

Newsletter

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Dear Parents & Students,

Prayer

Come with me by yourselves to a quiet place and get some rest.

Mark 6:31

*Much of what is sacred is hidden in the ordinary,
everyday moments of our lives.*

*To see something of the sacred
in those moments takes slowing down
so we can live our lives more reflectively.
(Ken Gire)*

PRINCIPAL MATTERS

Parent Response to Use of Mobile Phones at School

Thank you very much to all parents/caregivers who responded to my request for feedback regarding mobile phone use at school. We now have responses from the student body, parents and staff. The Executive will work with a representative panel before making a decision about the best course of action. A summary will be prepared early next term.

Parent/Teacher Interviews

Interviews held in the last two weeks attracted terrific support from parents. I hope they provided information that will assist parents and teachers in their important task as co-educators.

Staff Matters

This week we farewell Mr Gian Parodi after 6½ years of dedicated service to the McCarthy community. Mr Parodi's contributions have been significant in the areas of Mathematics, Music and Technology. We wish him and his family well for the future.

Outstanding Student Achievements

Congratulations to our Girls Tennis team of Gemma Campbell, Emma Barnes, Nicky Myers and Zoe Martin who were crowned NSWCCC State Champions last week in Bathurst defeating Brigidine College, St Ives. This is the first time our school has won the gold medal in this sport.

Sophie Heeney, Ellie Camilleri and Bronte Ellicott, who were awarded the silver medal at the NSWCCC Triathlon Championships in March, were notified this week that due to the correction of an administrative error they have now been awarded the gold medal. The girls were presented with their medals at assembly this week.

Round 2 Enrolments

The second round of applications for enrolment closes today, 30 June. We have, again, received more applications than we will be able to place so it is important that parents respond to offers promptly.

NAIDOC Week

This week we have been celebrating NAIDOC Week. The theme this year is "Change: The Next Step is Ours".

I would like to take this opportunity to thank Mrs Jodie Herden and Ms Jolene Spreadborough for their outstanding work as Aboriginal Education Assistants in the school. Both staff members bring a great deal to the community through their gifts and talents, the relationships they build and their commitment to our indigenous students and their families. This year students have again had the opportunity to participate in the Gavel Club (a joint venture with the Aboriginal Lands Council and Tamworth Toastmasters), the Aboriginal Dance Group, Art workshops, the Warraymalaya Retreat and a variety of cultural activities.

Appraisal

My first full appraisal as Principal was conducted today. Thank you to the parents who completed the online survey. The information collected from the surveys was combined with the results of the staff survey and interviews with staff, representatives of the College Board, Association and the student body.

Athletics Carnival

Tomorrow the whole school will participate in the annual McCarthy Athletics Carnival at the Tamworth Regional Athletics Complex. Students come to school as normal and will be transported to and from the grounds.

Dates for Term 3

Please note the important dates for Term 3 in the Diary Dates above. School Photos will be conducted on Wednesday 20 and Thursday 21 July (first week of Term 3). Students are to be in full winter uniform (not sports uniform). There will be a Pupil-Free Day for whole-staff professional development on **Monday 5 September**.

Mrs Kate Rayment – Principal

Diary Dates

30 June: Newcastle University Open Day
 1 July: Athletics Carnival
 1 July: Last day of Term 2
 18 July: Term 3 commences
 19 July: Year 8 Building Bridges
 19 July: Year 9 English Poetry Performance
 20 July: School Photos
 20 July: HSC Physics Workshop
 20 July: Year 11 2012 Information Evening 7pm
 21 July: School Photos
 22 July: Year 8 Jump Rope for Heart
 25 July: HSC Drama Performance Evening
 5 Sept: Pupil Free Day

RELIGIOUS EDUCATION

Last week we attended our annual RECs Retreat at Moree. The main presentation was given by John Crowley from the Townsville CEO and centred on the theory, practice and application of Christian Meditation. We learnt that Christian Meditation has been a part of Christianity from as early as the first centuries and has been practised throughout the centuries, as a form of prayer, by religious orders and lay people. It has gained prominence in recent times as a result of the thinking that there is a great need to have quiet time to enable us to 'get in touch with our heart'. According to the Benedictine monk and priest, John Main, who initiated Christian Meditation groups which have become the [World Community for Christian Meditation](#) (WCCM). 'The important aim in Christian Meditation is to allow God's mysterious and silent presence within us to become more and more not only a reality but the reality which gives meaning, shape and purpose to everything we do, everything we are'.

In the Townsville Diocese Christian Meditation programs are in place extensively throughout their Catholic Schools; in one school the whole school stops at 12 noon each day to meditate for 2 minutes. They consider that it has been a valuable initiative throughout the diocese.

We hope to introduce Christian Meditation to our RE staff next term.

Mrs Carol Wheaton and Mrs Cate Allen – Religious Education Coordinators

PASTORAL CARE

Condolences

Our thoughts and prayers are with Luke Fulwood and his family following the passing of his grandmother.

The Holidays

The upcoming break provides a great organisational opportunity for students – to check all work is complete and up to date, all tasks and exams filed, study area tidied, stationary supplies (particularly class work books) checked and replenished if necessary and school bag cleaned. For senior students it is a time to study. For all students there should be time for family, exercise, socialising and relaxation. Enjoy!

Theme for the Week

'Advice for Students from Bill Gates' was given during Week 9.

Tip 1 : Life is not fair, get used to it.

Tip 2: The world won't care about your self esteem. The world will expect you to accomplish something before you feel good about yourself.

Tip 3: You will not make \$60,000 a year right out of high school. You won't be a vice president with a car phone until you earn both.

Tip 4: If you think your teacher is tough, wait until you get a boss.

In Week 10 NAIDOC Week was celebrated to acknowledge the history, culture and achievements of our aboriginal and Torres Strait Islander people. The theme this year was 'Change: The Next Step is Ours'. The theme reflects the work being done by indigenous people across the country, who are taking responsibility for their own future and shaping the changes they want to see in their communities and encourages young indigenous students to follow this path. It is also a reminder to non indigenous Australians that each of us must continue to take our own steps towards true reconciliation.

One kind word can warm three winter months. (Japanese Proverb)

Mrs Julie McGregor – Pastoral Care Coordinator

CAREERS NEWS

TAFE "Try A Trade"

Last week twelve Year 10 students and fourteen Year 9 students attended the "Try A Trade" event at Tamworth TAFE where students were able to see the facilities available and to investigate areas of interest. These ranged from bricklaying to hospitality to welding to design and more. It was great to see these students taking the opportunity offered to them to look at various career paths.

Newcastle University Schools Visit Day

Over fifty-four students in Year 12 are attending this event and have the chance to attend talks on various topics such as courses and scholarships and to tour the facilities they offer. It is great to see the level of interest.

Term 3

This is an important term regarding careers events and deadlines. The first week will see guest speakers from Southern Cross University on Tuesday at lunchtime and Charles Sturt University on Wednesday at lunchtime. Both presenters will discuss courses, accommodation, scholarships and early entry programs.

Another important event is the University Information Night on Wednesday 27 July for students who have university as a goal and their parents. The evening will go from 7.00pm - 8.30pm. The presentation will cover topics such as the application process, costs, deferring etc.

Business Life Cycle Challenge

This year several of our students in Year 10 and Year 11 have taken up the opportunity to become part of the Business Life Cycle Challenge (BLCC) in 2011. These students will be working with students from other schools under the guidance and mentoring of members of the business community.

When the group met, the following McCarthy students were elected to these positions within the group:

Chief Executive Officer: Kieran Macrae

General Manager/Finance Officer: Zoe O'Sullivan

General Manager for Corporate Affairs: Courtney Coleman.

"Young Endeavour"

Students who are the child or grandchild of a member of the NSW RSL are eligible to apply for sponsorship to become a member of the "Young Endeavour" crew sailing in the summer holidays. Closing date is 31 October 2011.

Mrs Susan Barrett – Careers Advisor careers@mccarthy.nsw.edu.au

NAIDOC WEEK

NAIDOC Week at McCarthy Catholic College has been celebrated both in and outside of the school during the past few days. The theme for NAIDOC Week 2011 is “Change: The Next Step Is Ours”. Celebrations commenced with a full school assembly on Monday morning. The assembly hosted special guest Mr Paul Callaghan, Institute Director of the New England Institute of TAFE and proud member of the *Worimi* Tribe. Paul led the assembly by performing the “Welcome Dance”. He explained the meaning behind the dance and the importance of being respectful of the old ways, customs and traditions.

Our special guest speaker was Jamilla Hile (former student of McCarthy) who is now studying nursing at university. She spoke of her life so far and the changes she has experienced on her road to adulthood. Lastly our cultural dance group, “Deadly Xpression”, performed the dance to their story “The Dreaming Path” to close the assembly.

The assembly was followed by the raising of the Aboriginal and Torres Strait Islander flags by Mr Paul Callaghan and Aunty Gloria Leigh and a “Smoking Ceremony,” which is a traditional way of cleansing the soul.

All special guests, students and teachers shared in a morning tea after the celebrations and Poppy Merv (Grandfather of Codie Allen-Pascoe) cut the NAIDOC Cake.

We would like to thank all our special guests for coming along to share in this special event with us and showing their support.

On Tuesday “Deadly Xpression” performed for St Edwards Infants and St Marks Preschool Tamworth.

On Wednesday the students ran workshops for St Josephs School, Tamworth and again performed “Our Dreaming Path”.

Today we celebrated further at school and enjoyed Indigenous themed food served from the canteen.

Tomorrow is our last performance at St Josephs, Quirindi, where “Deadly Xpression” will again perform and teach the students some traditional dance moves.

We have had a wonderful week and would like to thank Mrs Rayment, Mrs Sparke and staff for all of their support. A special thank you to the students for their participation.

Ms Jolene Spreadborough

TOASTMASTERS GRADUATION EVENING

Toastmasters of Tamworth offer an annual Youth Leadership course to Year 11 students. Students complete a seven week course in which they learn to effectively deliver an oral presentation. Each week the course has a slightly different focus and students are taught new skills. Lectures range from basic rules such as avoiding the words ‘um’ and ‘ah’ to how to stand, use body language and visual aids effectively.

At the conclusion of the course, the students graduate and are presented with a certificate. The Judy Woodgate Memorial Trophy is presented to the student who best demonstrates the skills they have learnt throughout the course. Judy



Woodgate was a dedicated Toastmaster and her family donated a perpetual trophy in her memory to be awarded to a Year 11 student at the graduation of the Youth Leadership Course each year. The 2011 recipient is Melanie Jones.

McCarthy wishes to thank the Toastmasters who volunteered their time to this valuable program, especially Kevin Hunter and Julian Kelly. We congratulate the following students on their successful completion of the course and the engaging speeches they presented on Thursday evening: Sophie Cameron, Josephine Cannon, Taylor Day, Sarah Haywood, Melanie Jones, Madelaine Jurd, Peter McGuirk, Emily Murray, Shae Parsons, Bronte Pennefather, Melissa Sweeney and James Tarte.

Mrs Katrina Sullivan and Miss Megan Barnes

PARENT INFORMATION

Attention All Parents

Information Session: Homework and Assignments Tuesday 19 July at 7.00pm

The McCarthy Association is holding a series of **brief** educational information sessions that will take place during our monthly meetings.

In this second session, come and get the inside scoop on Homework and Assignments from our Principal, Mrs Kate Rayment. Learn new ways to support and encourage your children as they carry out their after school tasks.

We invite all parents to join us for this important and informative meeting.

The next general meeting will take place in the Staff Room, 7.00pm on Tuesday 19 July 2011.

All are welcome to attend.

To keep up to date on topics covered at our monthly meetings please go to www.mccarthy.nsw.edu.au, click on McCarthy Parents Association and follow the links to meetings.



SPORT

NSWCCC Tennis Championships

Last week McCarthy Girls Tennis team travelled to Bathurst to compete in the NSWCCC Tennis Championships. Congratulations to Emma Barnes, Nicky Myers, Gemma Campbell and Zoe Martin on winning McCarthy's first gold medal in this event. Unfortunately, due to school commitments, Eliza Richards was unable to compete. Eliza was ably replaced by Zoe Martin.

In Round 1 the girls played St John's College, Dubbo. McCarthy won this match 8 sets to love.

McCarthy were convincing winners, 5 sets to 1, against Hennessy Catholic College, Young, in the semi-finals.

The team qualified to meet Brigidine College, St Ives in the final. After the 2 doubles and 4 singles matches, the teams were tied at 3 sets and 24 games each. The girls went on to win both reverse doubles and were victorious by 5 games.

This is the first time our school has won this state title. The girls will now go on to play the winner of the NSW Combined Independent Schools Championships early next term.

Thank you to Mr Ritchie who sat in the cold and cheered the girls on in the finals.



Peel Schools Rugby League Carnival

Last week we entered four teams in the annual Peel Schools Carnival; Under 13, Under 14, Under 15, and Under 16.

Under 13s

McCarthy Under 13s played three games of football during the Peel Schools Carnival. The highlight of the day was a 42 – 0 victory over the Farrer Gold team where everyone played exceptionally well, particularly Max Chillingworth, Jack Cameron and Lachie Cumming. This win allowed the under 13s to progress to the semi-final of the B grade competition where, unfortunately their carnival campaign was ended against Muswellbrook High School in a hard fought and close 16 – 6 loss.

Under 14s

McCarthy Under 14s lost to Singleton High School in the opening round at the Plain Street Minor League Fields.

McCarthy played a determined Narrabri High School side in the second round. The lead changed several times in the second half but McCarthy was the eventual winner 14 – 12. McCarthy then went on to play Muswellbrook in the B Division Semi-finals. Unfortunately McCarthy was defeated in a close game 10 – 4. All boys played well, displaying great sportsmanship.

Under 15s

McCarthy Under 15s played Farrer A in their first round match. It was a tough defensive game with Farrer winning the game 14 – 6. In their second match, McCarthy played St Mary's, Gunnedah. The boys were behind early in the game but rallied to win 20 – 4.

This resulted in McCarthy qualifying for the B Division Final against Peel High School. McCarthy fought back from a slow start in the first half but fatigue set in during the second half. Peel went on to win 20 – 4. The team showed great spirit and comradeship on the day.

Equestrian – Coonabarabran Horse Expo 2011

On 3 June, five students travelled to Coonabarabran to compete for four days at the 2011 Coonabarabran High School Horse Expo. This year nominations included 108 secondary schools, 530 riders with 660 horses.

Results were as follows:

Ben Collett (Year 10): 1st Keyhole, 2nd Barrel, 4th Time Trial, 5th Flag, 4th Combined Training, 2nd Riding Class 15 years. Ben was awarded Reserve Champion Boy Rider 15 years, Reserve Champion Sporting Horse 15 years and along with Phoebe George (Year 11), qualified for the final of the *Working Horse Challenge* where 268 riders competed. Ben was also part of the Team of Four with Sam Collett (Year 7), Olivia Dillon (Year 11) and Phoebe George (Year 12), who were awarded first place.

Phoebe George (Year 12): 4th Combined Training, 4th Hack 14.2h – 15h

Olivia Dillon (Year 11): 3rd One Day Event, 5th Showjumping

Sian Bricknell (Year 8): 3rd Combined Training

Sam Collett (Year 7): 3rd Combined Training, 3rd Time Trial, 3rd Hack 14h – 14.2h, 2nd Riding class, and Sam was awarded Reserve Champion Boy Rider 12 years.

These students are to be congratulated on their great results. Thank you to all parents who attended with the students; without your support the students cannot attend these events. Thank you to Jodie Smith for doing a great job as the School Team Manager at the Expo.

Mrs Julie Kellahan – Equestrian Coordinator

Bill Turner Trophy Girls Soccer – Round 4

Last Wednesday saw the Under 15 McCarthy Girls Soccer team play Tenterfield High in the zone final of the Bill Turner Trophy competition.

The game was played at Tenterfield under very damp and cool conditions – perfect for soccer.

Tenterfield opened the scoring with an impressive goal from outside the goal box. This was quickly answered by a good passage of play by McCarthy that resulted in a goal by Taylah Ryan. This saw the score level at half-time.

Tenterfield commenced the second half full of vigour and determination, scoring three unanswered goals. McCarthy must be commended for displaying a “never give up” attitude to the very end and should be proud of reaching Round 4 of the competition.

Thank you to Lizzy Doherty for assisting the team on the day and to Mrs Julia O'Neill for driving the bus and braving the cold weather.

Mr Ronny RIndo