

Newsletter

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Dear Parents & Students,

Prayer

Come, let us worship and bow down.

*Let us kneel before the Lord our maker,
for he is our God.*

*We are the people he watches over,
the flock under his care.*

*If only you would listen to his voice today!
Psalm 95:6*

Reflection:

Retire from the world each day to some private spot...

Stay in the secret place till the surrounding noises begin to fade

out of your heart and a sense of God's presence envelopes you...

Listen for the inward voice till you learn to recognise it...

Give yourself to God and then be what and who you are without regard to
what others think...

Learn to pray inwardly every moment. (AW Tozer)

PRINCIPAL MATTERS

Staff News

During the school holidays Ms Penny Crowley (Languages teacher) was diagnosed with cancer. Penny is currently receiving treatment in Sydney and will be absent from school for the remainder of this term. Please keep Penny in your prayers as she undertakes the challenging journey towards recovery.

We welcome the following staff members this term:

Miss Melissa Gardner (Science teacher), Mrs Bernadette Mackay (Literacy Support teacher), Mrs Linda Sinclair (Teacher Assistant), and Mr Andrew Torres (temporary French teacher).

Audit Report

The audit conducted at the end of Term 2 was a very affirming process, highlighting the many areas of outstanding practice in the school. It also provided feedback about areas that need some further development. This information will be used to establish some of the areas for improvement in our three-year Strategic Plan.

Drama Performance Night

HSC Drama students presented "works in progress" to a delighted audience on Monday evening. The standard of the individual and group performances was very high and the program was highly entertaining. We wish Ms Sawtell and the students well for the upcoming examinations.

Athletics Carnival

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

Round 2 Enrolments

Interviews for Round 2 enrolments will take place in Weeks 3 and 4 this term. Again we have more applicants than we can place so the Enrolment Committee will meet in Week 5 to confirm offers.

Mrs Kate Rayment – Principal

ASSISTANT PRINCIPAL

Uniform

As I have written previously, our uniform is a source of pride for many students. Last week some senior students approached the Executive to complain about students with coloured hair, feeling that it detracted from our uniform. The uniform requirements, as outlined in the school planners, are for 'natural' hair colours. Please assist us to enforce the uniform policy by ensuring that this is the case.

Mrs Sally Sparke – Assistant Principal

RELIGIOUS EDUCATION

Whole School Mass

The whole school Mass for this term will be held on the Feast of the Assumption -15 August. Mass will begin at 11.30am. All parents and friends of McCarthy are most welcome to attend.

Vinnies

Members of Vinnies hosted a recent school social; the proceeds of which will go to the Winter Appeal. It was well supported and most students embraced the '70's' theme. Past McCarthy Catholic College students Mark Sleiman and Luca Cox provided the music.

Diary Dates

26 July:	School Photos
27 July:	Athletics Carnival
30 July:	HSC Trials begin
31 July:	ICAS English Competition
2 Aug:	Aust Mathematics Competition
2 Aug:	School Photos catch-up day
4 Aug:	HSC French Continuers
6 Aug:	Show Team to Brisbane Show
8 Aug:	Diocesan Athletics
8 Aug:	SBAT/TVET Parent/Student Info Evening
10 Aug:	St Nicholas' Horse Sports
13 Aug:	CSC Rehearsals
14 Aug:	ICAS Mathematics Competition
14 Aug:	CSC Rehearsals
14 Aug:	CCC Netball
15 Aug:	Whole School Assumption Mass 11.30am
16 Aug:	Catholic Schools Celebrate Performance
17 Aug:	Walkathon
22 Aug:	PISA Assessment (Year 9)
23 Aug:	Vinnies Camp
3 Sept:	Year 10 excursion
10 Sept:	Year 11 Exams

Youth Camp

Vinnies members from throughout the diocese will gather at the annual Youth Camp, which will be held at Lake Keepit on 23-24 August. This is an ideal opportunity for our members to meet with other students who share the same vision for social justice and to gain 'a big picture' of the work of the St Vincent de Paul Society. We hope that we will have a good number of students wishing to attend.

Mrs Carol Wheaton and Mrs Cate Allen – Religious Education Coordinators

PASTORAL CARE**Welcome**

We welcome Ryan Bradley and Ben Wilkinson (Year 7) and William Jackson and Liam Bordley (Year 10) and their families into the McCarthy community.

Condolences

Our thoughts and prayers are with Paige, Brock and James Berthold and Georgina and Jaimee McKinnon and their families following the death of their grandfathers.

Winter Health

If your child has a cold, please supply, as appropriate, tissues, lozenges etc. It would be greatly appreciated if all parents could remind their child of hygienic behaviours such as coughing or sneezing into the crook of the elbow, washing hands often and disposing of tissues correctly. If your child is very ill please keep them at home so they can recover more quickly and the chance of cross infection is reduced.

Scoliosis

In line with the National Self-Detection Program for Scoliosis all Year 7 and Year 9 girls will be given a pamphlet – Scoliosis Self-Detection - this week. Scoliosis (spinal curvature) can be a significant health problem for adolescent girls. Further information can be found on www.scoliosis-australia.org

Theme for the Week

We started the term discussing the benefits of a *Positive Attitude*. We are all more likely to be successful and happy if we adopt positive habits of mind, associate with positive people, accept or change instead of complain, and try to find opportunities in misfortune.

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

Mrs Julie McGregor – Pastoral Care Coordinator

CAREERS NEWS

We have recently had visits by Southern Cross and Charles Sturt Universities as well as the University Information Evening held on Wednesday this week. Last Friday, fifteen Year 10 students were accompanied by Mr Rindo and myself to the TAFE Try a Trade Day where they saw first-hand the facilities in various areas and had hands-on experiences in creating and cooking activities.

Year 12

Year 12 students will all be given a copy of the UAC 2013 book on Tuesday in Week 5 after they complete the Trial HSC Exams. On this day at lunchtime there will be a presentation on Early Entry Schemes and application forms will be distributed on that day. All early entry, accommodation and scholarship applications requiring school input or comment by the end of September, are due to be handed in to the Careers Office by Tuesday, 4 September.

Year 10

Year 10 students are encouraged to seek advice from me on subject selection in the Careers Room at lunchtimes on Wednesdays and Fridays. There will be a meeting held next week for Year 10 students intending, or thinking about, leaving at the end of Year 10. This is important information for any Year 10 student wanting information about what is involved in these options in Years 11 and 12 at McCarthy:

- TVET courses through TAFE
- School Based Apprenticeships
- School Based Traineeships.

A note is available from either myself or the school office regarding the SBAT/TVET Parent/Student Information Evening on Wednesday 8 August 6.00pm-7.00pm which includes RSVP instructions.

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

ENGLISH**2012 Year 12 Standard and Advanced English HSC Study Day**

The HSC English Study Day will be held on Tuesday 28 August at Farrer Memorial Agricultural High School. The cost to students for five lecture sessions is \$55.00. Students will travel by bus to Farrer, leaving McCarthy at 8.30am and returning by 3.45pm. Students will be provided with morning tea and lunch. There are limited places available on this excursion and money and permission notes are to be returned to Mrs Forrest in the office no later than Thursday 26 July.

Mrs Katrina Sullivan – English Coordinator



PARENT INFORMATION



Thank you to Kate Rayment for a very informative talkback session on homework and assessments.

A big welcome and thank you to our new parents who came to hear this great presentation.



For your Diary....



A Car Boot Sale and BBQ will be held on Saturday 8 September to coincide with the Tamworth Regional Council Election Day. More details on how to get involved will follow.

The second McCarthy Association Trivia Night will be held in Term 4.



Next Meeting

The next meeting will be held on Tuesday 21 August at 7.00pm in the staff room. All are most welcome to attend.

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

NAIDOC WEEK 2012 “SPIRIT OF THE TENT EMBASSY – 40 YEARS ON”

This year McCarthy Catholic College celebrated NAIDOC Week during the last week of Term 2.

The week opened with a formal assembly hosted by a number of McCarthy Catholic College's Aboriginal and Torres Strait Islander students. The assembly commenced with the “Welcome to Country” performed by local Kamilaroi elder and former Rosary student Uncle Bob Faulkner, who also spoke to the students regarding the “importance of education”. Following Uncle Bob, Shaun Allan, Manager of the Aboriginal Education Unit at Tamworth TAFE, spoke to the students about his life as a young Aboriginal man and again how education and teachers are the key to a successful future. We were awestruck by the talent and courage shown by the St Edwards Aboriginal dancers who braved the cold and performed cultural dances separately as a boys' group and a girls' group. Following was the inspiring poem titled “The Land” written by Mrs Ackhurst's Year 8 English class and recited by our Year 12 Drama students. To conclude the assembly, “Deadly Xpression”, McCarthy Catholic College's Cultural Dance Group, performed “Forgive Not Forget”, a cultural dance which incorporates both traditional and contemporary moves.

On completion of the assembly a special morning tea and ATSI Art exhibition was held in the Performing Arts Centre, with works displayed by members of the community, staff and students. The exhibition was opened by the Director of the Catholic Schools in the Armidale Diocese, Mr John Mula and was well attended.

Continuing celebrations, “Deadly Xpression” also performed at St Edwards School, Tamworth and St Joseph's School, Quirindi.

NAIDOC Week 2012 was yet another successful and memorable week where we were able to share and be immersed in our rich Aboriginal and Torres Strait Islander culture. We would like to extend a very special thank you to all of our families, special guests, community members, staff and students who helped us to celebrate this very special week.

CATHOLIC SCHOOLS CELEBRATE

Catholic Schools Celebrate will be held at 7.00pm on Thursday 16 August at the TRECC. Tickets can be purchased from www.visittamworth.com or phone 67675300 or Tamworth Tourist Visitors Centre. Cost is \$17 adults, \$9 children. Be entertained by the creative students and teachers from St Joseph's Quirindi, St Joseph's West Tamworth, St Edward's, St Nicholas' and McCarthy Catholic College. Please note there is no matinee performance this year.

CSC rehearsal will be held on Thursday July 26 at 4.00pm in the McCarthy School Hall.

SURPLUS MCCARTHY YEARBOOKS/MAGAZINES

The school has uncollected yearbooks from 2010, 2009, 2008, 2006, 2005, 2003, 2002 and 2000. There are also a small number from the McCarthy Catholic Senior High School era (eg 1993, 1995, 1996, and 1997).

If you would like any of these books please let the school office know and Mrs Pat Kilborn will contact you to make arrangements for collection.

SPORT

Cross Country

Congratulations to Sophie Heeney who placed a credible fourth in the NSW All Schools Cross Country Championships at Eastern Creek last Friday.

Good Luck

The McCarthy Girls Tennis Team will travel to Newcastle next Thursday to play TIGS (Illawarra Grammar School) in the NSW All Schools Tennis Challenge.

The Opens and 16s Rugby Union teams will play in the final of the Schools Competition tomorrow (Friday) evening. The Opens defeated Farrer in the semi-final last week and will play Calrossy. The 16s defeated Quirindi and will play Calrossy in the final.

Tutor Wanted



A tutor is wanted for a Year 5 student in Kootingal. The preferred applicant would be a Year 11 or 12 student with sound English skills and a drivers licence. If you are interested please see Mrs Sparke for contact details.

Creating Resilient Families

Resilient families are ones that have the ability to adapt and manage a range of challenges and issues that come their way. They are places that are “a soft place to land” for family members, where individuals feel supported, heard and understood. They are also places where reality checks can be taken, failures recognised, misfortunes experienced and appropriate responses consequences and solutions encouraged. Families should be fun places to be where joy and laughter is shared. In a sense resilient families are like elastic bands, adaptable, giving, strong and soft but they hold things together.

How to create resilience?

Some of the ways that families develop resilience are by:

- Developing healthy open ways of communicating. In other words, ensuring that all family members are really heard and that their point of view is understood (even though it may not be agreed upon). Find many opportunities for open communication.
- There are healthy, logical boundaries in place to create safety and protection for all family members and that these are understood by everyone in the family. It is important for children to know who is in charge of the family. It is also important for parents to be consistent in their dealings with children. This helps children to be able to predict the kinds of consequences that will occur as a result of how they behave. It's important to give children a right to their ideas and opinions but it is the parent's job to make the final decision.
- *Deserved* praise and positive encouragement are the foundations of good self esteem. Families that have a way of giving positive feedback and noticing effort are often on the way to becoming more resilient. *False praise and excusing mistakes can decrease resilience.*
- There are rituals in place that bring the family together. This might be through celebrations, family holidays, Friday movie nights, family dinners etc.
- That during difficult times the family pulls together to help each other out. This builds resilience by developing knowledge and skills in dealing with adversity.
- There is an acceptance and encouragement of help seeking behaviours. It's ok for people to ask for help outside of the family and the family supports people's need for assistance.
- The family continues to learn and grow in their understanding of people and themselves and adopt an attitude of curiosity. They are interested in each others' viewpoints and feelings and encourage each other to express these.
- There is an element of spontaneity within the family. It adds a sense of adventure and fun and encourages the family to enjoy themselves and have a good time. Rules and boundaries are important but having a sense of fun and spontaneity is great for everyone's well-being. It's also important for children to be surprised by you.
- The family accepts differences in family members and encourages differences of opinion and interests. This encourages children to develop a good strong sense of who they are and encourages tolerance in other areas.

More Reading

Andrew Fuller, “*Creating Real People – Creating A Resilient Family*”, 2006, Australian Council For Educational Research, Melbourne, Vic

If you would like to discuss this issue or any other parenting issues or concerns, **Parent Line** Counsellors are available **24 hours a day, 7 days a week** to provide a **free, professional, confidential** service to all parents and carers of children across NSW. Phone **1300 1300 52**

(Adapted from Parent Line: Creating Resilient Families)