

# Newsletter

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Dear Parents & Students,

## Prayer

God, our Father, may this Lent be a time for us to understand better Your forgiveness of our shortcomings.

We ask that the light of Your Spirit enable us to look within ourselves with honest eyes,

To identify and deal with any behaviours that prevent us from being true to Your love for us.

Amen

## Reflections on Lent:

Lent begins on Ash Wednesday. Lent is a penitential season of prayer, self-denial and helping others. In this way the whole Church prepares for Easter with those who are baptised.

Ash Wednesday and Good Friday are days of fast (one full meal in the day) and abstinence (not eating meat). Fasting applies to those between 18 and 60.

## Diary Dates

23 Feb:	Twilight Swimming Carnival – Scully
24 Feb:	Non-school Day
2 Mar:	Diocesan Swimming Carnival
3 Mar:	Open Day
6 Mar:	Senior Ag Property Planning Day
12 Mar:	Year 7 & 10 Vaccinations
13 Mar:	Warraymalaya Retreat
15 Mar:	St Vinnies Youth Camp
16 Mar:	Moonbi Horse Sports
16 Mar:	Tamworth Show
19 Mar:	Health Careers Expo
20 Mar:	Board & Association Meeting
21 Mar:	Year 9/10 Science/Engineering Challenge
22 Mar:	Year 8 Science/Engineering Challenge
30 Mar:	"McCarthy Markets" Evening
30 Mar:	CCC Swimming & Diving
5 April:	Round 1 Enrolment Applications Close
5 April:	Last Day of Term 1

## PRINCIPAL MATTERS

### Episcopal Ordination

On Thursday 9 February, the school captains and I had the privilege of representing the school at the ordination of Bishop Michael Kennedy, the tenth Bishop of Armidale. It was a tremendous event, filled with ancient ritual and ceremony and magnificent music. Bishop Kennedy comes to us from the Wagga Wagga Diocese, where he was Parish Priest at St Joseph's Parish in Leeton.

### Staffing

Ms Karen Dickinson will be finishing up at McCarthy on 7 March, after 7 years of dedicated service. Karen has taught Science, majoring in Chemistry. She has co-ordinated the school's involvement in the Brain Bee and Science and Engineering Challenge each year and has played an important pastoral role in the school. We wish Karen well for the future.



### Parent Involvement

There have been some great opportunities for parent involvement at school already this year. Thank you to the families who attended the Year 7 Welcome Barbecue and the 'Elevate Education' Parent session. The McCarthy Association is hosting a Wine and Cheese Night, with tours of the school, next month. Please keep an eye out in the newsletter and on the website for details. Parents have access to information relating to curriculum, assessment and events, as well as copies of letters and Year Reports via the McCarthy Moodle site. Moodle can be accessed via the link on the website then using the username, 'parent', and password, 'parent', to enter.

### Use of Mobile Phones and iPods at School

You may recall that in June 2011 I wrote to parents/carers outlining the difficulties presented by the use of mobile phones and iPods at school. I include some of the issues again here, for your information:

- criminal activity such as photographing/filming others without permission, sexting, accessing and passing on pornographic material, posting footage of others on the internet
- Cyber-bullying
- uncontrolled access to websites blocked through the school system
- cheating – accessing information visually or through a discrete earphone, during assessment tasks and exams
- reduced conversation with peers
- distraction to the phone user and others in class caused by a vibrating phone, texting, etc.
- uncontrolled contact with people outside the school during school hours
- time taken managing misuse of mobile phones by the principal, assistant principal, pastoral care team, teachers, counsellor and office staff.

After gathering feedback from students, parents and staff, the Executive has made alterations to the school Mobile Phone/iPod Policy.

### Junior students (Years 7 – 10)

- No mobile phone or iPod use at school between the hours of 8.40am and 3.00pm.
- The school recommends that mobile phones and iPods not be brought to school and takes no responsibility for loss of or damage to these items.
- In rare cases of need for after school phone access, students may bring a phone to school but it must be kept in the student's bag or locker and not used during school hours.

**Senior students (Year 11 – 12)**

- Students may use mobile phones at recess and lunch times only, if required. Mobile phones are not to be taken into classrooms or used between classes.

We hope the new guidelines will assist in maintaining an environment that is focused on learning and on positive social interactions.

The policy will be reviewed in Term 4.

Consequences for non-compliance will include confiscation of devices, detention and suspension.

**Eliza Richards**

We are pleased to announce that Eliza Richards (Year 12) has been invited to compete at the State VET in Schools WorldSkills Competition in the Business Services category. Eliza will go to Sydney on the 16 and 17 March to compete in this state level competition and we wish her all the very best in this endeavour.

**Peter McGuirk**

Congratulations to Peter McGuirk, Year 12, who won the regional finals of the Lions Youth of the Year program last weekend. Peter will now compete at the next level on 31 March in Sawtell.

*Mrs Kate Rayment – Principal*

**RELIGIOUS EDUCATION****Liturgies and Masses**

All students and staff attended Mass on Ash Wednesday. We thank the priests, from the three parishes in Tamworth, for making this possible and greatly appreciate their continued support of our school. An additional 'thank you' to Fr John McHugh who took part in our opening school paraliturgy and concluded with a blessing of the students and staff.

**St Vincent de Paul**

It was very pleasing to have a large number of students, from all year groups, attend the first St Vinnies meeting for the year. Our first fundraiser for the year was the sale of pancakes on Shrove Tuesday and we are very grateful to all those who contributed pancakes and syrup, or who purchased pancakes on this day. Vinnies will run a barbeque at the Swimming Carnival and funds from this will go to St Vincent de Paul.

**Caritas**

The school's main fundraising efforts for Caritas will take place in Term 1 during Lent. Project Compassion boxes will be available in Homeclass each morning to enable students to contribute money that they might otherwise have spent on themselves. We encourage students to support the requirement of the Church for Almsgiving or helping the poor. We also encourage students to pray more as they prepare for Easter; one way they can do this is by attending Mass.

**SAVE THE DATE - 30 March**

On the evening of Friday 30 March we will hold the inaugural **McCARTHY MARKETS and MUSIC**. This evening will provide the opportunity for families to visit the school, sit and enjoy food and music, after they have strolled through a variety of market stalls! All proceeds to Caritas. More detail to come!

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

**PASTORAL CARE****Get Well Wishes**

We send our best wishes to Darcy Doyle (Year 8) for a speedy recovery following a motor bike accident.

**Condolences**

Our thoughts and prayers are with Leo Steyn and his family following the death of his grandfather.

**Thank You**

Many thanks go to the families who attended our Year 7 barbeque which allowed Year 7 students to introduce their parents to their teachers and new friends. We encourage you to take any opportunity to meet other parents in your child's cohort.

**Parenting Ideas**

Parenting is a challenging task, but it is easier when you get good advice and you do not feel you are parenting alone. McCarthy Catholic College is a *Parentingideas* School member. The program is written by Michael Grose –columnist and author. Information to support you with parenting challenges you may experience will be distributed via the Newsletter and the school website.

As a parent you may subscribe to Happy Kids, a regular free email newsletter from [www.parentingideas.com.au](http://www.parentingideas.com.au). A free chores and responsibility guide is included.

**Theme of the Week**

The theme *Ready, Set, Goal* stressed the importance of setting goals to give direction and encourage improvement and success. Goals must be challenging, realistic, flexible and include a time frame.

During Week 3 we considered our *Code of Conduct*. It promotes the use of Gospel Values in all situations. CARE, COURTESY, RESPECT and RESPONSIBILITY are expected by all members of the McCarthy Community at all times. This basic Code of Conduct provides a framework for behaviour not just at school but in all areas of our lives.

*'None of us is responsible for all the things that happen to us, but we are responsible for the way we react to them'* Anonymous

*Mrs Julie McGregor – Pastoral Care Coordinator*

**Year 8**

Year 8 students are to be congratulated on the way they have settled into their new classes and routines this year in such a mature manner. Our 'Be a Buddy Day' last year has enabled Year 8 to become a continuous source of support and guidance to the newest members of our school, the Year 7 students. We also welcome some new faces to Year 8 and wish them many successes in their time at our wonderful college.

All students should have a study plan already in place if they are to reach their potential and achieve their academic goals this year. I am more than happy to assist any student with the preparation of a study timetable. I look forward to another great year where school and family life combine to support the growth and success of the Year 8 students.

*Mr Dan Mitchell – Year 8 Coordinator*

**PARENT INFORMATION**

You are invited to attend the McCarthy Association Wine and Cheese Night on Wednesday 28 March 6.30pm – 8.00pm. Join us for a glass of wine, nibbles, a short tour and a chat. We hope you can join us.

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) and click on McCarthy Parent Association and follow the links to meetings.

**CAREERS NEWS****The Young Worker Toolkit**

For students with part-time jobs, this website contains information about your responsibilities and where you stand at work. There is information on: Starting your job; Pay and Conditions; Tax, Super and Help; Safety and Accidents; Problems at Work; Quitting and Losing Your Job; Getting Help.

For more information, visit [www.youngworkertoolkit.youth.gov.au](http://www.youngworkertoolkit.youth.gov.au)

**Work Experience**

Students in Years 10-12 who are considering doing work experience, to find out about certain careers or to enhance their job prospects, are asked to go to the school's Moodle page. Under the heading "Course Categories", click on Careers@McCarthy.

Click on Careers to enter the course and put in your usual school login details. In the section on Work Experience is a copy of the school's Work Experience Policy and, after having read that, you can print out the Work Experience Application Form and bring it to me when it is completed.

*Mrs Susan Barrett – Careers Advisor*

**LITERACY NEWS**

2012 is the National Year of Reading and all over Australia there will be events, competitions and programs running aimed at helping people discover and rediscover the magic of books.

The official website for the National Year of Reading is [www.love2read.org.au](http://www.love2read.org.au). The website provides a frightening and unbelievable statistic: 46% of Australians do not have basic reading skills. This inability to read limits people dramatically, and does not enable them to function efficiently in a society where reading and writing is pivotal to success and safety.

Parents, teachers and students all have the opportunity to encourage, foster and model good reading practice. We need to be actively reading and encouraging others to read as well. Reading improves spelling ability, broadens our vocabulary, teaches us about the world and above all else is enjoyable. If someone tells you that they do not like reading, then there is a good chance they are reading the wrong books! The secret is to read about topics you enjoy: history, war, vampires, romance, drama, murder mystery, espionage, trains, music, adventure... Anything goes.

Tamworth Library will be hosting a number of events to celebrate the National Year of Reading. The first, on March 3, will be a book reading by young author Sally Nielson. Nielson will be sharing excerpts from her autobiography, *Sammy I Love You*, detailing the dramatic changes that have occurred in her life since her 23 year old fiancé suffered eight strokes rendering him completely reliant on his family.

It would be wonderful if McCarthy College could support the local events planned and most importantly take up the challenge of the National Year of Reading and pick up a book.

Reading **will** make you smarter. Do yourself a favour and stick your nose in a book today.

*Mrs Gill Downes – Literacy Support*

**YEAR 12 HOSPITALITY EXCURSION**

On Sunday 12 February, Year 12 Hospitality students travelled to the Gold Coast to attend work placement at Sea World Resort. We enjoyed Sunday afternoon at the theme park watching dolphins and conquering the rides.

On Monday we began learning the vital aspects of running a hotel. These sessions with employees of the hotel broadened our knowledge and understanding of how the hospitality industry operates. Whether it was making the beds with a housekeeper or making mocktails behind the bar, we appreciated each department's input.

After two days working at Sea World, we graduated with a Certificate of Attendance. Two students; Taylor Shaw and James Tarte, received the Star Performers Award.

We visited Movie World before our long trip home. Students had the time of our lives and much appreciated this special opportunity.

We would like to thank Mrs Maxworthy for organising such a great trip and Mr Maxworthy for his expert bus driving.

**SPORT****NSWCCC Individual and Teams Selection Trials Nominations**

Please note there is a change in the procedure for students nominating either as an individual or a team for CCC events. Nomination for these sporting events will now take place online and will be the responsibility of the parent/student. **As a result of this change, the school will no longer be able to lodge nominations for students.** Unfortunately, due to the new online nominating system, late entries cannot be accepted.

Instructions for nominating online at [www.csss.nsw.edu.au](http://www.csss.nsw.edu.au) are available from the school office.

**Equestrian News**

During the January holidays, The Australian Bushmen's Campdraft and Rodeo Association (ABCRA) held the 2012 Junior National Finals at AELEC over three nights. The top 15 competitors in Australia competed in 7 events for championship titles. Five McCarthy Catholic College students competed in the finals. These dedicated and determined young cowboys and cowgirls were Anna Crisp (Junior Barrel Race 11-U14 and Junior Breakaway Roping), Nicholas Penrose (Junior Steer Ride 11-U14), Eliza Stevenson (Juvenile Barrel Race 14-U18), Carly Wilkes (Juvenile Barrel Race 14-U18) and Courtney Halam (Juvenile Barrel Race 14-U18 and Junior Breakaway Roping). Well done to these McCarthy students for making it to the finals.

*Mrs Julie Kellahan – Equestrian Coordinator*

**Cricket**

Cricket history was made on Monday 13 February 2012 when McCarthy Opens Cricket team defeated Farrer 1st in the Ron George Cricket Competition.

Farrer won the toss and batted first. McCarthy's opening bowlers proved too strong for Farrer; Ted Alderton 2-2 from his two overs and Sam Yabsley 2-14 from his two overs. All McCarthy bowlers were successful in picking up wickets: Scott Davies 1-10, Matt Dunn 1-4, Ollie Knight 1-8, Beau Alderton 1-3 and Jessie Edwards 1-6.

Farrer were all out by the 13th over for only 51 runs.

McCarthy started well in the batting led by Captain Jack Cameron, who scored 10, and Leo Steyn who topped scored in the game on 23. Isaac Searant, Jake Deasy and Matt Dunn all contributed with the bat, to easily make the Farrer score.

Mr Mitchell and Mr Davy were delighted with the win.

The Ron George Cricket Competition is played every Monday afternoon at Riversides 1, 2 and 3 (weather permitting) if anyone is interested in cheering on the McCarthy Opens Cricket Team.

*Beau Alderton*

**Netball**

Any girls who no longer play netball for McCarthy and wish to sell their uniform can drop them into Mrs Burt with an envelope attached and the asking price.

# INSIGHTS

by Michael Grose – No. 1 parenting educator



## 7 ways to make this year your child's best year ever at school

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

### 1. Commit to your child going to school every day on time.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

**2. Help kids start each day well.** A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

**3. Establish work & study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches.

**4. Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assist future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

**5. Encourage kids to exercise.** Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives.

**6. Focus on being friendly.** Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

**7. Develop self-help skills.** Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are more likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you'll find that the rest will fall into place.



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Michael Grose Presentations

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