

Newsletter

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McCarthy Office Hours: 7.30am – 4.00pm



Dear Parents & Students,

Prayer

*God who created us and made us who we are,
we come to you at the beginning of another year.
We ask you to bless us, to continue to walk with us,
to lead us and to teach us your will and your ways.
Guide us and strengthen us for the days that lie ahead.
Keep us faithful to the good things we've planned.
Help us to remain open
to receive your gifts and to see your light.
We ask this of you God our creator
and maker of all that is good. Amen.*

Lent: Lent is the Christian season of preparation before Easter. In Western Christianity, Ash Wednesday marks the first day, or the start of the season of Lent, which begins 40 days prior to Easter.

Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. The purpose is to set aside time for reflection on Jesus Christ - his suffering and his sacrifice, his life, death, burial and resurrection.

Please note: this is the only *paper* copy of the Newsletter that will be distributed unless a request is made through the office. The Newsletter and all past Newsletters are available on the College website.

PRINCIPAL MATTERS

Welcome to the 2013 school year

Welcome back to the new school year and all the possibilities it brings. We all look forward to working in partnership with you as we prepare your children for adult life. I spoke to students at our opening assembly about the importance of that upon which they are embarking and the critical role they play in their own success.

Parish Priest

The McCarthy community welcomes Monsignor Ted Wilkes to the St Nicholas parish and Tamworth community. Mons Wilkes is the new Parish Priest of St Nicholas Catholic parish, having spent his recent ministry at the Cathedral parish in Armidale. We are looking forward to his guidance and support.

Staff News

There have been a number of staff changes for 2013. New appointments are as follows:

Mr Andrew Burke – English

Mr Marcus Chittick – Mathematics

Mrs Michelle Gale – Hospitality, Food Technology and Community and Family Services

Ms Katherine Harvey – Mathematics

Ms Jennifer Smith – English

Mr Kieran MacRae – Temporary IT Support for 2013

We welcome the return of Miss Melissa Davis who has completed a 12 month exchange in Canada.

We wish Mrs Jan Coyle all the best for her retirement.

HSC Results

The school community congratulates the Class of 2012 on their outstanding HSC results. The dux (Tim Lillyman) was recognised at the school assembly this week, where he was presented with the Sr Patricia Rowe award for Dux 2012. Six students gained ATARS above 90. The highest ATAR in 2012 was 96.75.

Spirit of Catholic Education Awards

The annual Spirit of Catholic Education Awards will be held on 12 March, during Catholic Education Week. These awards provide important recognition for staff and volunteers in the school. They are designed to “celebrate the outstanding achievements and contribution to Catholic education of staff and volunteers working in a diverse range of endeavours throughout the Diocese of Armidale. Their purpose is to acknowledge unwavering commitment to Catholic education and the extraordinary outcomes that can be achieved through such commitment”. There are six awards categories:

- Early Career Teacher
- Experienced Teacher

Diary Dates

14 Feb:	Year 12 Hospitality excursion
18 Feb:	Vinnies Camp
19 Feb:	Association Meeting
19 Feb:	Mary MacKillop Play – Year 9
20 Feb:	Regional University Roadshow
27 Feb:	Association Wine and Cheese Night
28 Feb:	Twilight Swimming Carnival
1 Mar:	Non School Day
5 Mar:	Year 11 Property Planning Field Trip
5 Mar:	Real Talk Youth Ministry – Year 10
5 Mar:	Year 7 Welcome BBQ
7 Mar:	Year 7/9 Vaccinations
8 Mar:	Diocesan Swimming – Moree
8 Mar:	English Senior Workshops
8 Mar:	Tamworth Show
9 Mar:	Open Day
12 Mar:	Catholic Education Week
15 Mar:	McCarthy Markets



- School Officer (non-teaching)
- Leadership
- Volunteer Supporter
- Innovative Program

If you would like to nominate a member of the school community for one of these awards, please contact Debra Wade for the details. Nominations are due in Armidale on **Thursday 28 February**.

Year 7 Welcome Barbeque

The McCarthy staff warmly invites Year 7 students and their families to a Welcome Barbeque at the school on Tuesday 5 March from 6.00pm – 7.30pm. It is a casual event that enables parents to meet some of the teachers who will be working with their children this year.

McCarthy Executive Staff for 2013

Principal:	Mrs Kate Rayment
Assistant Principal:	Mrs Sally Sparke
Religious Education Coordinators:	Mrs Cate Allen, Mrs Carol Wheaton
Teaching & Learning Coordinator:	Ms Denise McHugh
Pastoral Care Coordinator:	Mrs Julie McGregor

Round 1 Enrolments and Open Day

Round 1 will commence this term for students seeking enrolment into Year 7 2014 from our Catholic feeder schools. **Applications will close on Wednesday 10 April** and interviews will be conducted throughout Term 2. **Open Day** will be held on **Saturday 9 March** from 10.00am until 1.00pm. Applications for students from non-feeder schools will close **Wednesday 26 June**, with interviews being held in Term 3.

Board and Association

The Board is an important body in the Diocesan schools' structure, providing advice and support to the principal. Nomination forms are available at the office for any parents interested in nominating for the College Board. Nominations close on Friday 8 March. All parents are welcome to attend the McCarthy Association meetings, held in the staff room on the third Tuesday of each month from 7.00pm. The Association links parents/carers and the school in common endeavour: to support students and their learning. The meetings are friendly and casual and provide important insight into the working of the school as well as enable input from families.

Communication

McCarthy utilises a range of avenues for communication between school and home. They are:

- the Newsletter (available on the website or in hard copy (upon request))
- the website (www.mccarthy.nsw.edu.au)
- Moodle (<https://learning.mccarthy.nsw.edu.au> or via the Parent link on the website)
To access notes, curriculum information, the calendar, etc. use the following login details: username – parent, password – parent.
- Email (admin@mccarthy.nsw.edu.au or directly to the email addresses available on the website)
- Regular mail (for letters, reports, notifications, etc.)
- Notes – sent home with students
- The Planner (for daily contact with teachers)
- Twitter (a link is available on the website)

The school Planner, issued to all students, is the central form of communication between teachers and parents/carers. Please ensure your children take their Planner to school every day and check it regularly for communication.

Swimming Carnival and Day In Lieu

Please note that the College Swimming Carnival will be held at the Tamworth City Pool from 2.00pm – 7.30pm on Thursday 28 February. The following day, Friday 1 March, will be a non-school day. The school will **not be open** on that day.

Dropping Off & Picking Up Students

Those parents who pick up their children **after** school are asked to drive along the road to the back of the Hall and park on this road for the pick up. The car park becomes congested and dangerous if cars wait in the middle of the car park. It is important that the 10km/hr speed limit in the school grounds be followed.

The dropping off in the morning and the pick up of students **before** 3.00pm may still take place in front of the office.

Parents are asked to please NOT pick up students in the carpark or the bus bay after 3.00pm.



Clothing Pool

The Clothing Pool can be accessed on Wednesdays between 12.30pm and 1.30pm via the bottom carpark. It can be found at the top of the stairs, to the left (facing Tribe Street).

Hours of School & Supervision

The playground will be supervised from 8.20am. School hours are 8.40am – 3.00pm. After school, students will be supervised in the bus bay area until the last bus leaves.

Absentees

Government regulations require that schools document all student absences with reasons eg. illness, approved leave etc. Please provide the school with an explanation of your child's absence **within 7 days** by way of a letter upon their return or a phone call on the day of their absence. Follow-up letters will be forwarded to parents/guardians seeking explanation if this has not been provided. **It is very important that students attend Homeclass for roll marking or sign in via the office if they are late to school (after 8.40am).** If a response to the letter has not been received by the return date, the absence will remain as unexplained and will NOT be able to be changed.



Students Late For School

The bell for the beginning of school goes at 8.40am. Students who arrive after this time are required to complete an entry in the late book in the office. Parents need to bring late students to the office and sign the book or else provide the student with a note. Letters will be posted home for unexplained lateness or absences.

Early Departure

Parents are required to sign for students who are leaving the school before the normal finishing time of 3.00pm.

Pedestrian Entry and Exit

Students who walk to or from school must use the two pedestrian gates in Tribe Street and cross using the marked children's crossing.



Student Planners

All students have been issued with a 2013 Student Planner. These Planners contain important information about the school and expectations along with excellent support material to assist students plan and manage their learning. They are to be used for communication between home and class teachers and as a record of aspects of the student's academic program. Please check and sign each child's planner at least weekly and encourage them to use this resource effectively.

Illness at School

Students are reminded that when they fall ill at school, they are to inform their teacher and report to the office, where the sick bay is located. Office staff will assess students and contact parents if necessary. Students are asked **NOT** to phone their parents as this is the legal responsibility of the school.

Distribution of Newsletter

Newsletters are available on the McCarthy website (www.mccarthy.nsw.edu.au) on Day 9 (every second Thursday) of the timetable. **A paper copy of the Newsletter is available to those families who require it by contacting Debra Wade in the office.** Alternatively, you can have the Newsletter emailed each fortnight. Please notify the office of your email address if you would like to utilise this service or "sign up" for the newsletter via the website.

Change of Student Details

It is imperative that the office be advised about any change of detail from last year, such as change in family situation, address, workplace, phone numbers – mobile and landline for home and work.

Medication

Please be aware the school office staff cannot administer pain medication.

I look forward to working with you in 2013 and wish you all the best for the year.

Mrs Kate Rayment – Principal

RELIGIOUS EDUCATION

Masses

As is customary at McCarthy Catholic College, the school year began, for staff, with Mass at St Mary's Church, North Tamworth. This year Mass was celebrated by Mons Ted Wilkes, the newly appointed Parish Priest of St Nicholas Parish. This was an ideal way to pray for blessings on our school and community as we commenced another school year. Large numbers also attended First Friday Mass which was at the end of the first week of the term.

Ash Wednesday

The first of our whole school Masses was held on Ash Wednesday where students attended Mass in their House Groups in one of the four Catholic churches in Tamworth. We are very grateful to the priests who celebrated these masses. We will celebrate Mass throughout the year on The Feast of the Sacred Heart – 7 June, The Feast of the Assumption – 15 August and All Saints Day – 2 November.

Prayer and Liturgies

Students and teachers gathered in prayer for a paraliturgie in the school Hall last week. We were joined on this occasion by a number of staff from the CSO in Armidale, who were visiting the school. The theme of the paraliturgie was "Light" and all present were reminded of the need for us to be, like Jesus, a light in the world, where we live out the Gospel message in our daily lives. Friday prayer will continue this year in G4 at 1.00pm. This term the focus will be on Lent.

Lent

Bishop Michael Kennedy, Bishop of Armidale, has requested that we join him during Lent to observe this period in all or some of the following ways: by abstaining from meat all Fridays in Lent as well as on Ash Wednesday and Good Friday, by taking time each day to pray with the Scriptures and to attend weekly devotion to the Blessed Sacrament.

Vinnies

The first Vinnies meeting of the year saw a significant number of new members attending. Organisation of the selling of pancakes on Shrove Tuesday and the Vinnies Youth Camp at Lake Keepit were the main agenda items. Students were enthusiastic and keen to volunteer for our various projects.

McCarthy Markets

Again this year the main fundraising effort for Caritas during Lent will be through the McCarthy Markets. They will be held on Friday 15 March and will provide the opportunity for all members of the McCarthy community to contribute either through donations or working on the evening. More information will be given to students in Homeclass and will be available on the website.

Mrs Carol Wheaton and Mrs Cate Allen – Religious Education Coordinators

ASSISTANT PRINCIPAL

Upon enrolment at McCarthy Catholic College, families sign a contract agreeing to support and abide by all school policies, including compliance with the published Uniform Policy. The uniform requirements are clearly outlined in the School Planners and on the McCarthy Catholic College website. While the majority of students present themselves well, unfortunately there are some students who choose to wear the uniform in an incorrect manner, who do not wear the complete uniform, or who choose to wear items that are not part of the uniform.

The main areas of concern are:

- All tunics are to be hemmed below the knee
- School shoes are to be black, leather and lace-up. Please note that the rule on buckle Doc Marten shoes for Senior girls has changed in 2013 and these shoes are not to be worn. A letter was sent home with all Year 10 students advertising the change. (Current Year 12 girls are still permitted to wear them for 2013.)
- Boys require a black belt
- McCarthy sports socks are to be worn with the sports uniform
- Sport shoes are to be a predominantly white, supportive jogger. Coloured laces, solid colour, fluoro, canvas and skate style shoes are not acceptable

We look forward to your support of our Uniform Policy. If any areas of concern are not addressed, then consequences and/or sanctions may apply.

McCarthy is a VERY busy place in the afternoons. In light of this could I remind all parents that after school pickups are at the back of the Hall. No student should be being picked up at the front of the office after 3.00pm. This helps alleviate the traffic jam in the carpark and safety concerns.

Thank you to all families who supported the Woolies Earn and Learn program by collecting vouchers. We purchased resources for the HSIE, PDHPE, Science, Languages, Art, Music and Drama departments.

Mrs Sally Sparke – Assistant Principal

PASTORAL CARE

Pastoral Care

The Pastoral Care team works to promote and nurture the physical, social, emotional and intellectual well-being of students, staff and parents. Please keep us informed of any health, social, financial and/or family issues that may affect your child's learning or general well-being. Such information is treated with discretion and allows us to provide appropriate support. You are encouraged to contact us with any concerns you may have regarding your child at McCarthy. Please note that due to teaching, duties and interviews it is sometimes difficult to return calls immediately. It would be appreciated if you could inform the receptionist if a matter is urgent. For non-urgent matters please consider emails.

The 2013 Pastoral Care team is:

Mrs Julie McGregor	jmgregor@mccarthy.nsw.edu.au	Pastoral Care Coordinator
Mr Andrew Davy	adavy@mccarthy.nsw.edu.au	Year 7 Coordinator
Mrs Libby Molony	emolony@mccarthy.nsw.edu.au	Year 8 Coordinator
Mr Dan Mitchell	dmitchell@mccarthy.nsw.edu.au	Year 9 Coordinator
Mrs Fiona O'Neill	foneill@mccarthy.nsw.edu.au	Year 10 Coordinator
Mr Bernie Williams	bwilliams@mccarthy.nsw.edu.au	Year 11 Coordinator
Mr Luke Adams	ladams@mccarthy.nsw.edu.au	Year 12 Coordinator
Mrs Tamara Shoemark	tshoemark@mccarthy.nsw.edu.au	Counsellor
Mrs Carmel Taylor	ctaylor@mccarthy.nsw.edu.au	Student Welfare Officer (part-time)

Welcome

I would like to extend a warm welcome to Year 7 students and the following new students:

Year 8: Leticia Corby, Devon Fourie, Emily Murray, Jasmine Tan, Julia Wason
 Year 9: Harrison Clinch, Hannah Cochrane, Breeanna Curry, Samantha Darby, Samuel Hawkins, Emily Reid
 Year 10: Anna-Lee Bridges, Lauren Challens, Vindhya Dayaratne, Joshua Moore, Amy Robertson
 Year 11: Tegan Embleton, Rhianna Molloy, Jayden Townsend
 Year 12: Michaela Challens

Welcome also to the families who are joining the McCarthy community. We look forward to meeting you and working with you.

Condolences

We extend our prayers and sympathy to Jake Mitchell, Zac and Caleb Whetton and their families following the death of their grandmothers.

Headspace

The Most Reverend Bishop Michael Kennedy and Mr Fergus Fitzsimons, CEO of Centacare New England North West, are pleased to welcome a new youth-focussed mental health service to the Diocese of Armidale. Centacare NENW is the lead agency for the new *headspace* centre in Tamworth, which was opened on Monday 4 February 2013.

The centre will provide young people experiencing mental health issues, such as depression and anxiety, someone else to talk to for help and advice.

Headspace Tamworth will offer youth-friendly services for people aged between 12 and 25, including mental health support and counselling; general health, education, employment and other social and vocational services; and alcohol and other drug services.

You can find *headspace* Tamworth online at www.headspace.org.au/tamworth, drop into the centre in the PCYC building on the corner of Darling and Peel Streets or call ph: 6762 9290.

Vaccinations

The first of the 2013 vaccinations will take place on 7 March.

Year 7: Diphtheria, Tetanus and Pertussis (Whooping Cough); Varicella (Chickenpox); Human Papilloma Virus (HPV)

Year 9 (boys only): Human Papilloma Virus (HPV)

Information packs will be sent home. Please read and carefully complete ALL required sections of the permission forms which are to be returned to Homeclass teachers.

Theme for the Week

Each week we have a theme that is designed to assist the students achieve their potential. "A Good Start" presented four areas of social and emotional learning which help all students to be successful, ie to achieve the best they can.

Organisation: good organisation is an essential component of secondary students' academic success. All students have been issued with a 2013 Planner. We encourage you to regularly check and sign the planner and to use it to communicate with teachers. Students are also issued with a Term Calendar to use at home. This is an important tool in the management of time with completion of tasks and study. Students should be punctual, in correct uniform and have all equipment for that day.

Getting Along: developing positive relationships with staff and other students, complying with the Code of Conduct and meeting class expectations.

Confidence: asking questions, providing answers and opinions in class. All students are encouraged to seek assistance when required.

Persistence: developing good work habits in class and at home.

Centacare Parenting Course

'Exploring Challenging Children' is a course designed around children with extreme behavioural difficulties, severe noncompliance, temper outbursts, and verbal or physical aggression and the use of Collaborative Problem Solving - two Mondays 11 and 18 March 2013, 5.30pm – 8.30pm. Please contact Rebecca or Kourtney 67629200 for details and bookings.

'The difference between a dream and a goal is a plan.' (Anon)

Mrs Julie McGregor – Pastoral Care Coordinator

PARENT INFORMATION

Welcome to all families to Term 1 2012 from the McCarthy Association. A special welcome to all new parents/guardians. Our first meeting will be held on Tuesday 19 February. We look forward to seeing you for a fun filled evening of camaraderie and friendship in parenting. Please join us at 7.00pm in the school staffroom (located at the end of the administration block).

Agenda items include: Trivia Night report; Country Music report; meeting dates 2013; Social/Fundraising Calendar 2013.

You are invited to attend the McCarthy Association Wine and Cheese Night on Wednesday 27 February 6.30pm – 8.30pm. 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 , click on McCarthy Parent Association and follow the links to meetings.



TEACHING AND LEARNING

So we begin a new academic year.....

What can students do to become the best they can at McCarthy Catholic College? I believe that the following points summarise the attributes of a successful student at MCC.

Successful students:

- put study first;
- set goals;
- are consistent in their application;
- are well organised (including having a tidy and clear working space/desk as well as an organised and neat workbook or folder);
- balance a range of interests with school and family life;

- work on all their subjects – not just their favourites;
- adjust to different teachers;
- reflect on and analyse their own performance;
- never say “I have no homework” - read, make study cards, summarise notes, complete practice tests/exams;
- take responsibility for their learning;
- attend school every day except when sick.

Ms Denise McHugh – Teaching and Learning Coordinator

CAREERS NEWS

Welcome back to 2013. Already several events have been held, guest speakers are booked in and further events are on the calendar.

Women in Engineering Summit



Sarah Robinson in Year 12 followed up the mention of this event in the morning notices last year and applied to attend the event in January. She joined sixty other girls from across NSW and spent four days based at the University of Wollongong. This event aims to encourage females to consider engineering as a career.

Students attended presentations by Faculty of Engineering academics and female engineers and were given the chance to explore a range of Engineering disciplines including Environmental, Civic, Mining, Electrical, Mechatronics, Materials, Computer and Telecommunications Engineering. The group also enjoyed field trips to major engineering sites around the region including Bluescope Steel's Port Kembla Steelworks, Port Kembla Harbour where the students visited Railcorp's rail freight facilities and looked at other developments and the iconic Seacliff Bridge in Wollongong's northern suburbs including a behind the scenes look at the bridge.

Sarah and others at the University of Wollongong

Coming events in February

- | | |
|----------------|---|
| • Friday 15 | Gap year and Early Entry Scheme talk at lunchtime (Year 12) |
| • Wednesday 20 | Regional Universities Roadshow for Year 12 – Periods 1 and 2 |
| • Thursday 21 | Defence Forces visit at lunchtime (Years 10, 11 and 12) |
| • Tuesday 26 | Apprenticeships and traineeship talk at lunchtime (Years 10, 11 and 12) |

Careers Room

This year I will be in the Careers Room at lunchtimes on Tuesdays and Fridays.

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



LANGUAGES

Miss Kathryn O'Sullivan, Mrs Suzanne Prefremont, Year 12 student Georgia Rumsby and her mother Belinda, attended the Study Bahasa Indonesia in Bali Program – Language and Culture Studies at Denpasar, Bali in January.

This program is conducted by the Indonesian and Australian Language Foundation. It was a full-on eleven day program, focusing on the language as well as the cultural diversities of Indonesia. Every day consisted of four hours of language followed by three to four hours of cultural activities in the afternoon. Cultural activities included such things as hands on planting of the rice plants in the rice field, making Wayang Kulit (puppets), cooking, Batik painting, playing the Gamelon, making Balinese offerings, and visiting such places as the markets, Indonesian schools, coffee plantations, temples, museums and Kecak Dances (Balinese dancing). This was a most successful and rewarding experience for the participants.

Mrs Suzanne Prefremont – Language teacher

LIBRARY NEWS

Study Club

Study Club is an excellent opportunity available to all students at McCarthy. The library remains open until 5.00pm on Tuesday and Wednesday afternoons so that students can do homework in a quiet environment and use the library resources and computers to work on assessment tasks, especially those involving internet research when access is not available at home. Students who come are required to sign in when they arrive and out when they leave. Study Club is supervised by staff on a volunteer basis and they can be asked for assistance if the student requires help.

This is not an internet cafe for browsing or playing games, nor is it afterschool care. Students are expected to use the time to complete school work. Those who do not want to spend time on school related activities, or who disrupt other students, will not be

welcome at Study Club. This is an opportunity that allows students to focus on their learning and to help them by providing facilities and resources to assist them.

G2 will also be open and supervised from 7.45am – 8.30am on Monday and Friday mornings for those who want to do private work or study quietly before school.

Study Club will commence on Tuesday 19 February.

Mrs Cheryl Gulliford and Mrs Susan Barrett – Teacher Librarians

MATHEMATICS

All students are expected to have their grid book, Student Planner, pens, ruler, calculator and textbook with them in class at all times. Students are to have texts in class by the end of Week 3. If there are any concerns regarding this please let myself or the class teacher know. I wish all a happy 2013 and hope students use their class time productively.

The following is a list of the required texts for Years 7 – 10:

Year 7: Connections Maths 7

Year 8: Connections Maths 8

Year 9: 5.3 Maths Quest 9 (Mr Godden, Mrs McGregor)

5.2 Maths Quest 9 (Mrs O'Neill, Mrs Sommerlad, Ms Harvey)

Year 10: 5.3 Maths Quest 10 (Mrs Sommerlad, Mrs Thompson)

5.2 Maths Quest 10 (Mrs Ashcroft, Mr Chittick, Mr Godden)

Mrs Jane Ashcroft – Mathematics Coordinator

SHOW TEAM



The McCarthy Show Team is gearing up for another fantastic year in 2013. The continuing students have already started working with the stud calves "Heartbreaker" (left) and "Hellraiser" to prepare them for showing. The students have also spent time working with our current show stock and are keen to show our newest stud cow "Yarramore Just in Time", and her calf "McCarthy Perfect Timing" (right), who is sired by our own bull "McCarthy Flash".

The year has begun with an incredible amount of interest from students. The applications for available places in the team have been overwhelming and bodes well for another strong year on the show circuit. We have a strong contingent of continuing students who are excited about mentoring the newer members in preparing and showing cattle.



Any student who would like to join the McCarthy Show Team, needs to get a permission note from Miss Sjollemma.

Miss Leanne Sjollemma – Show team Coordinator

CANTEEN

Volunteer Advertisement

Casual Work Available – Employment Guaranteed

Where: McCarthy Catholic College Canteen

When: weekly, fortnightly, monthly, once a term

Hours: flexible, preferably 9.30am to 1.30pm

Experience: Everything you need to know will be learnt within a short space of time.

Salary: "A La Carte" lunch, plenty of tea or coffee and best of all, friendship and a good chat.

Bonus: Your child or children will be happy to see you in their favourite place - school! You get to spoil them by making them a free lunch on the day that you work and you get to meet new people and make good friends within the school community.

Applications close: NEVER.



Please contact Raelee Balderston in our College Canteen by phone 67610856 or email rbalderston@mccarthy.nsw.edu.au as soon as possible. You will be included on our roster and an orientation pack will be sent home to you. Thank you in anticipation.

Welcome back to our current volunteers, we look forward to seeing you soon.

Lent

These items will be available on Fridays during Lent: Fish Burgers (fish, lettuce and tartare sauce or mayo) \$3.80, Garlic bread \$2.00, Toasted sandwiches (spaghetti, baked beans, creamed corn) \$3.00, Cheese \$2.20, Cheese and Tomato \$2.50, Salmon Pattie wrap with salad \$4.60.

Lunch Orders

Lunch orders ensure that we prepare lunches to suit students' needs. Due to increased student numbers we cannot predict what extra food people might like. Students are asked to please order their lunch before school or at recess. **This is especially important on Fridays.**

The canteen menu can be viewed on the College website or paper copies are available from the canteen.

Mrs Raelee Balderston – Canteen Supervisor

INSTRUMENTAL MUSIC PROGRAM

McCarthy will be continuing its Instrumental Music Program in 2013. This is a great opportunity for students to learn new skills and participate in the extra-curricular activities of the school.

The Concert Band is open to any student who can already play a woodwind, brass or percussion instrument. Strings are also welcome if they would like to be involved. The band rehearses on Thursday 8.15am – 9.00am.

The Jazz Band is for experienced sax, trumpet and trombone players. Interested guitar, bass and keyboard players who can read music should also see Mrs Lane. It is essential that members can read music. If interested please see Mrs Lane in the PAC on Thursday lunchtime. Rehearsal is Friday mornings.

The Junior Band is for beginners who would like to learn a band instrument. Year 7 will have an information session. Any student from Years 8-11 who would like to learn an instrument should see Mrs Lane in the PAC on Thursday.

Participation in the program involves 1/2 hour tutorials during class time on Thursdays on a rotational basis. It is essential that all applicants realise it is a year-long commitment. Music is a skill that takes patience and practice, but one which is very rewarding and can improve overall skills in all areas of learning.

For further information please contact Mrs Lane.

Mrs Lisa Lane – Band Coordinator

SPORT

NSWCCC Blue Award

Brittany Coe attended the 2012 NSWCCC Blues Award ceremony last week in Sydney. She was awarded with a “special” Blue Award for her outstanding achievements in Touch Football.

Following is the citation prepared by the NSWCCC Touch Coordinator:

Brittany has been an integral member of NSWCCC Touch Football for the last six years. She is a dedicated and talented player who performs well in all facets of the game. She is an outstanding attacking and defensive player which, combined with her strong sense of team spirit, makes her a valuable member of any team she plays for.

Brittany has represented the Armidale Diocese for five years. From 2009 – 2011, Brittany represented the NSWCCC in the Under 15 team. In 2010 and 2011 she represented NSW All Schools at the School Sport Australia Championships.

In 2012 she was selected in the NSWCCC Opens team to contest the National Youth Championships.

Within her school community, Brittany is a diligent student and natural leader. Brittany coaches and referees within the local competitions.

Her talent in the sport of Touch and her commitment to NSWCCC Touch makes Brittany a worthy recipient of this NSWCCC Blue Award.

Sporting Achievements During the Holidays

Nick Penrose – is the ABCRA Under 14 Junior Steer Riding National Champion.

Courtney Hallam – National ABCRA Junior Champion and All Round Cowgirl.

Luke Paterson – selected in the Northern CCC Under 19 Cricket team. Luke competed at the state CCC trials this week in Sydney.

Rhys Chillingworth – member of the NSW Explorer’s Under 17 Basketball team that competed at the Australian Country Junior Basketball Cup at Albury.

Jayden Gimbergh – member of the NSW Blues Under 15 Basketball team that competed at Port Macquarie in the Pacific Coast Slam.

Nathan Paff – refereed at Australian Country Junior Basketball Cup in Albury and was one of four NSW referees selected to tour New Zealand with the U14 and U16 Australian teams.

NSWCCC Hockey

The NSWCCC Hockey Championships for boys and girls will be held in Tamworth on Thursday and Friday 23 and 24 May.

This will involve competitions in the Open and 16 year age groups with B division in some divisions.

If any parent is willing to assist in the organisation and / or running of these Championships, or is willing to coach a McCarthy team please contact Ian McKenzie at school during school hours.

Mr Ian McKenzie – Championship Convenor

NSWCCC Individual and Teams Selection Trials Dates

Students nominating as an individual to attend NSWCCC selection trials need to do so online. This is the responsibility of parents.

The school is unable to lodge nominations for students. Unfortunately, late entries cannot be accepted.

The following are closing dates for nomination for CCC events:

Closing Dates:

Friday 15 February	Open Girls CCC Cricket
Monday 18 February	CCC Tennis Selections
Friday 8 March	CCC Hockey

Please see Mr Falkenmire for further information.

Horse Sports

A note was distributed to Equestrian team members this week explaining the review conducted by the school and outlining the events in which we will be competing in 2013.

Term 1:	Manilla Horse Sports:	Friday 22 March
Term 2:	Duri Horse Sports:	date TBA
	Coonabarabran Horse Expo:	Friday 31 May to Tuesday 4 June
Term 3:	Calrossy Horse Sports:	Friday 16 August
Term 4:	Werris Creek/St Joseph’s Quirindi:	date TBA