

# Newsletter

**Telephone:** (02) 6761 0800

**Postal Address:** PO Box 3486 West Tamworth NSW 2340

**Email:** admin@mccarthy.nsw.edu.au

**Facsimile:** (02) 6766 4557

**Website:** www.mccarthy.nsw.edu.au

**McCarthy Office Hours:** 7.30am – 4.00pm



**Dear Parents & Students,**

## Prayer

*The National Year of Grace Prayer*

Gracious God,

You have blessed this ancient land  
with many gifts, especially its people.

We thank you for the Year of Grace,  
a time to start afresh from Christ.

You invite us to contemplate the face of Jesus your Son,  
that we may experience a new wave of grace,  
and that the light of Christ may burn more brightly in our lives.

Attune our hearts and minds

to the presence of your Holy Spirit,

that our Church may be transformed,

our relationships be healed,

and our nation grow in compassion and justice.

With the intercession of St Mary MacKillop,

who showed us new ways of living the Gospel,

we make our prayer

through Christ our Lord. Amen.

## Diary Dates

16 Nov:	Association Trivia Night
19 Nov:	Year 10 NRMA Motorvate
21 Nov:	Catch-up day for Year 7 Vaccinations
21 Nov:	Canteen Volunteers Dinner
27 Nov:	Information Evening for new parents in 2013
28 Nov:	Year 7 2013 Orientation Day
28 Nov:	Year 11 Legal Studies Excursion
28 Nov:	Regional Band Camp – Narrabri
29 Nov:	Year 10 HSIE to 'Courage to Care Exhibit'
3 Dec:	Creative Arts Evening
3 Dec:	Year 9 Tea Gardens Excursion
17 Dec:	Award Night
18 Dec:	Year 10 Dinner Dance
19 Dec:	Last day of Term 4 for students
21 Dec:	Last day of Term 4 for staff
29 Jan:	Staff return for 2013
30 Jan:	Years 7, 11 and new students commence
31 Jan:	Whole school commence

## PRINCIPAL MATTERS

### Clergy Movement

Bishop Kennedy recently announced the transfer of Fr John McHugh from St Edward's parish in South Tamworth to Gunnedah and Fr Richard Gleeson from St Nicholas parish in Tamworth to Armidale. Fr Gleeson has had a profound influence on McCarthy, especially throughout the amalgamation and development of the College, and continues to be actively involved and quietly influential. Both priests will be greatly missed by the McCarthy community.

### Demountable Classrooms

On the weekend the school took delivery of three demountable classrooms. The buildings were able to be accessed free of charge from Sydney Diocese, with delivery and installation costs being covered by the school. They will now be freshened up and prepared for use from the beginning of next year.

### Remembrance Day

Last Sunday was Remembrance Day. Each year, a young Tamworth citizen is invited to address the community at the ceremony held in the Town Hall. This year our school was approached to select a student to be the 2012 speaker. James Dunn (Year 11) was chosen and spoke exceptionally well and with great respect. He was able to colour his speech with anecdotal experience gained during the McCarthy European Tour earlier this year.

### Yearly Examinations

The Yearly Examinations are now complete. Work will continue in all classes as the final topics are addressed before the year ends. Please ensure students continue to bring their equipment and planner to school each day.

### Graduation

On Monday night staff joined Year 12 students and their families in a formal celebration to mark the completion of their Higher School Certificate and at least thirteen years of education. Many will continue their educational journey in various institutions around Australia and others will join the workforce. Special guests included Fr Tom Shanahan; the Diocesan Director of Catholic Schools, Mr John Mula and his wife Julie; and Mrs Patricia Thornberry, Chair of the McCarthy Board. It was a terrific evening, filled with pride in the achievements of the class of 2012.

*Mrs Kate Rayment – Principal*

## RELIGIOUS EDUCATION

### Vinnies

The leaders of the St Agnes Conference of St Vincent de Paul, at McCarthy, for 2013 have been elected.

President: Sophie McNamara

Vice President: Harry Vella

Secretary: Hannah Woods

We congratulate these young people and look forward to their leadership of Vinnies over the next year.

**All Saints Mass**

Masses on All Saints Day were celebrated at the four Catholic churches in Tamworth. We are grateful to the priests involved for making it possible for all our students to attend Mass on this day.

**Movies in Classroom**

In Religious Education sometimes the course content relates very well to the subject matter contained in a movie. In this case teachers may select to watch a film as part of the module being studied. If this is so, we have asked our staff to structure the film around discussion and questions as a way of using the film. Often teachers will choose only to show part of a film. If your child reports that they are watching a film in RE please be assured that it is only one way the content is being covered and NEVER as entertainment.

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

**PASTORAL CARE****Welcome**

We extend a warm welcome to Caitlin Sebbens (Year 11) and her family as they join the McCarthy community.

**Condolences**

Our thoughts and prayers are with Mr Ian McKenzie and his family following the death of his mother Daphne.

**Summer Health Issues**

As you can imagine in a school with so many adolescents, body odour can become a problem. Please encourage your child to bathe daily and to wash tunics and shirts daily. Please note that aerosol deodorant cans are NOT ALLOWED at school due to the health risks their use poses to people with asthma.

Students are encouraged to wear blockout and hats.

Please ensure your child has a clear water bottle for use at school.

**Lice**

There have been a number of head lice infections reported in different years across the school. Please check your child's hair for nits/lice. If you find any eggs or lice please commence treatment. Methods recommended for detection and treatment are published by NSW Health. (<http://www.health.nsw.gov.au/publichealth/environment/headlice/treatment.asp>)

Students should not share hats and any long hair should be tied back.

**Year 7 Vaccinations**

Catch up day will be on Wednesday 21 November.

**Theme for the Week**

In Week 6 some words of advice from Bill Gates were offered to students. They included encouragement to accept responsibility for mistakes, to accept that in life there are winners and losers, to realise that television does not represent reality and in particular to be nice to nerds because chances are they will end up working for one.

Next week students will be reminded of the meaning of responsibility and its place in our Code of Conduct - *Care, Courtesy, Respect, Responsibility*. It is important to remember although we may not be responsible for things that happen to us, we are responsible for our reactions.

*True freedom is not doing what we want to do, but doing what we ought to do.* Pope John Paul II

*Mrs Julie McGregor – Pastoral Care Coordinator*

**LIBRARY NEWS**

To commemorate Remembrance Day, a display of books covering wars from World War I to the Vietnam War and more recent events was set up in the library. There were non-fiction books as well as stories and books written by those who experience war first hand. The display generated a lot of interest, especially at lunchtimes in the library. The display was put together by Mrs Nolan and included books on Nancy Wake, Gallipoli, Beneath Hill 60 and many more.

**CAREERS NEWS****Jobs for school leavers**

Jobs are currently being advertised for students in Years 10, 11 and 12 who will be looking for full-time employment including apprenticeships and traineeships. Students will need a good resume which is presented perfectly in terms of spelling, punctuation and layout as well as highlighting their strengths, achievements and career objective. Advice for job hunters and school leavers can be found on the school's Career page under the STUDENTS tab at:

<http://mccarthy.nsw.edu.au/careers/applying-for-a-job/>

<http://mccarthy.nsw.edu.au/careers/job-hunting/>

<http://mccarthy.nsw.edu.au/careers/school-leavers/>

There are also Clickview programs and advice on job interview do's and don'ts available.

**Job vacancies**

If any parents who are employers are looking to employ new staff, please let me know so I can pass the information on to students. Also if any parents work for a company or organisation looking for employees, please ask them to contact me either by ringing the school or via email.

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

**CONCERT AND JAZZ BANDS**

On Saturday 10 November the McCarthy Concert and Jazz Bands performed at the St Nicholas Spring Fair. It was a lovely afternoon and both groups performed well and received favourable comments from the audience. It was a little windy, however the sound carried all the way down Carthage St. Congratulations to both groups for a job well done.

*Mrs Lisa Lane*

**PARENT INFORMATION****Trivia Night**

We hope the trivia questions posted each day out the front of the office have whet your appetite as we look forward to the Trivia Night tomorrow. It is not too late to register a table of 8 or to come as a small group or individual. It will be a great night - 7pm for a 7.30pm start, \$10 per person which will put you into the draw for a Lucky Door Prize. Bring your gold coins for games during the night. There will be a raffle with lots of prizes, \$2 per ticket or 3 for \$5. BYO nibbles and drink with tea and coffee provided. A HUGE thankyou to those generous people who donated items for prizes. See you there!

We would like to thank all parents and friends who have contributed in some way to the Association this year. We look forward to seeing you again next year at our first meeting on Tuesday 19 February 2013. Merry Christmas and best wishes for a happy and healthy 2013.

**SPORT****Berg Shield Cricket**

McCarthy's Years 7-9 cricket team played St Mary's Gunnedah on Friday 2 November. St Mary's batted first, and were bowled out for 89. Keytan Hislop took 3/6, while Josh Strange and Beau Alderton each took 2 wickets. McCarthy's batsmen overhauled St Mary's total for the loss of 3 wickets, with Jye Paterson top scoring with 43. The team now advances to the second round of the Berg Shield.

**Sports Awards**

Three of our NSWCCC winning teams have been nominated for a TRC Sports Award. The Open Girls' Tennis team, the Intermediate Girls' Triathlon team and the U/16 Years Boys' Hockey team have all been nominated for the Young Sports' Team Award.

Congratulations to Sophie Heeney who was named the Most Dedicated Athlete at the NIAS Awards last week. Chloe Coe and Brodii Ingram were finalists in the Female Athlete of the Year category.

**Cricket**

Following the City V Country clash on 27 and 28 October, Rhiannon Graham was selected, as a leg spinner, for ACT to play in the U15 National Championships in Sydney on 4 December. Her team will play against all other states.

Keytan Hislop recently represented Northern Country NSWCCC at the state trials in Campbelltown. In the first match against Metropolitan A he took 2 wickets and scored 41 not out. On the second day he opened the bowling and took a wicket after several missed chances. Following his success, he was named in the U15 NSWCCC side. In December he will go on to play CHS and CIS in the NSW All Schools' Competition in Auburn.

Leo Steyn was named in the Northern Country U19 team. He will play in the NSW Country Championships in Sydney this week. We wish him well.

# INSIGHTS

by Michael Grose – No. 1 parenting educator



## Giving adolescents freedom and minimising risk

*Young people typically want more independence. But giving young people more rope can be downright tricky for parents these days. Here are some ideas to help.....*

Adolescents usually want more freedom than parents are prepared to give.

Most teenagers think they are three years older than they really are, and many parents think their teenage children are three years younger than they really are. Getting the 'freedom' balance right is obviously quite tricky, though it often comes with experience.

You are probably familiar with the fact that the teenage brain is very much a work-in-progress. Parents of teenage children should carry a little card with the words **"Teenager: Brain under Construction"** printed on it to remind them that young people are poor assessors of risk.

Adolescents often act first, and think later. This means parents need to be very hands-on with their parenting in this potentially tricky stage.

It's important that parents put processes in place that will help reduce risk and keep their young people in this age group safe. These include: expecting teenagers to maintain contact with you; setting time limits for being out; and rewarding responsible behaviour with greater freedom. There are three things parents need to know when their young people go out:

1. **Where are you going?**
2. **Who are you going with?**
3. **When will you be home?**

From my experience most parents ask the first two questions, but often forget to ask the third question – *When will you be home?* Get into the habit of asking this question each time your adolescent steps outside the front door to go out with their peers.

[Link greater freedom to responsible behaviour](#)

Young people often use their peers as leverage when they want more freedom. *"Everyone else in my class is allowed to go to..."* This type of comment is hard for a parent to resist.

But it's better to link greater freedom with responsible behaviour rather than going along with what the crowd is doing.

When adolescents show they can act safely within limits (*of place,*

*time and people*) then push those limits out (*stay out later, go further afield, go with a wider crowd*) accordingly.

It takes some parenting steel to act in this way – that's why parents generally need to support each other when raising teenagers.



Here are five simple parenting ideas to build independence in your young person:

1. Never do for a teenager the things they can do for **themselves**
2. **Monitor** kids' movements without being too restrictive
3. Reduce risks for teenagers through **skilling up & scaffolding**
4. Build **expectations** around remaining in contact and home times
5. **Reward** responsible behaviour with greater freedom

[parentingideas.com.au](http://parentingideas.com.au) [parentingideas.co.uk](http://parentingideas.co.uk) [parentingideas.co.nz](http://parentingideas.co.nz)

Michael Grose Presentations

PO Box 167 Balaclava Vic 3926 p + 61 3 5963 1790 f (03) 5963 1722 e [office@parentingideas.com.au](mailto:office@parentingideas.com.au)

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