

# Newsletter

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Dear Parents & Students,

## Prayer

Jesus,  
as I contemplate your face,  
let me experience your great love for me.  
Reveal your saving grace  
and give me a grateful heart.  
Heal me of my weaknesses and sin  
and fill me with compassion  
for others.  
Gift me with the wisdom of the Spirit  
and encourage me to be  
a faithful witness to the Gospel.

As we commence the year, schools are reminded that we are still in the Year of Grace; this will merge into the Year of Faith as the year progresses.

'The Years of Grace and Faith fit together perfectly: grace is God's free gift to us and our response is the faith that accepts the gift. So the two Years fit together neatly as God's gift and our response. It's when those two meet that we have the Christian life in all its power and beauty.'

*Archbishop Mark Coleridge*

## PRINCIPAL MATTERS

### Lent

Lent is a very important time for Catholics. It is a time of prayer, fasting and almsgiving as we prepare the Way of The Lord at Easter. Families are encouraged to support the Caritas Project Compassion appeal. Boxes are available at school. Please also support the McCarthy Markets fundraiser for Caritas.

### Parent Events

Thank you to all parents who attended the Wine and Cheese Night. It was terrific to meet so many of you in a casual environment. The Executive and Year 7 teachers look forward to meeting Year 7 parents at the Welcome Barbeque next Tuesday evening.

### Catholic Schools Week

Catholic Schools Week is 10-16 March this year. The captains will accompany me to the Mass and Awards Presentation in Armidale on 12 March. A number of our staff and students will be providing music for the Mass, to be held at the Cathedral. Thank you to all who submitted nominations for the Spirit of Catholic Education Awards.

### 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 a position on the College Board. Nominations close on Friday 8 March and the AGM will be held at 5.30pm on Tuesday 19 March.

The Annual General Meeting of the Association will be held at 7.00pm on Tuesday 19 March. All parents are welcome. A nomination form is included in the Newsletter.

### 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 today. Tomorrow, Friday 1 March, will be a non-school day. The school will **not be open** on that day.

*Mrs Kate Rayment – Principal*

## RELIGIOUS EDUCATION

### Caritas

During Term 1 at McCarthy, the work of Caritas is a central focus. In the weeks during Lent, students are asked to support Project Compassion through contributing to the boxes which are available in each Homeclass every morning. What is given should be a result of the student going without something so that they become aware of those in the world for whom going without is not optional.

Some RE classes had the privilege of hearing a firsthand account of the work of Caritas from Sister Josephine who visited the school with Brian Sullivan, the Diocesan Director of Caritas.

### McCarthy Markets

The McCarthy Markets are the school's main fundraiser for Caritas and will be held on **Friday 15 March from 5.00pm to 7.30pm**. Each student in the school is encouraged to make a contribution to these markets by committing to support one of the stalls, when asked to do so in Homeclass. It is a case of many doing a little being preferable to a few doing everything. All students received a flyer outlining the activities included at the markets. If parents feel there are ways they can support this event, please contact the school. All help is greatly appreciated.

The Student Leadership Council are seeking donations of Easter eggs, cellophane, small baskets or containers for their stall at the McCarthy Markets. All donations will be greatly appreciated and can be dropped off at the office.

### Vinnies Youth Camp

Fourteen students attended the annual Vinnies Youth Camp at Lake Keepit. Students actively engaged with students from the other secondary school conferences and demonstrated a genuine desire to discover more about the work of Vinnies and shared ideas on how to improve their own conferences. Students from each school made a banner to use within their schools to help raise the profile of their conference. Mass was celebrated at the camp by Father McHugh from Gunnedah.

### Presentations for Students

All Year 9 students attended a presentation recently by Starrs Production. It was centred on the story of Mary MacKillop and involved actors re-enacting key events in Mary's life, in some cases with the assistance of students from Year 9. It was a very professional presentation and students will be able to relate much of what they learnt to the module "The Church in Australia" when it is studied later in the term.

Year 10 students will attend a presentation called "Real Talk" which deals with topics of sex, relationships and personal identity based on Catholic Christian values.

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

## PASTORAL CARE

### Vaccinations

On Thursday 7 March the following vaccinations will be given:

ALL YEAR 7 - Varicella (Chicken pox), dTpa (Diphtheria, Tetanus, Whooping Cough), HPV

YEAR 9 BOYS - HPV

All Year 7 and Year 9 boys are asked to wear sports uniform on this day. Parents are asked to ensure that their child has breakfast and has water to drink during the day. Vaccinations will only be given to students with completed parent consent forms. All consent forms are to be returned to the office.

### Aerosol Cans

Please note that due to the danger posed to school members with asthma, use of aerosol cans is not permitted at McCarthy.

### headspace

*headspace* provides support to young people aged 12 to 25 years and their families. They can help with general health, mental health and wellbeing and with issues relating to alcohol and other drugs. Information and support to assist with employment and education is also available. Online and telephone mental health support is also offered through *headspace*. More information can be found at [headspace.org.au/tamworth](http://headspace.org.au/tamworth)

Mrs Tamara Shoemark, Isaac Jackson (Year 9), Isaac Carr (Year 10), Brittany Meissner (Year 11) and Mikala Dimmock (Year 12) attended an information session at the new *headspace* centre in Tamworth. The students discussed common issues which today's youth are facing and the support offered by the centre. It was a great opportunity for students to familiarise themselves with the centre and learn what it has to offer. They will present the information at Year Meetings.

### Theme for the Week

The theme *Ready, Set, Goal* stressed the importance of setting goals to give direction and encourage improvement and success. Goals must be challenging, realistic, flexible and include a time frame.

During Week 5 we considered our **Code of Conduct**. It promotes the use of Gospel Values in all situations. CARE, COURTESY, RESPECT and RESPONSIBILITY are expected by all members of the McCarthy Community at all times. This basic Code of Conduct provides a framework for behaviour, not just at school, but in all areas of our lives.

### House Captains

Congratulations to the following students who were elected as House Captains:

Chisholm – Dana Constable, Brayden Grehan, Cara Paterson, Patrick Goodwin  
 Dominic – Madeline Doyle, Peter Shields, Taylah Burt, Cameron Clout  
 Edmund Rice – Leshia Reynolds, Tom Paff, Chloe Coe and Isaac Carr  
 MacKillop – Libby Murray, Jake Curran, Sophie Heeney, Josef Almaleh

### House Patrons

Chisholm – Mrs Banson and Mr Rindo  
 Dominic – Mrs Jones and Mr Meppem  
 Edmund Rice – Mrs Bice and Miss Sjollem  
 MacKillop – Mrs Ashcroft and Mr Williams

### Year 7

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.



Year 7 students are to be congratulated on the way they have settled into their new school, classes and routines in such a mature and cheerful manner. Students have already enthusiastically involved themselves in a range of co-curricular activities, including cricket, chess, band, oz-tag and basketball.

Students have recently been issued with their Term Calendar. They are encouraged to use this at home in conjunction with their Student Planners. Please remember to check Planners regularly.

Thank you to Miss O'Sullivan for organising the Year 7 Charity Arm Wrestling event which was held at lunch on Tuesday and the many Year 7 students who participated. Congratulations to Mackenzie Ashcroft, our undefeated champion arm wrestler and winner of a free lunch at the canteen. Also a big hand for our other champions: Hollie Constable, Riley Ryan Olivia Ruttley, Billy Smith and Jayden Tiberi. Year 7 raised \$41.20 for Caritas at lunchtime. A great effort!

Students are reminded that Maths help is available in B3 at lunchtime on Mondays and Study Club on Tuesday and Wednesday in the McCarthy Library from 3.30pm until 5.00pm.

I am looking forward to a great year where school and family life combine to support the growth and success of our Year 7 students.

*Mr Andrew Davy – Year 7 Coordinator*

*'None of us is responsible for all the things that happen to us, but we are responsible for the way we react to them' Anonymous  
Mrs Julie McGregor – Pastoral Care Coordinator*

## PARENT INFORMATION

### ASSOCIATION AGM

The MCCA AGM is to be held on Tuesday 19 March 2013.

Please see the attached nomination form. Nominations are open for President, 2 x Vice Presidents, Secretary, Treasurer and Publicity Officer positions.

**Please return the form in an envelope marked "McCarthy Association Election Nomination 2013" to the office of the school by no later than Tuesday 12 March 2013, which is 7 days prior to the Annual General Meeting for 2013.**

### TRIVIA NIGHT THANK YOU

A huge THANK YOU to local businesses, families and friends for contributions to the Trivia Night last November. The FUNraiser night raised over \$1600 and this money went towards the purchase of a Defibrillator, which has been delivered to the school.

To keep up-to-date on topics covered at our monthly meetings please go to [www.mccarthy.nsw.edu.au](http://www.mccarthy.nsw.edu.au), click on McCarthy Parent Association and follow the links to meetings.

## CAREERS NEWS

### Universities tour

In the first week of February, ten Year 12 students accompanied by Mr Hobbs and myself, travelled to Wollongong to attend the University of Wollongong Discovery Day with 1000 other students and Careers Advisors. We received a special mention at the start of the day. Students attended a variety of lectures on various courses, career options and aspects of university life. Three students (James, Luke and Nathan) were pleased to defeat students from Sydney and South Coast schools in an Engineering challenge.



Some of our Year 12 students at UOW



At UNSW

The next day we were given guided tours of Macquarie University, University of NSW and the University of Sydney to see the facilities, courses and other information about attending university in Sydney, what they have to offer from bonus points to bell ringing societies and ice skating. Staying on campus at both Wollongong and Macquarie Universities gave our students an insight into accommodation and food and uni life and the consensus was that it was a very valuable, eye-opening excursion.



**Defence Force Visit**

Last week, over 40 students attended a presentation by representatives from the Defence Force who provided a lot of good information on all aspects of careers in the forces, options available to students and the application process.

**Coming Events**

Kenvale College visit: 4 March  
 Health Careers Forum: 18 March 12.30pm – 2.30pm at the Tamworth Hospital.  
 Interested students in Years 11-12 need to give their names to me by Friday 15 March if they wish to attend. Parents of these students are also invited and I also need these names to pass on to the organisers.

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

**ENGLISH**

**English MOODLE pages**

The English Faculty has created webpages that contain English resources to complement each unit of work set for study in Years 7-10 this year. The MOODLE page contains information on how to study as well as detailed information about assessment. A number of resources have been provided to assist students to understand the scope and the depth of understanding required for each unit as well as the assessment task.

The Essential Course Information Moodle page for each year group can be accessed by clicking on the blue English link on the McCarthy Catholic College website.

*Mrs Katrina Sullivan – English Coordinator*

**LANGUAGES**

All Year 8 students have begun their 100 hours study either in French or Indonesian for 2013. They can greet each other and introduce themselves. “Bonjour, madame” and “Selamat pagi, Ibu” can be heard in abundance around G Block classrooms.

Year 8 French students should have brought their money to the office by now for the purchase of their workbook “Quoi de neuf?”.

With the swimming carnival coming up today – “Allez les rouges!”

*Mrs Penny Crowley – Language Coordinator*

**MANILLA SHOW**

Last Friday, 22 February, six McCarthy Show Team students travelled to the Manilla Show. When we arrived with our Red Angus and Simmental stud cows and calves we went straight to the wash bay. Unfortunately it was already promising to be a very wet show and as our cow “Just in Time” and her calf “Perfect Timing” both have a lot of white on them, it was going to be a tough job keeping them clean. Friday night the rain set in as we slept under an awning. Water droplets fell on our faces all night. Mr Maxwell was a little more clever and stayed dry in the cab of his truck. The next morning we woke up to find an escapee. Our red calf “Hero” had slipped his halter and was doing laps around the shed, checking out the competition. It took three of us to catch the cheeky boy and rehalter him then it was all hands on deck to get ready for show time. Each of the team members got to lead in the ring this time with Claudia and Paul showing “Empress” and “Hero”, who placed second in her class. She went on to win Reserve Champion Red Angus Female. Alex and Sam led out “Just in Time” and “Perfect Timing” who also placed first in her class and went on to win Grand Champion Simmental cow. Although unsuccessful in the Supreme Exhibit, “Just in Time” rated a special mention by the judge. Will and Harry also got to experience the show ring for the first time as they led the two calves out for the “Calf of the Show” Class to finish our day. Thanks to Mr Maxwell for taking us to the show and teaching us about cattle presentation.

*Paul Murphy and Claudia Turner (Year 10)*



Paul Murphy and “Hero”, Claudia Turner and “Empress”



Alex Watt and “Just in Time”, Sam Collett and “Perfect Timing”

**SPORT**

**Rugby League Coaching Clinic**

On Friday 22 February, nine McCarthy Rugby League players were fortunate enough to participate in a coaching clinic conducted by the Newcastle Knights coaching staff at Scully Park.

Wayne Bennett led the Knight's First Grade side through an hour long training session, after which the school teams present were invited to participate in a series of skills and drills. Wayne set some standards and boundaries for the players to work within, and



indicated that if students were not prepared to work to those standards, to go and sit in the grandstand and watch as he did not want those players to waste his time. None of the players from any school moved an inch.

The session was divided into four stations: line running, tackle technique, passing, and a 3 tackle mini-game. Wayne Bennett was pleased with what he saw from our players, except when a student took out his mobile phone to take a photo, at which time Wayne indicated that unless he was a stockbroker, he need not bring a mobile phone to training. After the players completed the four stations, Wayne praised the behaviour of the students that were present, and insisted that the benefits of sport such as peer interaction, teamwork, discipline and commitment should be transferred into the classroom, as these are invaluable attributes for when students leave school.

*Mr Matt Feltrin*

**Water Polo**

Following on from his basketball success, we congratulate Jayden Gimbergh on his selection in the NSW U14 Water Polo team.

**NSWCCC Tennis**

Zoe Martin will travel to Parramatta on 4 March to compete in the NSWCCC Individual Tennis Selection Trials. We wish her well.

**NSWCCC Cricket**

Luke Paterson attended selection trials for the NSWCCC Under 19's Cricket team for the NSWCCC in Sydney recently. Unfortunately, he missed out on selection but benefitted from the experience.

**NSWCCC and All Schools' Triathlon**

Last week McCarthy sent three teams to compete at the NSWCCC and All Schools' State Championships.

Intermediate Girls' team – Sophie Heeney, Ella Heeney, Ellie Camilleri

Intermediate Boys' team – Morgan Pennefather, Daniel Morris and Jayden Gimbergh

Senior Boys' team – Reubben Short, Jack Pianta, Daniel McDonald.

Congratulations to the Intermediate Girls' team who won a bronze medal in the NSWCCC event. They also placed 5<sup>th</sup> in the All Schools event. Sophie and Ella Heeney also competed in the individual event. Congratulations to Sophie who won an individual bronze medal. The senior boys finished a credible 6<sup>th</sup> in the NSWCCC event.

**Oztag**

Congratulations to Abbey Schmeidel who was selected in the Under 16 NSW Oztag team, competing in the Australian Championships later in the year.

**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.

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*



**McCarthy Association  
Election of Office Bearers for  
2013**

**NOMINATION FORM**

Position: \_\_\_\_\_

Nominee: \_\_\_\_\_

Nominated by: \_\_\_\_\_

Seconded by: \_\_\_\_\_

I accept nomination:

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

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THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

DEPARTMENT OF  
RURAL HEALTH

# HEALTH CAREERS FORUM 2013

**Year 10, 11 & 12 Students**

**& Parents/Carers interested in a career in the Health Professions are invited**



**When: Monday 18 March 2013**

**2 sessions**

**9.30am – 11.30am**

**or 12.30pm – 2.30pm**

**Where: University of Newcastle**

**Department of Rural Health**

**Northern NSW**

*Bookings are essential only through your  
School Careers Advisor*

**Speech Pathology**  
**Occupational Therapy**  
**Medical Radiation Science**  
**Medicine**  
**Nutrition & Dietetics**  
**Nursing**  
**Physiotherapy**  
**Pharmacy**  
**Psychology & Mental  
Health**