

Newsletter

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McCarthy Office Hours: 7.30am – 4.00pm



Dear Parents & Students,

Prayer

LITANY TO THE HOLY SPIRIT

Come Spirit of Wisdom

fill our hearts with your treasure that we may seek you in all things.

Come Spirit of Understanding

gift us with deep inner knowing that we may live with integrity.

Come Spirit of Right Judgement

guide us with light and truth that we may discern your ways.

Come Spirit of Courage

free us from fear and doubt that we may act justly.

Come Spirit of Knowledge

enlighten our hearts and minds that we may boldly speak your truth.

Come Spirit of Reverence

quieten our restless lives that we may hear your voice.

Come Spirit of Wonder

alert us to God's presence that we may join in creation's praise. Amen.

Diary Dates

23 Aug:	Athletics Carnival
23 Aug:	Vinnies Camp
24 Aug:	Carinya Horse Sports
27 Aug:	HSC Drama Practical Exam
28 Aug:	HSC English Study Day – Farrer
29 Aug:	Young Drivers Expo (Year 11)
30 Aug:	St Nicholas ' Disco
1 Sept:	HSC French Beginners and Continuers
3 Sept:	Year 10 Excursion
4 Sept:	Early Entry Applications due (Year 12)
8 Sept:	Local Government Elections
8 Sept:	Car Boot Sale
10 Sept:	Year 11 Exams
11 Sept:	Year 12 Twilight Retreat
12 Sept:	HSC Music 1 Practical Exam
12 Sept:	Year 12 Farewell Mass
20 Sept:	Year 12 Farewell Assembly
21 Sept:	Last day of Term 3
8 Oct:	Term 4 commences

PRINCIPAL MATTERS

Staff Matters

Mr Nicholas Fahey finished at McCarthy last week. He will be teaching in the UK for the next two years. Mr Matt Feltrin will fill Mr Fahey's position, teaching Mathematics, PDHPE and PASS.

Mrs Crowley continues to receive medical treatment and remains in contact with the school. Please keep her in your prayers.

Congratulations are extended to Mrs Sarah Sommerlad and Mrs Sally Sparke who have recently completed Masters degrees.

Enrolments

Final offers for enrolment into Year 7 2013 will be made next week. It is very unfortunate but approximately forty applicants will not be able to be offered places. Enrolments for 2013 are up due to increased retention rates.

School Perception Survey

Thank you to all parents who have completed the survey to date. If you have not received an email requesting participation in the survey, please provide your email details to Debra Wade at the office or via admin@mccarthy.nsw.edu.au

Walkathon

The annual school walkathon for the Catholic Mission was held on Friday. This was a terrific day for the whole school community. Students and staff embraced the challenge of the 15km walk/jog with great enthusiasm. Funds collected to date amount to \$15,500. The money will be used to build an orphanage in India. Thank you to all involved and to Mr Luke Adams for coordination of the event.

Athletics Carnival

Due to wet-weather effects on the grounds, the College Athletics Carnival was postponed until today (23 August), weather permitting. A report will appear in the next newsletter.



Mrs Kate Rayment – Principal

ASSISTANT PRINCIPAL

School Results Survey

As part of our ongoing commitment to continuously improving the school, we believe it is critical to seek feedback on a range of issues relating to McCarthy Catholic College. The feedback is very important as we continue to build a successful school and strengthen our reputation as an "educator of choice".

As such, we have engaged the professional services of MYP Corporation (MYPCorp) to undertake a strictly private and confidential School Results Survey on our behalf. The survey should take approximately 10-15 minutes and will need to be completed online between 1 August and 31 August 2012. There are no right or wrong answers and we ask that you respond honestly to each statement.

Please note that this survey will be confidential. No member of the leadership team at McCarthy will have access to your individual responses. We will be provided with a summary of collated results only.

Thank you in advance for your assistance in helping shape the future direction of McCarthy Catholic College.

Headphones

Students are requested to bring their own headphones to school for use in the library. This is for hygiene reasons.

Mrs Sally Sparke – Assistant Principal

RELIGIOUS EDUCATION

Vinnies Youth Camp

Nine Vinnies members will join students from other schools in the diocese at Lake Keepit for the annual Vinnies Youth Camp at the end of this week. This will be a perfect opportunity to mix with like-minded students and to learn more about the work of St Vincent de Paul.

Whole School Mass

We would like to thank the priests in the three parishes in Tamworth who celebrated Mass for our students on the Solemnity of the Assumption. Being able to attend Mass at the same time, on these special feast days, is a privilege for our students and staff.

Mrs Carol Wheaton and Mrs Cate Allen – Religious Education Coordinators

PASTORAL CARE

Condolences

Our thoughts and prayers are with Mrs Jane Burt and her family following the death of her father.

Our condolences and prayers go also to Matthew Pannowitz, Zane George and their families after the passing of their grandfathers.

Leadership Seminar

Year 11 attended a Leadership Seminar presented by Mrs Sally Sparke, Mr Luke Adams, Mrs Sharon Stuart and myself. Topics covered were I am a Leader, Team work, Qualities of a Leader, and Leadership at McCarthy.

Awards

Mrs Rayment recently presented the following students with Certificates of Achievement. Congratulations to:

Year 7: Annie Hobson, Libbi Maher

Year 8: Prue Davies, Jessyka Donaldson, Morgan Pennefather, Dominic Sills, Stacie Welk

Year 9: Mikayla Thompson

Year 10: Elizabeth Murray, Priyanka Pinto, Madeline Toole

Year 11: Claire Perryman

Year 12: Taylor Day, Stephanie Lingard-Hughes, Lachlan Maloney, Emily Murray, Bronte Pennefather.

Theme for the Week

Sleep is essential for learning and well-being. It is evident in classes that sleep deprivation results in reduced concentration and learning. Research shows that adolescents should:

- have 9 – 10 hours of sleep per night
- have a wind down period of 30 – 40 minutes before going to bed
- have an established routine in going to bed
- exercise early in the day
- close down or remove distractions from the bedroom (eg phones)
- maximise the three sleeping cues (darkness, melatonin and normal / low body temperature)
- catch up on any missed sleep.

It is important that we **recognise strengths in ourselves and others**. Too often we concentrate on our weaknesses, and do not recognise, develop or use our strengths. The ability to accept a compliment is a valuable social skill. We should recognise and compliment strengths in others, and if appropriate use them as role models. These are great gifts that we give other people.

'I can live for two months on one good compliment.' Mark Twain

Mrs Julie McGregor – Pastoral Care Coordinator

Year 11

This is an important term with the Yearly Examinations in Weeks 9 and 10. These are the final assessments that are completed before the start of the HSC course in Term 4. This means, in most subjects, your child's first HSC marks will be in before the end of this year. We elect our student leaders for 2013 with School Captain and Year 12 SLC elections being finalised before the end of term. We hope students take the opportunity to develop and build leadership skills.

We bid farewell to Mia Dixon, Travis Rolf and Harley Reynolds and wish them all the very best with the decisions they have made and thank them for their contribution to the College during their time here.

I would like to congratulate Ben Collett and Megan Reid who will be touring France later this year competing in "Horse Ball". Congratulations also to Alex Lane who had success in the Property Planning Competition as a finalist.

All students have received a Term Calendar. I suggest that these be used on a regular basis by planning and organising important dates for the academic term.

Year 11 will be attending the Young Drivers Expo being conducted by the Tamworth Regional Council on Wednesday August 29 2012. This program is designed to assist young drivers and look at issues they will face on the road.

Parents/Guardians, please feel free to contact me if you have any issues in relation to your child's welfare at school on l.adams@mccarthy.nsw.edu.au. If you wish to join my email database please email me and I can add you to my list. This is a great way for parents to stay up to date with all things happening in Year 11.

Mr Luke Adams – Year 11 Coordinator

CAREERS NEWS

Skillset

Recently a local group training organisation, Skillset, spoke to over twenty-five Year 10-12 students interested in seeking apprenticeships and traineeships when they leave school. They gave them good advice which included doing work experience. This is very important as it gives students both an idea of what is involved in a career and to see if they really like it. It also helps some students to gain an apprenticeship.

UAC

Year 12 students are currently able to apply for university through UAC or QTAC and for the various early entry schemes. This takes time and careful attention to detail is required. Students are encouraged to seek help, watch for deadlines and not leave these applications to the last minute.

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

PARENT INFORMATION

Association Meeting

The next meeting will be held on Tuesday 18 September at 7.00pm in the staff room. All parents/carers are most welcome to attend.

Thank you to Mrs Kate Rayment for the very informative Talkback Session on the MCC Discipline Policy and Behaviour Management at this week's meeting.

McCarthy Catholic College, Saturday 8 September 2012

Don't forget the car boot sale to be held on Saturday 8 September to coincide with the Tamworth Regional Council Election Day. The cost to set up your car boot full of treasures for sale will be \$10 per car - money to be collected on the day. The car boot sale will be held in the student car park which is located to the left of the main car park in the school grounds.



HSC PHYSICS WORKSHOP

Each year, the McCarthy HSC Physics students attend a series of workshops and lectures provided by the University of Sydney. Other schools from around the region also attend.

The aim of the workshops is to look at specific dot point areas within the Physics core syllabus subjects. The University provides specialised teaching resources that enable their presenters to demonstrate to the students in depth aspects of each dot point. This enhances learning and understanding.

The Physics teachers also benefit by attending a lecture on a specific topic, with the opportunity to engage in open discussion and ask questions. This year, discussion about superconductivity and the Meissner effect produced more questions than answers.

In July, the McCarthy students travelled to the Dubbo Senior High College Campus. On the evening before the workshops, we travelled to the Dubbo Observatory. After a short viewing of a video dealing with the Universe and space travel, the students then had the opportunity to use the Observatory telescope to look at our own galaxy as well as other specific stars and planets. Despite the very cold night, it was a very worthwhile opportunity, as the students were about to start the option topic of Astrophysics.

The students rated the Observatory tour and workshops a complete success.



Mrs Melissa Lees and Mr Kim Slattery – Physics Teachers

ENGLISH MOODLE WEBSITES

English staff members have designed Moodle pages to complement each unit of study in Years 7-12. These Moodle pages are labelled 'Essential Course Material'.

Resources have been designed and carefully selected to assist students to understand the key concepts and text type of each unit. The assessment task for every unit is centred on the text type allocated to each unit of work. Each section of the Moodle page commences with links entitled "What is this unit about?" and "The assessment for this unit is..." These sections clearly outline the aim and scope of the unit and the assessment text type for the unit. Links to useful websites and resources provide knowledge, deepen understanding and encourage students to work to achieve greater success in English.

The Moodle pages can be found by accessing the English course category link on the www.learning.mccarthy.nsw.edu.au website. School Moodle username and password provide access for students. Parents can also gain access by using the username 'parent' and password 'parent'.

For parents who are looking to facilitate additional English skills activities at home, Moodle pages dedicated to grammar, spelling and punctuation can also be found in the same location.

Mrs Katrina Sullivan – English KLA Coordinator

BRISBANE ROYAL

The Brisbane Royal Show has been the biggest event of the year for the McCarthy Show Team thus far, due its reputation for top quality cattle and tough competition. McCarthy was competing for the first time since 2006 and it was a wonderful experience for the team. There was a whole day of activities and competitions for schools on Tuesday and Steph Watt, Sharna Coleman and Alex Watt were successful in the team judging, placing 3rd against some stiff competition from over thirty school teams. During the school day, both Anna Crisp and Paul Murphy were selected to progress through to the final in their cattle paraders class. This was an incredible achievement, especially with Paul facing over 120 competitors all vying for selection, and Anna parading for the first time. Claudia and Alex opted to observe the best of the paraders to pick up some pointers to share with their team mates at later shows.

Our steers, "Phoenix" and "Lil Col", were competing in the open classes, with Phoenix placing 3rd on the hoof and 4th on the hook and was ranked second overall for the jackpot. Our junior steer "Wiley" received a highly commended in his class up against some of the best steers that the schools had to offer.

The Brisbane team was fortunate enough to have been sponsored by Ray White Garvin and Cousens thanks to the efforts of Mr Phil Hetherington. We thank them for our smart uniforms. Thank you also to Rob Maxwell, as without him the Show Team would not be able to compete at this high level.

Miss Leanne Sjollemma – Show Team Coordinator



Claudia Turner, Anna Crisp, Sharna Coleman, Mr Phil Hetherington, Steph Watt, Paul Murphy, "Phoenix" and "Lil Col"



Claudia Turner, Alex Watt, Sharna Coleman, Paul Murphy, Steph Watt, Mr Rob Maxwell, Anna Crisp and "Phoenix"

SPORT

Hockey

Congratulations to Chris Ninness and Isaac Farmilo who have returned from competing in the National Under 16 All Schools Hockey Championships in Tasmania. The boys were members of the NSW team which won the final against WA 4-1. Both boys scored goals throughout the week with Isaac slotting eight in total.

Dana Constable has been named in the 2012 Hockey Australia Futures squad. She is one of seven NSW players picked in the 31 player squad, which is selected from around Australia from performances at the U18s and U21s National Championships. Dana was chosen after her outstanding performances at the U18s championships where, at 15, she was one of the youngest players competing.

Diocesan Athletics Carnival

Following a successful Diocesan Athletics Carnival held in Tamworth on Wednesday 8 August, the following students were selected to represent the Armidale Diocese at the NSW CCC Athletics Championships to be held at the Sydney International Athletic Centre, Homebush on Friday 14 September 2012: Caitlin Austin, Alix Sills, Morgan Pennefather, Jayden Gimbergh, Jack Rindo, Bronte Ellicott, Brianna MacPherson, Abby Schmiedel, Sophie Heeney, Matt Dunn, Mikala Dimmock, Nathan Paff, James Dunn and Leo Steyn.

Congratulations to our Diocesan Age Champions: 12 Girls – Alix Sills, 15 Girls – Sophie Heeney and 17+ Boys – Leo Steyn.

NSWCCC Basketball

This week, our 7/8 and 9/10 boys competed at the CCC State Basketball Championships at Penrith. Congratulations to the 9/10 boys who won a bronze medal. They were defeated in the semi-final by Holy Spirit Bellambi, who were the eventual winners. We thank Aaron Balderston and Matt Hobson for coaching the side.

9/10 Boys: Brock Berthold, Rhys Chillingworth, Mitchell Edwards, William Jackson, Alex Leonard, Cody Miller, Tom Paff, Cameron Singh and Liam Stanton.

The 7/8 boys won several games throughout the tournament and we thank Mr Paul Hobson for coaching the side.

7/8 Boys: James Berthold, Max Chillingworth, Hayden Davy, Ben Foster, Jayden Gimbergh, Tom Kelly, Connor Murphy, Jack Rindo, Dominic Sills and Ricky Ward.

Thank you to Mr Wayne Northey for accompanying the boys on the trip.

Equestrian

On Friday 10 August, sixteen McCarthy students competed in the annual St Nicholas Primary School Horse Sports. The weather was bitterly cold but the enthusiasm of the students was not dampened. Ben Collett (Year 11) was awarded Champion Senior Rider as well as overall champion in the 16+ years age group. Jesse Kelly (Year 7) and Natasha Achurch (Year 8) were also awarded age champions in their divisions. Reserve champions for age groups were Lucy Herbert (Year 7), Matthew Letton (Year 8), Sian Bricknell (Year 9) and Sam Collett (Year 8). Sarah Maloney (Year 7) was awarded the Secondary Schools Sportsmanship Award and McCarthy won the Secondary Schools Highest Point Score for the third year running. Ben and Sam Collett, along with a Narrabri High student, recorded the fastest time in the Team Barrel Race, which was a new event for the Horse Sports competition. Well done to all students.

Netball

On Sunday 5 August, four McCarthy Netball teams braved the cold conditions to play in the Tamworth Netball Association Carnival at the Sports Dome.

McCarthy had mixed success, with the Year 7 MCC White team playing in a strong division and while they only had one win on the day, the girls played fairly and admirably against older girls. Unfortunately, the Year 9 MCC Blue team had no success on the day but played with admirable sportsmanship. The Year 10 MCC Red team had some tough games against multiple representative teams, and with mixed success, ended the day third in their division.

However, our Year 8 MCC Gold team played outstanding games winning all five rounds, two of them by one point. The girls played against representative sides from our region and played with great team spirit and passion, to take out first place in Division Two. Well done girls.

I would like to thank parents, particularly Mrs Mitchie (Year 7 coach), Mrs Littlejohns (Year 8 coach) and Mrs Patterson (Year 9 coach), for helping on the day and coaching and supporting the teams; their help is greatly appreciated. Lastly, I would like to thank all thirty girls who played on the day, giving up a Sunday to participate in this carnival.

Mrs Angela Milek

Cricket

At the Tamworth Junior Cricket AGM it was decided not to go ahead with the franchise based teams in the 16s competition but to stay with school teams. We are now looking for players to register for the 2012-2013 Cricket season. Teams in Year 7 and Year 8 will play on Saturday mornings and teams in Year 9 and Year 10 will play Friday afternoons. Registration forms are available from Mrs Colleen O'Meagher in the office.

Touch and Oztag School Competitions

Nomination forms for the High School Summer Touch (Thursdays) and the Junior Oztag (Wednesdays) competitions for Term 4 are now available from the office. Touch nominations close on 10 October and Oztag nominations close on 19 September. For further information contact Kim at Tamworth Touch 0408688477 and Katrina at Tamworth Junior Oztag 0421019462.

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familiesnsw
supporting families to raise children



At Parent Line we are dedicated to helping families develop richer, more rewarding relationships and create safer more nurturing environments for children to grow and develop into happy, healthy, confident, contributing young adults.

Changing problems into opportunities for skills development

As adults we often forget what it was really like to be a child. We might have memories about events but we often forget that all our wisdom and knowledge has been learnt along the way and that it did not come easily. We often expect our children to be able to manage all kinds of situations without difficulties and then become frustrated when they have problems.

The most common reason parents seek help from Parent Line is in managing their child's behaviour. Parents often feel embarrassed to tell other people that they are struggling with their child's behaviour. They feel it could be seen as a reflection on their parenting capabilities.

Parents sometimes blame it on others "It's the teacher that's causing my child to behave like that" or "She's bored at school so she misbehaves" etc. We as parents have all done that!

At Parent Line we suggest to parents that a very effective way of working with the problem is to view the problem as an opportunity for the child to learn skills. It might be a process of self discovery or it might be about learning relationship skills, problem solving skills or even help seeking skills.

This approach is about understanding that children can't know how to manage every situation. It is acknowledging that we all continue to learn and develop throughout life and that mistakes are just opportunities to learn. If the mistakes continue to happen then the learning isn't happening.

It helps eliminate some of the frustration and gives parents a different mindset that has an outcome. Instead of being just the disciplinarian, parents take on roles such as coach, mentor, limit setters and the child's cheer squad all in one.

This method creates opportunities for relationship building and closeness between the parent and child. It helps parents to break down the issue into parts that they feel that they can influence. There are many steps along the way that help parents put this into practise.

(adapted from Ben Furman, "Kids Skills", 2007, St Luke's Innovative Resources, Bendigo, Vic)

If you are interested in averting the negative spiral of being frustrated with your child's behaviour, stopping the nagging and the blaming, call us at Parent Line **1300 1300 52**, 24 hours a day, 7 days a week or log onto our website for more parenting information on www.parentline.org.au