



**Year 7 2026**

**Welcome Booklet**



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# PRINCIPAL'S WELCOME

We welcome you to our Mercy Regional College community. Our school motto is *“Learning to Care, Caring to Learn”*. Care is at our heart. We hope to promote and nurture in all young people their academic potential but also a spiritual way of living, learning and being that is based on “Good ethics, good morals, care, kindness”.

The focus of this booklet is those vital first few weeks of secondary school and all the details that you need to ensure that this start to Year 7 is as seamless as possible. The guide is roughly chronological with events detailed in the order they will occur. It also includes contact details for the Junior Leadership Team at the O’Keeffe Campus.

I would like to thank all those who contributed to the development and production of this booklet – Mrs Stephanie Rose-Goodhall, Mrs Emily Stephens, Mrs Leah Sinnott, Mrs Nicole Darcy, Mr Toby McKenzie and the staff of the O’Keeffe Campus.

With kindness,



Sharon Gillett  
Principal



*Principal Sharon Gillett with 2026 School Captains Matilda Curran, Joseph Moloney and Sonny Podger*

# 1 VISION, MISSION & MANTRA

## OUR VISION & MISSION



Inspired by faith and our Catholic heritage, we nurture growth through purposeful and empowering learning

## OUR MANTRA



### Learning to Care, Caring to Learn

"Learning to Care" means developing the ability to be empathetic and compassionate towards others, and understanding the importance of considering the wellbeing and needs of others. It involves becoming more aware of the impact of one's actions on others, and making an effort to be more considerate and kind.

"Learning to Care" is related to developing emotional intelligence.

"Caring to Learn" means having a desire or willingness to acquire knowledge and understanding about a particular subject or topic. It involves being interested and invested in the learning process, and having a positive attitude towards gaining new information and skills. Additionally, it also includes being open to challenges and making an effort to improve oneself. "Caring to Learn" is related to developing curiosity and desire for learning.

# CORE VALUES



## COMMUNITY

We nurture geographic, cultural, and social aspects of community, fostering a sense of belonging, care, collaboration and support. By nurturing these connections, we actively create and build positive community members.



## INCLUSIVENESS

We value inclusiveness by creating a welcoming and supportive environment that respects diversity and promotes equity in our community. We nurture a culture of acceptance and responsible and compassionate citizenship.



## RESPECT

We value a culture which promotes respect for self, others, our wider community and the world, reflecting the gospel values of love, compassion, and service. We value and treat all members of the school community with dignity and understanding to promote a caring environment.



## EXCELLENCE

We value excellence by creating a culture of high personal expectation and academic rigour whilst promoting spiritual and personal growth. We encourage everyone to pursue their interests and talents to become valuable, active members of the broader community.

## 2 GENERAL INFORMATION

The MRC website, [www.mercy.vic.edu.au](http://www.mercy.vic.edu.au), *SIMON* and *Parent Access Module (PAM)* are all valuable sources of information for parents and students. The College newsletter is emailed to the MRC community published every three weeks. It is also accessible on the College website. Parents will be notified about the upcoming events and activities via the weekly memo '*The Week Ahead*' which is emailed out on Friday afternoons.

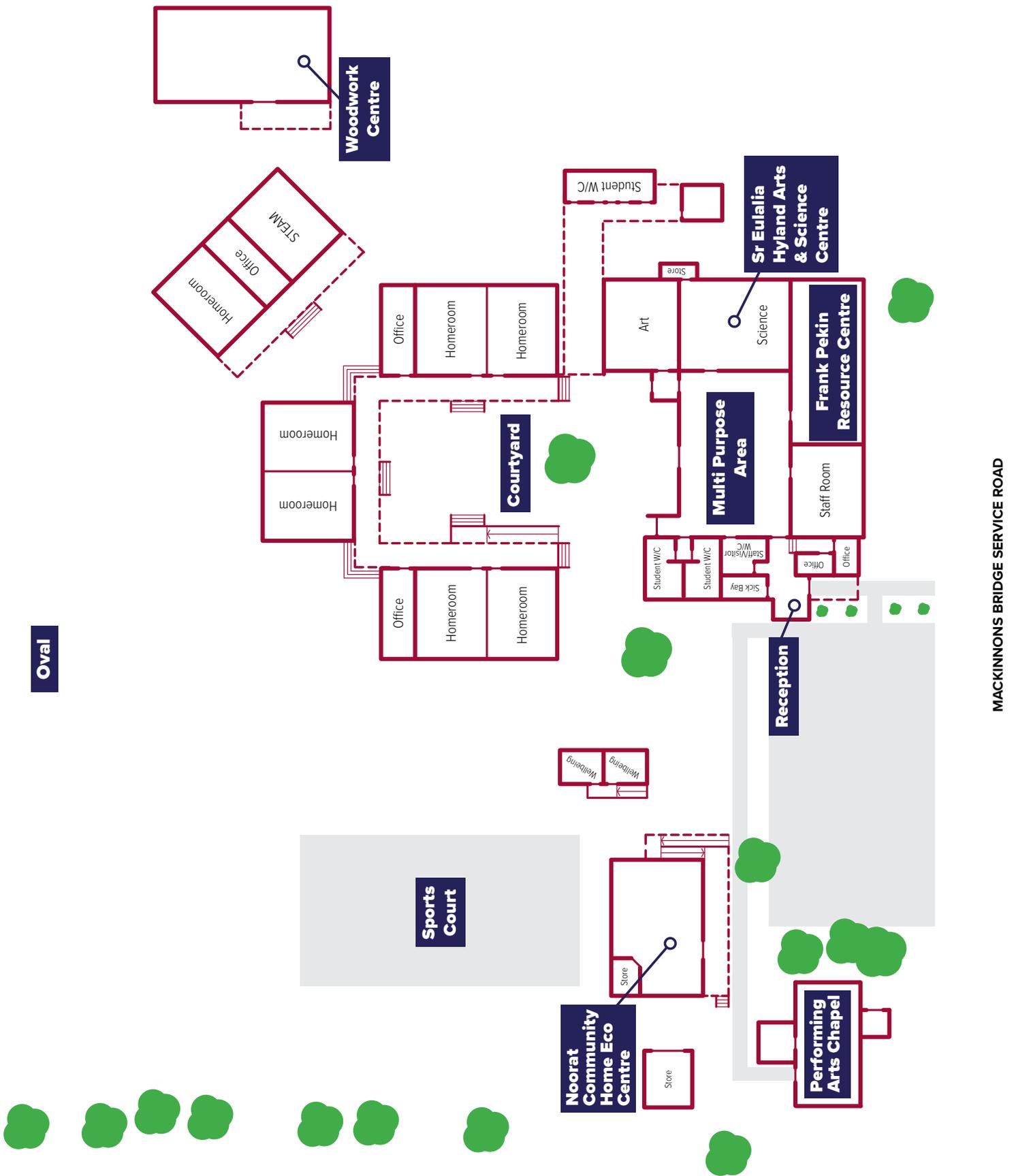
### 2.1 The O'Keeffe Campus

At Mercy Regional College we recognise the significance of facilitating a smooth and inclusive transition for all students to their secondary school experience. To support this transition, all Year 7 students attend our dedicated Junior School campus located at Noorat. The O'Keeffe Campus is shared with Year 8 students and the curriculum is designed to meet the individual learning needs of all students whilst providing an opportunity for connection to the environment, local community and to our shared history inclusive of the traditional owners of the land on which we learn.



*The O'Keeffe Campus Courtyard*

## 2.2 The O’Keeffe Campus Map



## 2.3 College Uniform Shop

The Mercy Uniform shop is located inside the Administration building at the McAuley Campus, Camperdown, and is open on the following days:

### Terms 1 & 4

**Monday** 12.00pm to 4.00pm  
**Tuesday** 8.00am to 12.00pm  
**Thursday** 8.00am to 12.00pm

### Terms 2 & 3

**Monday** 12.00pm to 4.00pm  
**Thursday** 8.00am to 12.00pm

**January 2026 Opening Days & Times:** available on the Noone website  
[www.noone.com.au/school/mercy-regional-college/stores](http://www.noone.com.au/school/mercy-regional-college/stores)

[Click to go to the Uniform Shop website](#)

If you have any questions regarding uniform, please contact the uniform shop on **7020 2625** or email [uniform@mercy.vic.edu.au](mailto:uniform@mercy.vic.edu.au).



*Uniform Shop located at McAuley Campus*

## 2.4 College Uniform Expectations

School uniform is compulsory and students are expected to maintain high standards of personal grooming and neatness and to take pride in their College uniform. All students are expected to wear full school uniform while at school.

Students are offered the choice of a ***trans-seasonal uniform***, i.e. the uniform can be worn in accordance with the weather. However, students must wear either the full summer or full winter uniform, not a combination of both.

Any student not wearing full uniform is to bring a note from his/her parents, to be given to the Homeroom teacher, explaining the reason for being out of uniform and the expected length of time the student will be out of uniform. Students are advised to mark their name on all items of uniform and personal property brought to school.

Sports uniform must be worn during PE class. Students who are unable to wear the correct sports uniform must bring a note from their parents. ***O’Keeffe students are permitted to wear their correct PE uniform to school for the day, only when they have PE practical class. In winter students will be encouraged to wear the College logo tracksuit pants.***

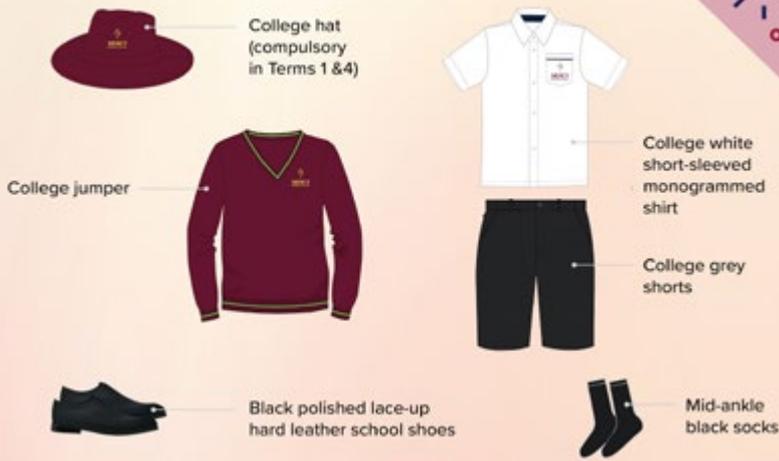
During cooler months students are permitted to wear only the MRC softshell jacket as an over garment for protection from the weather. During Terms 1 and 4 students are to wear a College hat during recess and lunchtime.

The following page has a detailed overview of MRC uniform.

Please refer to the College website for ***Mercy Regional College Uniform Policy***.

***Upon a breach of the uniform guidelines a warning by the Homeroom teacher will be given first. A second breach results in a level one tracking incident recorded on SIMON.***

## SUMMER UNIFORM: Boys



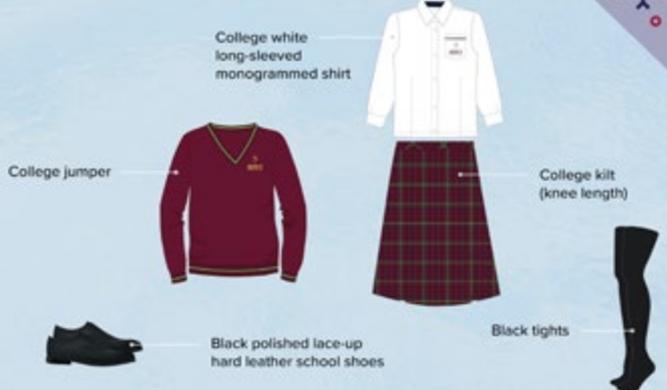
## WINTER UNIFORM: Boys



## SUMMER UNIFORM: Girls



## WINTER UNIFORM: Girls



### OPTIONAL



### OPTIONAL



## SPORTS UNIFORM: Boys & Girls



## Senior Years Jumper

Senior Years navy jumper is worn by Year 11 & 12 students instead of the maroon College jumper.



## College Bag

All students are to carry their belongings in the College bag.



## Grooming & Accessories

**Not permitted:** Any visible make-up, nail polish, tattoos and extreme hair colours.

**Hair:** Must be clean and tidy. Collar length hair must be fully tied back with navy, white or maroon ribbons/hair ties.

**Facial Hair:** Boys must be clean shaven at all times.

**Jewellery:** Must be discreet. Two pairs of earrings are permitted per ear (studs/plain earrings). If nose is pierced, only a clear plastic retainer or a stud less than 2mm is acceptable.

**Warmth:** Navy gloves, a maroon scarf and a navy Senior Years scarf are available at the uniform shop to keep you warm. In cold weather, students may wear thermals, singlets, T-shirts or extra layers if they are not visible under College uniform.



## OPTIONAL: College Spray Jacket

During cooler months students are permitted to wear the College spray jacket as the outer garment over school jumper for protection from the weather.



## 2.5 Personal Appearance

Students are expected to maintain a high standard of personal grooming and neatness and to take pride in their College uniform.

### **Jewellery - Girls/Boys:**

Must be discreet and can include any of the following:

- Two pairs of earrings are permitted per ear studs/plain earrings. If nose is pierced, only a clear plastic retainer or stud less than 2 mm is acceptable.
- No visible tattoos are allowed.

### **Hair:**

Must be kept neat, tidy and presentable.

- Please note hair length longer than shoulder length must be tied back for all practical classes inclusive of Science, Food, Technology and Health and PE. Navy, white or maroon ribbons/hair ties can be worn.
- **Facial Hair:** Must be clean shaven at all times.
- **Make-up:** No visible make-up, nail polish, fake eyelashes or fake nails.

## 2.6 Book Collection

Please contact Reception if you have any queries about book collection.

## 2.7 Lunch Orders

There is no canteen at the O’Keeffe Campus but lunch orders are available to students and staff four days a week (Tue – Fri) and are supplied by The Shed, at Noorat. Online orders only, available via the CDFPay APP.

## 2.8 Student Absences

Parents are required to notify the school if their child is going to be absent or will be arriving late to school. Notification can be given via PAM, phone or email [reception@mercy.vic.edu.au](mailto:reception@mercy.vic.edu.au). It is a legal requirement that the school follow up all student absences and a reason noted. Any student who is marked absent from period without notification will be followed up with an **SMS message** asking the parent to contact the school.

The O’Keeffe Campus Office will be closed when there are no students at Noorat, e.g. Sports Days/Masses, etc. Please ring the McAuley Campus on **5593 2011** with any absences.

***Notification of absences for holidays during school term needs to be given at least two weeks in advance in writing addressed to the Principal.***

## 3 BUS TRAVEL

School staff will be at the following connection points on the first day of Term 1.

**Cobden Technical School** from 8.30am  
**McAuley Campus, Camperdown** from 8.30am

Where fitted, seat belts must be worn on buses. Misbehaviour on buses may result in a student's suspension from bus travel for a period of time. Please contact the College **IMMEDIATELY** if your child encounters any problems with bus travel.

Students will be advised well in advance of any changes to bus arrangements, e.g. whole school events at the McAuley Campus.

### 3.1 Bus Passes

Many of the College buses are at or near capacity and only a limited number of requests will be able to be granted. All passes will be issued at the discretion of the Principal. Consideration will only be given to requests for ongoing sporting/music/after school activities **BUT NOT** for social reasons such as birthday parties or sleep overs.

*Parents requesting bus passes will need to email the request to [office@mercy.vic.edu.au](mailto:office@mercy.vic.edu.au) 2 days prior to when the bus pass is needed for the request to be considered.*

*Bus passes on the state coordinated bus runs are issued under their policies and guidelines. For some of the bus runs this means, no bus passes can be issued.*



## 4 SIMON & PAM

The online platform **Parent Access Module (PAM)** is an invaluable tool for parents. Its user-friendly format allows parents to observe and follow aspects of their child's school activities. Parents have access to MRC's daily messages and upcoming events and each student has a customised profile.

In the student profile parents can track test results, assignment tasks and overdue homework. Parents also have access to daily timetable, classroom behaviour, roll attendance and school reports. PAM is very easy to navigate and is great as another form of communication between the school and home.

*Your PAM setup details have been emailed to you. If you require any assistance with login, please email [reception@mercy.vic.edu.au](mailto:reception@mercy.vic.edu.au). Easy access to PAM is available from the homepage of MRC website.*

The screenshot shows the login interface for the Parent Access Module. At the top, there is a navigation bar with five icons: PARENT (circled in red), STUDENT, STAFF, VALUES, and LEARNING PHILOSOPHY. Below this is the Mercy Regional College logo. The main content area is titled "Parent Access Module Login" and contains the following text and form elements:

Please login with your credentials, as supplied by your school.

Username

Password

Keep me logged in

[Forgot Password?](#)

[Sign In](#)

## 5 CLASS COMPOSITION

We endeavour to group your child with at least one or more other students from their previous school. These students may **NOT** be your child's closest or best friends - your encouragement and strategies for resilience in this situation would be appreciated, as once selected it is very hard to change.

With approximately 60 students to allocate into classes, equal gender mixes needed, ability levels catered for and allocation of aides, it is not always possible to cater for every child's friendship requests. Students have the chance to mix before and after school and at recess and lunch.

For some students the first few days may be a little challenging, but all students are encouraged to make new friendships and the camp is often a great factor in making new friends. We encourage students to persevere in this area and be resilient - and by Week 3 all students are usually very settled.

## 6 COLLEGE CONTACT DETAILS

If you have any problems or questions, your child's Homeroom teacher is usually the first point of contact. If you have any concern or problem, please contact the College straight away. We are there to help you and your child.



### O'KEEFFE JUNIOR CAMPUS

8:15am - 4:15pm

Street Address: **26 McKinnons Bridge Road, Noorat Vic 3265**  
Postal Address: **PO Box 152 Camperdown Vic 3260**  
Phone: **5592 5353**  
Email: **office@mercy.vic.edu.au**



### McAULEY SENIOR CAMPUS

8:30am - 4:30pm

Street Address: **15 Henderson Street, Camperdown Vic 3260**  
Postal Address: **PO Box 152 Camperdown Vic 3260**  
Phone: **5593 2011**  
Email: **office@mercy.vic.edu.au**





Assistant Principal  
- O'Keeffe

**Mrs Stephanie  
Rose-Goodhall**

srosegoodhall@mercy.vic.edu.au



Learning Leader  
- O'Keeffe

**Mrs Leah Sinnott**

lsinnott@mercy.vic.edu.au



Learning Diversity  
Leader

**Mrs Claire Walsh**

cwalsh@mercy.vic.edu.au



Family  
Liaison

**Mrs Leah Buckle**

lbuckle@mercy.vic.edu.au

# 7 FIRST WEEKS OF SCHOOL

## 7.1 The First Day

Friday, 30 January 2026

- Students should be in full uniform, including a hat.
- All belongings should be labelled with a student's name. This should include all clothing, books and equipment.
- Students need to bring their own lunch, a drink bottle, a pencil case and an exercise book.
- There is no need to bring text books on the first day.
- The Homeroom teacher will advise what to bring for the rest of the week.
- Student MacBooks will be distributed during Week 1 and 2 of Term 1.



## 7.2 Student Timetable

The student timetable is structured as 6 periods per day as shown below. The timetable rotates fortnightly between Week 1 and Week 2. The End of Day finishing times are staggered to allow for buses to meet connections in Mortlake, Cobden, Camperdown, Terang and Lismore.

Muster in the Morning	9.05am – 9.09am
Period 1	9.10am – 9.57am
Period 2	9.57am – 10.44am
<b>RECESS</b>	10.44am – 11.04am
Period 3	11.09am – 11.54am
Period 4	11.54am – 12.41pm
<b>LUNCH</b>	12.41pm – 1.21pm
Period 5	1.26pm – 2.13pm
Period 6	2.13pm – 3.00pm

## 7.3 Swimming Sports Carnival

Friday, 6 February 2026

- In 2026 the swimming sports carnival will be held at the Terang Pool.
- More details will be shared with students in regards to bus travel for this day.
- Students will need drinks, bathers, sunscreen, hat and lunch although a fundraising BBQ will be available.
- Parents are most welcome to attend and students are encouraged to come dressed in House colours.
- If you want to take your child home after the Swimming Sports Carnival, please give your child a note for their Homeroom teacher.
- One piece bathers are required for girls.



## 7.4 Year 7 Welcome BBQ

**Monday, 16 February 2026**

5.00pm - 6.30pm, O'Keeffe Campus, Noorat

- All Year 7s and their families are invited to attend.
- Meat and salads supplied, please bring your own drinks.
- Homeroom teachers will address parents in each class.

This is a great time to see your child's classroom, meet their classroom teacher and look around the O'Keeffe Campus.

## 7.5 Commencement Mass & Assembly

**Thursday, 5 February 2026**

The Commencement Mass will be held at St Patrick's Church beginning at 9.30am and followed by an Assembly. Parents are warmly invited to both events. Students will be required to go straight to the McAuley Campus on this day. Following the Assembly, students will be transported by bus back to the O'Keeffe Campus for normal classes.



## 7.6 Year 7 Camp

**Wednesday, 25 March - Friday, 27 March**

- The 2026 Year 7 Camp will be held at Anglesea Discovery Camp.
- This camp has a focus on developing students' love for the outdoors.
- Students will begin to enhance their independence, relationship building and connection with their peers.
- Information and permissions will be send out via PAM at the start of the year.
- Each student will be given a 'Camp Booklet' which includes the Camp outline, packing lists, contact details and times for the week.



## 7.7 School Photos

**Tuesday, 29 April 2026**

School photos are taken at both Campuses on this day. Arrangements can be made to transport siblings so a family photo can be taken.

## 7.8 Athletics Carnival

Friday, 27 February 2026

- The Athletics Carnival is held at Camperdown College Sports Oval in Frederick Street.
- Parents are most welcome to attend and students are encouraged to come dressed in House colours.
- Students will need drinks, sunscreen, hat & lunch although a fundraising BBQ will be available.
- If you want to take your child home after the Athletics Carnival, please give your child a note for their Homeroom teacher.



## 8 MACBOOK PROGRAM

All students at Mercy Regional College receive an Apple MacBook as part of their enrolment.

- The MacBook is provided for students in Years 7-9 as part of their College fees.
- The College supplies a carry bag and clip-on hardcover at no charge.
- The MacBook is subsidised by the College to keep the rental below what it would cost you to purchase your own.
- The College retains ownership of the MacBook which is handed back at the completion of Year 9.
- The MacBooks are bundled with a 3-year AppleCare+ Warranty which covers accidental damage (including screen breakages).
- 'Theft' and 'Water Damage' are not covered under warranty or insurance and the parent is liable for the full cost of replacing a lost, stolen or water damaged MacBook.

For more information, please refer to the College website or contact our IT Manager Daniel Beard at [daniel@mercy.vic.edu.au](mailto:daniel@mercy.vic.edu.au).

When students move to Year 10, they can decide the best MacBook to suit their subject focus heading into Senior classes. Parents do have the option to purchase the MacBook outright up front or repay over 6 monthly repayments.



Mercy Regional College believes Home Learning is important to engage students in learning outside of the classroom. It carries the educational benefits of time management, organisation, rehearsal and reinforcement of learning, and an ability to think beyond what is taught in the classroom.

Home Learning at Mercy Regional College consists of two dimensions:

#### 1. Formal Home Learning

This takes the form of specific tasks set by teachers, for example, MathsMate sheets.

These tasks are designed to help students practise skills learned in class and develop further understanding of key concepts.

#### 2. Informal Study

This takes the form of personal revision, reading, watching the news or a documentary, etc.

We strongly encourage reading as a priority.

Mercy Regional College acknowledges that the balance between home learning and other after school activities is vital. Time spent with family and friends after school, in a range of activities and commitments is very important, and encouraged.

Year 7 and 8 Home Learning expectations: Aim for approximately half an hour to one hour of Home Learning 4 - 5 times a week. In Year 7 beginning with the core subjects such as English, Maths, Humanities and Science and then expanding into other subjects in the second half of the year.

Parents can monitor Home Learning tasks via the online Parent Access Module (PAM). This is where due dates, submission status and Home Learning results can be found. Students are encouraged to complete Home Learning tasks well before the due date. Leaving Home Learning tasks to the night before they are due is not effective use of time and is strongly discouraged.

Submission of Home Learning will be recorded on PAM at the time it is handed in. Students who fail to submit their Home Learning at the allocated time will be required to attend a lunch time Home Learning Help session. The purpose of this session is to assist students to develop time management and organisation skills and ensure that future Home Learning is submitted on time. Students who hand in Home Learning which is not of an acceptable standard may also be required to attend the Home Learning Help session.

Questions about the Home Learning program can be directed to your child's Mercy teacher or the Director of Learning and Teaching.

## 10 INCREASING PARENTAL INVOLVEMENT AT SCHOOL

At the O’Keeffe Campus we would like to provide opportunities for our Year 7 & 8 parents to be actively involved in the school, not only to support teaching and learning but to also continue to build a sense of community where our students and parents feel a belonging to our great College. Activities include *Morning Teas* and *Special Persons’ Day*. We understand that not all parents can be involved due to commitments.

Further information will also be sent home early in Term 1.

### 10.1 Special Persons’ Day

#### Term 3

Grandparents & Special Friends Day is an opportunity to celebrate the many important people in the lives of our students and also gives our Year 7s the chance to celebrate and share their school. The day includes morning tea, performances and classroom visits.

## 11 MOBILE PHONES

- If a student, with the specific consent of his/her parents, chooses to bring a mobile phone to school he/she must respect fellow students’ and teachers’ rights through responsible and appropriate use of the phone.
- The use and securing of mobile phones are the individual students responsibility. It is not the responsibility of the school to ensure the security of mobile phones brought to school by students. Students bring these at their own risk. ***Students are strongly encouraged not to bring their mobile phones to school.***
- If mobiles are brought to school, they must be turned off and left in the student’s school bag.
- Students are not permitted to use mobile phones on school property, or school organised special events unless special authorisation has been granted.
- Parents and students who feel it necessary to bring phones to school (to accommodate nights when students have part time work, sport training and study etc) are most welcome to leave it securely stored at Reception.
- Mobile phones must not be used to bypass school procedures in relation to school parent contact such as the official notification of student illness or early departure from school.

- The school asks parents who need to contact their child to confine their mobile calls to before and after school.
- Any parent who needs emergency contact with their child can ring Reception who will pass on the message.
- Mobile phone must not be used to record images of students or teachers or to make a recording of students or teachers voices on college grounds, school events, school camps and excursions and on bus travel.
- Students are not permitted to use their mobile phones during recess or lunch.
- Mobile devices may not be used in the changing rooms or toilets or used in any situation that may cause embarrassment or discomfort to others.

#### **Non-compliance with guidelines for student use**

- If a student is found to be in possession of a phone (and has not followed the above procedures), then the phone will be confiscated until the end of the school day. This can be collected from the office at the end of the day. The student must also present their phone the proceeding day to be stored at reception for the day.
- If a student commits a second offence, their phone is confiscated, and parent contact made by AP or Principal.
- If a third offence is committed, parent contact will be made by the Principal or AP and a meeting will be scheduled with parents and student. Student may then serve an internal suspension concluding at 4:10pm.
- Note: if students use phones at recess or lunchtime, their phone will be confiscated, and same sanction enforced (as per points 1 and 2)
- (If a student violates any of the above guidelines, then the DOBCEL Suspension and Expulsion of Students Policy will be followed)
- You can view the full Digital Technology Policy on the School's webpage.

## **11.1 Messages to Students**

Students can only be called to the office at recess, lunch or at the end of school bell to receive messages from parents.

## **11.2 Student Emergency Contacts and Pick Up Arrangements**

During the enrolment process, parents nominated contacts for their students in case of an emergency. Anyone already nominated can pick up your child from school. Occasionally students need to be picked up by someone not already on the list. If this is the case, please contact the office. This also applies if students are going home via a different method, e.g. with other students or walking to sporting commitments.

## 12 MERCY MERITS PROGRAM

*The Mercy Merits Commendation Program* is used to complement positive behaviours and to encourage and acknowledge students who strive for personal growth. Personal growth at Mercy is demonstrated through students displaying a positive attitude towards their learning, peers, teachers, and the Mercy community. Mercy Merits encourages a student involvement in various aspects of our College community and the wider community.

The Mercy Merits are recorded on SIMON under student commendations where students can see them, parents will also be able to access this information on PAM. These commendations will accumulate to encourage students to strive towards **Mercy Merit Awards**. The Mercy Merits reflect our school's core values. Mercy Merits will be achieved by students will also contribute to the **House Award, The McLeod Shield**. Students can achieve commendations in recognition of personal achievement and growth in the following categories:

- **Learning Growth:** Individual's growth in school work.
- **Acts of Mercy:** Assisting and helping others in our community and the wider community.
- **Leadership and Positive Role:** Examples of positive student leadership/College representation.
- **The Arts & Cultural:** Examples of student involvement across arts and culture.
- **Sport:** Representation and achievement in College sport only.

Students who accumulate **20 commendation points (which must have a minimum of 2 achievements in each of these categories)** will be awarded with a **Bronze Merit award**.

Students who accumulate **50 commendation points (which must be in at least 2 different categories and have a minimum of 3 achievements)** will be awarded with a **Silver Merit award**.

Students who accumulate **110 commendation points (which must be in at least 3 different categories and have a minimum of 2 achievements)** will be awarded with a **Gold Merit award**.

## 13 STUDENT WELLBEING

The wellbeing of our students at Mercy Regional College is central to all that we do. The student's wellbeing is every teacher's responsibility and we work to ensure all students are happy and feel safe in our College environment. The Home Room teacher is the first person to contact should there be any concerns with your child. We have a **Wellbeing Team** consisting of *the Assistant Principal - O'Keeffe Campus, Mrs Stephanie Rose-Goodhall; O'Keeffe Campus Assistant, Mr Tim Woodmason; Assistant Principal Wellbeing and Engagement, Mrs Emily Stephens; College Pastoral Care Worker, Mrs Natasha Neal.* Their role is to provide support to the students, not only involving mental health of the individual but also allowing them to grow as a person by guiding each individual to make decisions for themselves. We provide students with resources and materials with the goal to help and assist young people in making positive decisions about their lifestyle taking into consideration the values of their family, school and culture. One of the major barriers and challenges is improving access to information and services for young people. We work with the student and parents.



## 13.1 MERCY (Mindfulness, Empathy, Resilience, Care, You)

Mercy is a dedicated pastoral care program that includes lessons from the Resilience Project, Positive Education Institute and Resilience, Rights and Respectful Relationships. MERCY lessons are held in homeroom groups and are centered around resilience, empathy, mental health, respectful relationships and emotional literacy.

## 13.2 Websites for Parents and Young People

A great way young people access information is through the Internet. Below are some fantastic sites for young people.

### [www.eheadspace.org.au](http://www.eheadspace.org.au)

A confidential free, anonymous, secure space where young people can chat with or email qualified mental health professionals.

### [www.reachout.com](http://www.reachout.com)

An online community for young people that can help with mental health and wellbeing related issues. It also provides opportunities for connecting with young people.

### [www.smilingmind.com.au](http://www.smilingmind.com.au)

A modern meditation for young people. This is a web and app-based program to help bring balance into young lives.

### [www.kidshelp.com.au](http://www.kidshelp.com.au)

Australia's only free, private, confidential telephone and online counselling service for young people between 5-25 years of age.

### [www.esafety.gov.au](http://www.esafety.gov.au)

ESafety is committed to helping young people have safe, positive experiences online and encouraging behavioural change, where a generation of Australian children act responsibly online just as they would offline. Our goal is to empower all Australians to explore the online world safely.

### [www.cybersmart.gov.au](http://www.cybersmart.gov.au)

Free and private advice online.

### [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

A dedicated site for youth. Information, resources and support for young people.

### [www.headspace.com.au](http://www.headspace.com.au)

National youth mental health foundation. Helping young people get through tough times.

## 14 COLLEGE EXPECTATIONS

1. Students are to contribute to a welcoming, caring and supportive environment by showing consideration for each other and ensuring that their words and actions cause no harm or offence to others.
2. Students are expected to attend all classes and, if sick or absent, make contact with the College to communicate this. When at school, students are expected to be on time and be properly prepared for class.
3. Students are to contribute to a conducive and effective learning environment in the classroom by following instructions and obeying classroom rules.
4. Students are expected to strive for personal excellence in all areas of College life. All College staff will do their utmost to foster a learning environment that enables students to pursue and achieve excellence.
5. Students are to contribute to a safe, orderly environment by moving and acting in a way that is not disruptive or unsafe to themselves or others. The school strictly enforces a 'Hands Off' Policy between students, in recognition that every student has the right to feel safe at all times within the College.
6. Students are to contribute to a secure, clean and pleasant environment by acting in ways which look after their own, other people's and College property. Students are to contribute positively to the health and hygiene of the school surrounds and wider community in a manner that is consistent with the importance of preserving and maintaining the natural environment.
7. Students are to take pride in their College by wearing the uniform correctly and acting in a way that reflects well on themselves, their families and the school.

