

# Newsletter

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Dear Parents & Students,

## Prayer

*“The Lord is in his holy temple  
Let all the earth be silent before him.”*  
Habakkuk 2:20

A spiritual discipline...is the concentrated effort to create some inner and outer space in our lives, where...obedience can be practised. Through a spiritual discipline we prevent the world from filling our lives to such an extent that there is no place left to listen. A spiritual discipline sets us free to pray or, to say it better, to allow the Spirit of God to pray in us.  
(Henry J.M. Nouwen)

## PRINCIPAL MATTERS

### Pupil-Free Day – Day 1 Term 4

Please note that staff will be participating in their second annual professional development day on Monday 10 October, the first day of Term 4. This day is one allocated each year by schools in the diocese to focus on religious education. School will resume for all students on Tuesday 11 October.

### Year 12

Year 12 students complete their Secondary education at the end of this term. Higher School Certificate written examinations commence on Monday 17 October. The school has provided a number of significant events to mark this important rite of passage for our students. The final Twilight Retreat was held on Tuesday 13 September and the Thanksgiving Mass the following evening, 14 September. This week, the whole school farewelled Year 12 at a formal assembly. The final celebration will be Graduation, held at the Tamworth Town Hall on Monday 14 November.

### Walkathon

Tomorrow we will be holding our postponed walkathon. As stated in previous emails (Newsletters?), this is a major event for our school and requires support from Tamworth Regional Council, the police and the local community. Students and staff have been working to raise funds from the event that will form our 2011 contribution to Catholic Mission. Funds raised from the walkathon will be used to build a school in Malawi, Africa. The social awareness and service to a third world community as well as promotion of exercise and community spirit are among the many benefits of the event. Thank you again to families for your support of this major annual project.

### Summer Uniform

All students will be required to be in full summer uniform from the beginning of next term. The holiday period is a good opportunity to check all summer uniform requirements. Please ensure the girls' tunic is hemmed below the knee. Please contact the school if you have any difficulty accessing uniform items.

### Cyber-safety

Thank you to the families who supported the *Cybersmart Outreach Program* this week. The messages are important for our time. Links to the sites mentioned during the presentation are available in the parent section of MOODLE. (Username: parent, password: parent)

*Mrs Kate Rayment – Principal*

## ASSISTANT PRINCIPAL

### Year 12 SLC 2012

The school Executive have approved some structural changes to the makeup of the Student Leadership Council for 2012, and while the numbers have been reduced slightly, we look forward to inspired and dedicated leadership from the students elected by their peers. We extend congratulations to the following students who will be the Year 12 2012 SLC representatives: Felix Bruno, Richard Burke, Josephine Cannon, Olivia Dillon, Kathleen Ferguson, Sarah Haywood, Lachlan Maloney, Emily Murray, George Rixon and Melissa Sweeney. I look forward to working with these students throughout 2012. School Captains and Vice Captains will be announced this week at the formal Year 12 Farewell Assembly.

*Mrs Sally Sparke – Assistant Principal*

## RELIGIOUS EDUCATION

### Twilight Retreat/ Farewell Mass

A significant number of Year 12 students attended their final Twilight Retreat, one of the two religious activities which mark the end of their school days. The students participated in Lectio Divino; a quiet time of reflecting on the Scriptures, and also prayed a

decade of the Rosary. They were very open and willing to participate in discussion during the night. They reflected on their time at McCarthy, considered the choices they will be faced with in the future and affirmed other students in their year by identifying the gifts they have demonstrated while at McCarthy. We were very pleased to have Tran Tuan and Fr Gleeson with us and thank them, and also the numerous staff who contributed to the retreat, for giving so freely of their time.

The Year 12 Farewell Mass at St Nicholas Church the following night was a special way to complete, what was for many students, 13 years of Catholic education. Thank you again to Fr Gleeson for celebrating the Mass.

### St Vinnies

Thank you to the many Year 12 students who have been the backbone of Vinnies this year. They have been very generous with their time in fund raising and visitation to McKay House. Special gratitude must go to the very capable leaders, Phoebe George, Gemma Myers, Morgan Farmilo and Scott de Senerpont Domis. We will miss you Year 12.

### Alternative To Schoolies

Catholic Mission has organised the following immersion program which is designed to provide Year 12 school leavers with both an alternative to 'Schoolies' and a valuable life experience. For more information contact us at the school.

#### 'Alternative To Schoolies'

**Get Involved Globally Immersion Experience in Kiribati and Fiji**

**November 23 – December 7, 2011**

*Mrs Carol Wheaton and Mrs Cate Allen – Religious Education Coordinators*

## PASTORAL CARE

### Condolences

Our thoughts and prayers are with Rebecca Riley and Maddison Wadwell and their families following the passing of their grandfathers.

### Holidays

Students and staff are looking forward to the holidays and having a relaxing break. While Year 12 will be studying, there are some organisational chores for Years 7 to 10.

- Notes and tests should be tidied and filed in preparation for the final examinations.
- Stationery supplies should be checked. New workbooks may be required.
- Summer uniforms should be checked, particularly the length of girls' tunics (below the knee) and the length of boys shirts (need to remain tucked in).

### Parenting Courses

The following FREE courses will be held at the Family Relationship Centre, corner Bridge and Hercules Streets.

- *Surviving Your Adolescents*: how to manage and let go of your 13 – 18 year old. This course runs over two Thursdays, 20 and 27 October from 5.30pm to 8.30pm.

- *Parenting Now!* : gives parents the confidence they need to practise self-discipline, patience and consistency in order to raise well-behaved children of all ages. This course will run on Friday 30 September and 7 October from 9.30am to 12.30pm.

Bookings are essential. For further information, or to enrol, drop into the centre or call 6762 9200.

### Parenting Magazine

**Parentingideas Magazine** is a quality quarterly online parenting magazine featuring some of Australia's best parenting writers, and is free for McCarthy parents. Go to [www.parentingideas.com.au/parents](http://www.parentingideas.com.au/parents) to collect your copy.

### Merit Awards

Congratulations to the following students who have been presented with a Certificate of Achievement:

Year 12: Georgia Gaffney, Phoebe George, Emily Maher, Tristan Newmann

Year 11: Taylor Day, Olivia Dillon, Melanie Jones, Shae Parsons, George Rixon, Melissa Sweeney, Daniel Taylor, Lesley Wong

Year 10: Anna Maher, Edward O'Leary, Nathan Paff, Georgia Rumsby

Year 9: Antonio Comi, Madeline Doyle, Elizabeth Murray, Kate Spencer

Year 8: Matthew Hughes, Isobel Tarte

Year 7: Rosa Comi, Olivia Dillon, Matilda Shumack, Alexander Stuart.

### Theme of the Week

Week 9 provided an opportunity to reflect and to be thankful for what we have – to express our gratitude to God and to the people who give to us each day. Care was the theme for the last week of term, to be more considerate and helpful to others.

*"Be happy with what you have, and you will have plenty to be happy about."* – Irish Proverb

*Mrs Julie McGregor – Pastoral Care Coordinator*

## TEACHING AND LEARNING

Year 12 will begin HSC written examinations on 17 October. They have been advised to follow carefully guidance given by their teachers regarding final preparations.

I would like to congratulate Year 12 students on the very solid effort they have put in so far in preparation for their HSC and wish them all the best in the coming weeks. The last few weeks before the HSC begins is vital for exam preparation and a full study schedule should be followed. Students have study days available in the holidays (at school) and it is important that they attend. I have had two Year 12 classes myself this year and have thoroughly enjoyed my time with them; they are a magnificent group of young people.

How can you support your child through exams?

- Ensure they eat well and have plenty of sleep
- Communicate with them and be prepared to listen
- Keep the atmosphere at home positive and avoid confrontation
- Provide a quiet space for study
- Reduce household chores temporarily
- Continue regular exercise
- If they feel stressed, talk to them and discuss options. If needed, suggest they get help from the school.

More tips at:

[www.schools.nsw.edu.au/news/ezine/yr2009/issue05/hsc.php](http://www.schools.nsw.edu.au/news/ezine/yr2009/issue05/hsc.php)

*Ms Denise McHugh – Teaching and Learning Coordinator*

## SPORTS SHOES

There has been a significant increase in the number of students, particularly girls, wearing canvas style shoes or Dunlop volleys as part of their sports uniform. These shoes are not acceptable as part of the school PDHPE uniform.

Students will not be permitted to participate in practical PDHPE lessons if they are wearing this type of footwear, even if they have a note. These shoes offer minimal stability, traction and protection.

*Mr Ian McKenzie – PDHPE Coordinator*

## CAREERS NEWS

### Deadlines

Important dates to be aware of include:

30 September: for on time UAC, QTAC, VTAC applications and some scholarship and accommodation applications

28 October: deadline for TAFE high demand popular courses. Details of these courses and application forms can be found at:

[http://www.newengland.tafensw.edu.au/en/~media/files/APS\\_Booklet\\_Sem1\\_2012\\_Version4.ashx](http://www.newengland.tafensw.edu.au/en/~media/files/APS_Booklet_Sem1_2012_Version4.ashx)

This information is very important for the students who really want to take up courses such as Animal Studies, Fitness, Graphic Design and Children's Services. For some students it is important for them to prepare a back-up plan in case they do not get into university.

### Work Experience

Once again, students seeking apprenticeships are strongly advised to be looking at doing work experience to improve their chances of success. Please see me to discuss the process and options.

### Preliminary to HSC Year

In Week 1 of next term I will be talking to Year 11 students who are considering changing subjects and/or levels and advising them of what to take into consideration. Sometimes the easy option is not in their best long-term interests, especially if they have university aspirations as decisions will affect their ATAR.

### Jobs

The papers have jobs available for school leavers at the end of the year. Each week, local employers contact the school regarding job vacancies eg recently, there have been jobs for gap year students and accounting cadetships on offer to students.

All the best to our Year 12 students in the HSC.

*Mrs Susan Barrett – Careers Advisor* [careers@mccarthy.nsw.edu.au](mailto:careers@mccarthy.nsw.edu.au)

## PARENT INFORMATION

Thank you to parents who attended the Cybersmart Outreach Program on Tuesday. This was a very important and informative presentation.

Our next meeting will be Tuesday 18 October. Please come along with any suggestions or ideas you may have. We look forward to seeing you there.

To keep up to date on topics covered at our monthly meetings please go to [www.mccarthy.nsw.edu.au](http://www.mccarthy.nsw.edu.au), click on 'McCarthy Parents Association' and follow the links to meetings.

## PHYSICS



Each year the University of Sydney provides a series of Physics workshops and lectures which are taken around the NSW regional centres in the form of a "road show". McCarthy Catholic College Science Faculty participates in these workshops, as they provide a valuable opportunity to expand upon the Physics HSC syllabus. The day includes lectures delivered on important key topics plus



workshops that enable students to have “hands-on” experience with equipment that is usually only available at Universities. The Physics day is usually held at Armidale UNE, but this year was presented at two sites, being Duval College and PLC Armidale. Despite the day being very cold and windy, all the Physics HSC students found the various sessions both informative and enjoyable.

We are hopeful that these University of Sydney workshops and lectures will continue in the future, and thank Dr Phil Dooley and his staff for their contribution towards regional schools.

*Mr Kim Slattery – Physics Teacher*

## LITERACY NEWS

A few weeks ago, each member of the school community was given a small slip of paper asking them to record the name of their favourite book, the title of their favourite children’s book and finally, the name of the last book which they had read. These questions were asked in order to mark the occurrence of National Literacy and Numeracy Week.

The students voted in droves for J.K Rowling’s *Harry Potter* series, along with the *Hunger Games* novels by Suzanne Collins and Stephanie Rice’s *Twilight*. A large number of votes for favourite children’s book went to *The Very Hungry Caterpillar* by Eric Carle and *Rainbow Fish* by Marcus Pfister. Other favourite children’s books included a range of Roald Dahl classics and *A Series of Unfortunate Events* by Lemony Snicket.

The overwhelming favourite book of the staff was Jane Austen’s *Pride and Prejudice* and the childhood favourite for many members of staff was Enid Blyton’s *The Faraway Tree* series along with a variety of Dr Seuss books.

I would like to thank everyone for filling out the slips and for sharing their favourite books. Reading is a very personal thing and books can remove us from reality for a while and fill our minds with all kinds of wonderful imaginings and possibilities.

With the holidays coming up it might be a nice idea to find a good book to enjoy over the break. I have just dusted off *The Lord of the Rings* trilogy which should keep me well and truly busy over the next few weeks.

Happy holidays to you all.

*Mrs Gill Downes –Literacy Support*

## SPORT



### NSW All Schools Tennis Challenge

Last week, McCarthy Girls’ Tennis team travelled to Singleton to play Ravenswood School for Girls (Sydney) in the NSW All Schools Tennis Challenge. The challenge sees the champion teams from NSWCCC, NSWICIS and NSWCHS Associations play off.

McCarthy, consisting of Gemma Campbell, Emma Barnes, Nicolette Myers, Zoe Martin and Eliza Richards, played very well on the day, experiencing some close matches in both singles and doubles. Unfortunately, they were defeated.

Thank you to Mr Gerard Ritchie for accompanying the girls to Singleton.

### NSWCCC Athletics Championships

Congratulations to Sophie Heeney who won a bronze medal in the 14 Girls 1500m event at Homebush last week. She also placed 4<sup>th</sup> in the 800m.

### McCarthy Girls Hockey Report

The Secondary Girls Hockey grand finals were played on Monday 12 September with wins for all three McCarthy teams involved. The McCarthy One team defeated Oxley Anchors 3-0 in the Division 1 grand final to complete a season where they won every game. Goals in the grand final were scored by Libby McHugh (2) and Isobel Hazell. In the Division 2A grand final McCarthy Black defeated THS Two 3-1 after extra time, with scores having been locked 1-1 at full-time. McCarthy’s goals were scored by Mikaela Hudson, Gabby Collier and Lauren Murphy. The McCarthy Red Year 7 team came back from 1-0 down in the second half of the Division 3B decider to win 2-1 over Calrossy Purple. The McCarthy goal scorers in this game were Kate Cruickshank and Eliza Bennett.

At the presentation Samantha Howard was named the best and fairest player in Division 2, while Prue Davies was named best and fairest in Division 3. The efforts of all five McCarthy teams resulted in McCarthy being recognised as the most successful school in Tamworth Secondary Girls Hockey for the sixth straight year.

I would like to thank the 2011 coaches: Andrew Farmilo, Donna Watson, Kathleen MacRae, Andrew Davy and Cheryl Cruickshank, along with all those who umpired, and all the parents. A special thank you to our Year 12 students - Lauren Ayres, Talea Doolan, Morgan Farmilo, Sarah Hinkelbein, Libby McHugh, Ashley Ninness, Shannan Purdy and Gemma Turner - for their contribution over the past 6 years.

*Mr Geoff Denton*

### AFL

Last Friday night McCarthy Under 16 boys were victorious in the AFL game against Farrer. As a result of the victory, McCarthy has been awarded the Barassi Shield for 2011. The final score was 11 2 (68) to 6 15 (51). Major goal scorers were Jack Cameron (4 goals), Tom Paff (2 goals), Matt Dunn, Alex Stuart, Joshua Moore and Mitchell Bain scoring one goal each. Leo Steyn and James Dunn were instrumental in the back line, restricting Farrer’s score.

The boys, many of whom had not played AFL before, enthusiastically embraced the code. The Tamworth Australian Rules League would like to introduce an Under 16s competition next year between secondary schools in Tamworth. Mr Colin Moore (father of Joshua) has been appointed the Development Officer for this region and will be visiting schools later in the year to gather interest in the development of AFL in secondary schools. This is an exciting development for all AFL lovers and new enthusiasts.



*Mrs Sharon Stuart - Team Manager*