Dear Parents & Students,

Prayer
Hail Mary, full of grace.
Our Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb,
Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Reflection: October is a month devoted to Mary, the Mother of Jesus. Pope John Paul II in his encyclical Rosarium Virginis Mariae (Oct 2002) states 'The Rosary is by its name a prayer for peace, since it consists in the contemplation of Christ, the Prince of Peace, the one who is “our Peace”. By virtue of the meditative character…the Rosary has a peaceful effect on those who pray it.'

Praying the Rosary, individually or as a family, during the month of October could be one way of praying for peace in our world and in our lives.

PRINCIPAL MATTERS
Staff Matters
The following temporary teaching/leadership appointments have been made for this term:
- Mr Daniel Daley has been employed in HSIE, replacing Mrs Denise McHugh
- Miss Stephanie McCabe has been employed in HSIE, replacing Mrs Louise Vella
- Mrs Carmel Taylor has been employed as the new Student Welfare Officer, a position made available through our successful application for funding under the federal government’s NSCSW Program
- Teaching and Learning Coordinator – Mrs Suzanne Day
- TAS Coordinator – Mr Daniel Mitchell
- Year 8 Coordinator – Mr Andrew Davy, assisted by Mr Josh Walker
- Student Management Officer – Miss Megan Barnes (Weeks 1 and 2)

The school community is praying for the full and rapid recovery of Mrs Louise Vella who is currently undergoing treatment for cancer. Please keep Louise and Penny Crowley in your prayers.

Higher School Certificate
The Higher School Certificate commenced on Monday. We are all mindful of the pressures the exams place on the Year 12 students and their families and wish them all the best. We hope they reap the rewards of their commitment to their studies.

Outstanding Achievement
It is with pleasure and great pride that I inform our school community that Lesley Wong (Year 12) has again won the gold medal in ICAS English, placing first in NSW and the ACT in the international assessment. Lesley won the same medal in 2010. This is an outstanding achievement and I am sure all will join in congratulating Lesley and the English faculty.

Year 12 SLC 2013
The Year 12 2013 representatives for the Student Leadership Council were announced at the assembly farewelling the current Year 12 cohort. We look forward to inspired and dedicated leadership from these students elected by their peers and staff. We extend congratulations to School Captains Georgia Rae and Ted Alderton; Vice Captains Lara Northey and James Dunn; and to SLC representatives Anna Camilleri, Mikaela Dimmock, Sarah Simmonds, Leo Steyn, Jerome Studdy and Harry Vella.

NAPLAN
The NAPLAN results for students in Years 7 and 9 have arrived. A team of staff members is working hard to analyse the results and prepare individual and cohort improvement plans in literacy and numeracy for implementation immediately. There is some obvious growth in performance between Year 7 and Year 9 and we are pleased with the results.

Facilities
In the next few weeks, three prefabricated portable learning spaces (demountable classrooms) will be delivered and commissioned on site. These facilities will be used to house additional classes as an interim measure, until construction of new rooms can take place.
RE PD Day
On Wednesday 10 October all teaching and classroom support staff participated in the annual RE professional development day. This year the focus of the day was the New Evangelisation. Bishop Kennedy presented the major input session for the day, inspiring staff to take action to address the great need to act anew to support those who have lost direction in their faith.

Cathedral Centenary Mass
The diocesan Cathedral (St Mary and St Joseph) is one hundred years old. This weekend celebrations to be held in Armidale will mark this significant milestone. Please find enclosed/attached a flyer inviting attendance at the old fashioned Garden Party on Saturday 20 October from 2.00pm – 4.00pm at St Mary’s Catholic Primary School, Armidale. On Friday 19 October approximately thirty students and five staff will attend the Centenary Mass at the Cathedral.

New Website and Online Learning Environment
McCarthy Catholic College is excited to announce the launch of the newly designed Website and Online Learning Environment. Both of these sites went live recently and are located at the addresses: http://www.mccarthy.nsw.edu.au and https://learning.mccarthy.nsw.edu.au respectively.

Website
Our new site’s homepage welcomes visitors with a clean uncluttered design and with a focus on the most frequently accessed content on the site. These attributes are also reflected in the new Online Learning Environment. The site aims to make it easier for parents and the community to find the information they need and provide feedback. Enrolment Request and General Enquiry forms are now available on the site, providing a more efficient means of communication with the school.

Newsletter Subscription
Email based subscription to the McCarthy Newsletters is now also available. To sign up, complete the form available at http://www.mccarthy.nsw.edu.au/newsletters.

Online Learning Environment
The new Online Learning Environment is an upgraded version of our old MOODLE system. This new system allows us to better provide electronic learning to our students. It allows 24/7 access to a wide variety of useful resources and homework/extension options.

Online Learning Environment – Parents Section
The new Online Learning Environment comes with a parent section that is accessible via the new website. Some sections require login details to gain access (you can either use your child’s login or contact the school for the parent login details).

Twitter
McCarthy is embracing new opportunities to improve communication through the creation of a Twitter page. For more information about the McCarthy Twitter page (http://www.twitter.com/mcctamworth) visit the parent section of the Online Learning Environment.

Update Contact Details
The new site also provides a simple way for parents to notify the school regarding changes to contact details.

RELIGIOUS EDUCATION
RE Professional Development Day
Our Pupil Free Day in Week 1 of this term was devoted to increasing the knowledge of staff on The New Evangelisation. We were fortunate to have Bishop Michael Kennedy with us for most of this day. He celebrated Mass at St Mary’s Church the beginning of the day and then joined us at school for morning tea. This was followed by an address on The New Evangelisation. He referred to current writings on this topic and emphasised the importance of the role of teachers to make Christ known to those they encounter in the Catholic school community. We greatly appreciate the Bishop making time to be with us; it was a perfect opportunity for many to meet him for the first time.

Whole School Mass
The final whole School Mass for this year will be held on All Saints Day on Thursday 1 November. We will attend Mass in the four Catholic churches in Tamworth at 11.30am. All parents and friends are most welcome to attend.

October Rosary
During the month of October, students and staff will have the opportunity to meet and say the Rosary each Friday at lunchtimes in G4.

ASSISTANT PRINCIPAL
In the recent survey, parents were asked about aspects of the school uniform policy in order to determine if changes need to be considered. The parent response was strongly in support of continuing the Uniform policy as it stands. The uniform requirements for junior and senior students can be found clearly outlined on the school website. I thank everyone for their participation and feedback.

Mrs Sally Sparke – Assistant Principal
PASTORAL CARE

Mental Health Month
Mental Health month is a national mental health promotion campaign held in October each year. It aims to increase awareness and to promote mental health and wellbeing for all people of NSW. It is an opportunity to ask if we are feeling good about ourselves and our lives, if we have good relationships with other people, and if we are engaging in activities that give us purpose and meaning. Just like physical health and fitness, mental health is worth taking care of and improving. This is true for people who haven’t experienced mental illness, as well as for people who have.
The theme this year is ‘Celebrate, Connect, and Grow’. The campaign will focus on:

- Celebrating the positive things in life, as well as the strengths and values that help us through more challenging times.
- Connecting with others by paying attention to our close relationships and reaching out and making new friends.
- Growing by expanding our horizons and trying something new that creates meaning and purpose.

This month in Homeclass the Theme of the Week is focusing on ways that we can improve our mental health. There is a display of resources available for all students in the library.

Welcome
It is with great pleasure that I welcome Mrs Carmel Taylor to the Pastoral Care team. Through a federal grant we have been able to employ Mrs Taylor as a Student Welfare Officer. She has qualifications and experience in youth work and mental health. We look forward to the contribution Mrs Taylor will make to the well-being of our students. We also welcome Brooke Thomas (Year 9) and her family into the McCarthy community.

Vaccinations
All Year 7 students will receive their 2nd Hepatitis B dose and Year 7 girls will receive their 3rd HPV dose on Friday 2 November. Year 7 is to wear sports uniform on this day. It is important that each student has plenty of water, breakfast, morning tea and lunch on that day.

Welcome to Year 10
I will be meeting next week with students intending to leave school at the end of this year to discuss their options/plans and make sure these students have resumes that are job-ready.

Year 11
This is the time when many students consider if they will drop a subject or change levels. Giving a talk to all Year 11 students, I encouraged them to think carefully, find out information, ask for advice, not make rash decisions and to consider the ramifications for the HSC, their ATAR and for first year at university when it comes to certain subjects. Parents were also invited to an information session on this topic during Week 2.

I was impressed by several Year 11 students who took advantage of opportunities offered earlier this year through morning notices and attended activities during the recent school holidays.

Grena Sancho applied for, and was selected to attend the Rural High Schools Medicine Career Workshop held at UNSW. James Dunn and Nathan Paff attended the Engineering Link Project held at UTS while Jerome Studdy, Hannah Shorten, Hannah Woods and Laura Heuston attended Life at Sydney Uni sessions. All these have given them insights and motivation for what is possible after the HSC. They all met students from across NSW with similar goals and interests.

Year 12
Best wishes to Year 12 students for their HSC exams. While the exams continue, the universities and colleges continue to send me information for students and I ask them to check their emails once or twice a week.

TAFE – changes for 2013 and deadline for first round of applications Friday October 26
There have been changes to applying for TAFE in 2013 across NSW. Each of the ten TAFE Institute now organises its own enrolment processes. Some dates and procedures will vary in different areas so if you want to attend a TAFE in Newcastle, Sydney or Coffs Harbour you will need to check with each Institute’s website by first going to https://www.tafensw.edu.au/
For the New England Institute, the closing date for on-time applications for popular courses at Tamworth TAFE is fast approaching. To see which courses are included in this category, go to:


You can register your interest, apply or enrol as some TAFE applications can be done on online, some can be done in person and some require an expression of interest. You need to read the websites carefully or ring 1800 448 176. The link to all courses being offered at Tamworth TAFE in 2013:

http://www.newengland.tafensw.edu.au/en/find_a_course~/~media/files/Campus_Brochures_Semester_1_2013/Tamworth_V2.pdf

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

MATHEMATICS

ICAS and Australian Mathematics Competition Results 2012
Students participated in one or both of the competitions offered. It is wonderful to see students participating in these competitions. Congratulations to all students who participated and challenged their abilities.

Following is a list of students who received a Credit, Distinction or High Distinction.
Australian Mathematics Competition
Fifteen students competed.
Year 8: James Lu, Distinction;
Year 9: Beau Alderton, Credit;
Year 10: Reubben Short, Credit.

ICAS Mathematics Competition
Thirty-three students competed.
Year 7: Jack Croake, Credit; Harper Galvin, Distinction; Jack Murray, Credit; Jeffrey Wong, Credit;
Year 8: Isaiah Dancy, Credit; James Lu, Distinction; Douglas Pianta, Credit; Gabrielle Vella, Credit;
Year 9: Beau Alderton, Credit; Chloe Hope, Credit; Lauren Macrae, Credit; Paul Murphy, Credit;
Year 10: Jack Pianta, Credit; Tom Paff, Distinction;
Year 11 James Dunn, High Distinction;
Year 12 Shae Parsons, Credit; Lesley Wong, Distinction.

Mathematics
As it is the beginning of a new term, students need to ensure they have all necessary equipment for class. Students should have a textbook, exercise book, calculator, ruler and pens.
Students in Years 7 to 10 should be preparing for Semester 2 Assessments, covering Term 3 and Term 4 work. Useful tools for revision will be class notes, textbooks and hotMaths.
Students entering their HSC year will have their first Assessment task later this term.
The Mathematics Department wish Year 12 2012 all the very best for their Higher School Certificate.

YEAR 9 FOOD TECHNOLOGY
Recently, Year 9 Food Technology students were given the challenge to join with St Nicholas School – St Mary’s Campus to explore healthy lunch boxes as part of their Science and Technology program.
Each student was given a K-1-2 buddy to cook with and prepare a selection of nutritious lunch box foods that would appeal to little taste buds.
It was such an exciting morning for everyone. Year 9 students helped our junior chef’s to make food products including cheesy vegemite scrolls, sandwich shapes and skewers of fruit flowers.
The students were wonderful in talking St Mary’s students through kitchen safety and hygiene.
A big thankyou to each and every Year 9 Food Technologist for their imaginative and skilful approach to this task and for making this a very memorable and tasty morning for our St Mary’s friends. I would like to express my gratitude to the wonderful team of staff from both schools, Mrs Doyle, Mrs Hannaford and Mrs Bradbury, Mrs O’Neill and Mrs Faint for their help.

SPORT

Hockey NSWHA
Under 13
Congratulations to Ehren Hazell who was a member of the gold medal winning NSW team at the Australian U13 Hockey Championships in Nowra during the holidays.

Under 15
Isaac Farmilo represented NSW at the Australian U15 Hockey Championships held at Adelaide recently. NSW completed the round robin competition undefeated with Isaac contributing approximately ten goals for the tournament.

Team Penning National Championships
Congratulations to Chloe Milgate whose team was successful in winning the Team Penning Junior National Championships held in Tamworth during the holidays. Jake Sutton’s team was victorious in the Arena Sorting competition at the same event.

NSW Year 7/8 Touch Gala Day
The regional qualifying competition for the NSW Year 7/8 Touch was postponed last week due to the weather. It will now be held on Thursday 25 October.
The McCarthy Association Trivia Night will be held on Friday November 16 and we are calling for donations of prizes for this fun-packed wonderful night.

Nothing is too big or too small, and all donations are greatly appreciated. Examples of prizes include: iTunes cards, store vouchers, potting mix, wine, gardening tools, chocolates, pots, small electrical appliances, BBQ tools, DVD's, CD's, linen, towels, kitchenware, cosmetics etc.

All funds raised on the night will go towards the purchase of a Defibrillator for the school. This piece of equipment may one day save a life within the school community.

Please help us raise the funds by either donating a prize and/or getting a table of 8 together for the night itself. It promises to be a fun filled night. Please see Trivia Night flyer for more details on the internet or at the office.

For more information about the Association and to keep up to date with the latest please go to the following link http://mccarthy.nsw.edu.au/parents/

Meetings are held on the 3rd Tuesday of each month (except in school holidays) and start at 7.00pm in the staff room. The Pie Drive that was to take place in October has been cancelled because of the unavailability of the hall due to the HSC. Watch this space for updates.

St Michael’s Manilla School and Parish Fete
Saturday 27 October 2012
commencing at 8.30am at the Manilla Town Hall Complex
HEALTHY SCHOOLS, HEALTHY FUTURES PROGRAM

Social and Emotional Well Being
McCarthy Catholic College is participating in the Healthy Schools, Healthy Futures program run by Hunter New England Health and the University of Newcastle. This program is directed towards students in Years 7 to 10 and aims to decrease health risk behaviours (such as alcohol consumption, smoking, other drug use, physical inactivity and inadequate nutritional intake) by enhancing the resilience of students through working with the school and community organisations. The program aims to increase the internal and external resilience of students.

Internal resilience factors refer to personal skills and traits of young people and include:
- empathy
- self-esteem
- self-awareness
- effective help seeking
- communication and cooperation
- goals and aspirations

External resilience factors refer to positive influences within a young person’s environment and surroundings that protect them from engaging in health risk behaviours. External resilience factors include:
- school connection
- community connection
- family connection
- pro-social peers

School Project Officers have held Curriculum and Community workshops, both essential elements in planning resilience interventions for students. McCarthy Catholic College has completed these workshops, and the remaining schools are expected to have completed their workshops in the next few weeks.

The next step is to finalise an Action Plan. This plan will list selected resilience interventions to implement over the next couple of years. Strategies in this plan may include activities from MindMatters and SenseAbility, rewards and recognition programs, student empowerment programs, and plans to increase links between the school and the community. The Action Plan will be produced by the School Project Officer and the Core Team that includes students, staff and parents.

School workshops and Action Plans are two important milestones of the Healthy Schools, Healthy Futures program and we encourage parents and students to support the McCarthy Catholic College resilience program.

Your School Project Officer is Kylie Pursche. Email: Kylie.Pursche@hnehealth.nsw.gov.au or 0408770690.

Kylie Pursche (School Project Officer)
Your Invitation To Attend

DATE
Friday 16th November 2012
TIME
7.00pm for 7.30pm start
VENUE
McCarthy Catholic College Hall
WHO
Over 18’s ONLY (This is not a kid’s night)
BONUS
ONLY $10 per head (Payable on the night)
BRING
Your gold coins, own drinks, nibbles

All money raised on the night will go towards providing our school with a Defibrillator.
The defibrillator may one day save a life and the MCCA fully support the purchase of this life saving device. Please join us to make this a wonderful night and raise these much needed funds.

Best dressed table  Winning trivia team
Spot prizes will be awarded throughout the night

To register please choose an option below

1. Phone the School with your table name on 6761 0800

2. Email  admin@mccarthy.nsw.edu.au

3. Return the slip at the bottom to the office By Wednesday 14 November 2012

So Register Your Table Of 8 People NOW

McCarthy Trivia Night Friday 16 November 2012

Please register a table of 8 for the following team.

Name: __________________________________________

Team Name: _____________________________________

Contact No: _____________________________________

If you don’t have a table of 8 but would like to come, please register and let the girls know that you don’t have a full table. We will try to put together a table for you.
AS PART OF THE CATHEDRAL CENTENARY CELEBRATIONS, YOU ARE INVITED TO GATHER ON THE LAWNS OF ST. MARY’S CATHOLIC PRIMARY SCHOOL FOR AN OLD FASHIONED...

GARDEN PARTY
SATURDAY, 20TH OCTOBER, 2012
2 - 4 PM

entry by gold coin donation

OLD FASHIONED GAMES, HOPSCOTCH ETC - FASHION PARADE OF CLOTHES FROM THE ERA, SCHOOL UNIFORMS ETC - MUSIC - DISPLAY OF MEMORABILIA - REFRESHMENTS - DEVONSHIRE TEA - FINGER SANDWICHES, SLICES

Toffee Apples - Old time sweets - Spiders - Icecream Sundaes