18th June
GWR AFL - MID & SEN Girls
MRC Board Meeting

Wednesday 19th June
RSA Training
(Responsible Serving Alcohol)
3.30 – 7.30pm

Tuesday 25th June
HSSSD Basketball - SEN & INTER

Thursday 27th June
Whole School Evacuation

Friday 28th June
Term 2 Concludes
ECSI RE PD Day for Staff

TERM 3, 2019

Monday 15th July
Term 3 Commences

Tues 16th & Wed 17th July
GWR Netball - MID & SEN Boys & Girls

Tues 23rd – Fri 26th July
Unit 2 Outdoor Ed – Snow Practical Sessions

Mon 29th & Tues 30th July
Year 7 2020 Enrolment Interviews

Thursday 1st August
GWR Basketball – MID & SEN Boys & Girls
GWR Table Tennis – JUN, MID & SEN Boys & Girls
Public Notices

SEE THE WORLD
On a WEP student exchange!

My exchange was one of the best experiences of my life! WEP were so supportive prior to leaving, during my program and also upon return. 100% recommend :) 

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- Choose from 27 countries
- Attend school overseas
- Live with a local host family
- Make memories to last a lifetime!

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@WEPAUSTRALIA
Music, circus and movie fun in school holidays

CORANGAMITE school kids have some awesome experiences coming up these school holidays as part of Council’s arts and culture program.

Corangamite Shire Council Economic Development and Events Officer Tammy Young invited students from across the Shire to come into Camperdown to join in the fun.

“On Wednesday 3 July Polyglot Theatre will run a workshop at the Killara Centre in Camperdown with Clippy—a unique digital instrument that makes sounds from everyday objects,” Ms Young said.

“Clippy allows anyone to make their own instrument. You don’t have to be able to read music or play an instrument to create your own compositions.”

The following Wednesday, 10 July, young residents can learn big top skills during a Circus Oz Slack Up workshop at the Theatre Royal.

“Circus Oz is world famous for is circus skills and this is an opportunity for primary and secondary-aged students to learn fundamental skills with trainers drawing on Resilience, Rights and Respectful Relationships learning materials,” Ms Young said.

“They can step outside their comfort zone in a safe and supportive environment as they balancing, juggling, hula hoops and plate spinning.”

Both workshops cost $5 per child.

There will also be two free movies at the Theatre Royal: Ralph Breaks the Internet on Thursday 4 July, and The Grinch on Thursday 11 July.

“In the sequel to Wreck-It Ralph, Ralph (John C. Reilly) and Vanellope (Sarah Silverman) are back in trouble again when they get loose on the internet.

“As a bit of Christmas in July fun, The Grinch is a 3D animated version of the Dr Seuss classic about the monster who tries to steal Christmas.”

There will be no charge for the movies, with food and drink including popcorn available for purchase. Doors open at 1 pm for a 1:30 pm start.

“The workshops and movies are timed to fit in with Pope’s bus times from Timboon to make it easier for Timboon and Cobden people to come and join in,” Ms Young said.

For further information, or to book for the workshops, please contact Corangamite Shire on 5593 7100.