

# Newsletter

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## Dear Parents & Students,

### Prayer

*God who created me,  
You offer me new life through Your Son  
and through the gift of your sacraments.  
While I see new life all around me,  
I don't always recognise the new life You offer me.  
Help me to grow this Lent in an awareness  
of the gifts You place in my life  
and in a greater appreciation for Your care.  
Give me the courage to ask for help. Amen*

### Reflection

Lent offers us all a special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, which began with our baptism. In our busy world, Lent provides us with an opportunity to reflect upon our pattern of life, to pray more deeply, experience sorrow for what we have done and failed to do, and to be generous to those in need.

## PRINCIPAL MATTERS

### Catholic Schools Week

This week is Catholic Schools Week. It is a time when we reflect on the very important role Catholic Education plays in our world. A quarter of all students in NSW attend a Catholic School. Systemic Catholic schools continue to provide high quality, low fee education to students from the centre of Sydney to Walgett. The 23 Catholic schools in the Diocese serve the educational needs of 5,840 students. McCarthy is the largest Catholic school in the diocese.

The Spirit of Catholic Education Awards were held in Armidale on Tuesday 12 March, following a Mass at the Cathedral with representatives of all schools from across the diocese. McCarthy students provided the music for the Mass, with distinction. I am very pleased to announce that Mrs Libby Molony won the award for 'Experienced Teacher' for 2013, in recognition of the outstanding contribution she makes to life, well-being and learning at the school. We are all very proud of Libby. Thank you to all parents who took the time to nominate staff and/or volunteers at the school for these prestigious awards.

### Year 7 Welcome Barbecue

Thank you to all families who attended the Welcome Barbecue on Tuesday 5 March. By all accounts it was a very pleasant evening that enabled parents and students to connect with staff who work most closely with the Year 7 students.

### Swimming Carnival

The annual Swimming Carnival, held on Thursday 28 February, highlighted the skill and commitment of our talented swimmers and also allowed staff and students to participate in team-building activities that create House spirit. Participation was strong, with Chisholm winning the Participation Award. The highest point-score for the carnival was shared by MacKillop and Dominic. Again, thank you to all parents who attended the carnival.

### 7-10 Homework

Last week all students in Years 7-10 were issued with their assessment booklets for the year. Assessments form the backbone of homework at McCarthy. Independent homework is also set as required in most subject areas. It is important to note that homework needs to take a different structure in secondary school to that issued in primary schools. Work, sporting, cultural and household commitments tend to increase as students get older. The assessment policy is designed to promote essential study patterns and avoid punishing students who are actively involved in valuable extra-curricular activities. Students will experience up to 40 assessments each year. Assessment programs help to develop organisational and time management skills that are critical for success at Stage 6 and beyond. They are substantial and significant learning exercises designed to reflect a wide range of content and learning styles. The tasks allow those who are involved in important and beneficial activities outside school to gain enrichment through homework, without restriction. In addition, by managing the breadth of learning styles required by assessment, students are well-prepared for the demands of the Higher School Certificate courses. Assessment forms 50% of the HSC result obtained by each student.

In addition to the rich assessment program, students have been provided with access to the online Maths program, HotMaths. HotMaths is linked directly to the NSW Mathematics syllabus and provides an invaluable homework resource for students and parents. Please contact your child's Maths teacher if you do not know how to access this program. Maths Help is available at

### Diary Dates

15 Mar:	McCarthy Markets
15 Mar:	Diocesan U15 Rugby League - Armidale
18 Mar:	Health Careers Forum
19 Mar:	Science & Engineering Challenge
19 Mar:	Association & Board AGM
21 Mar:	NRMA Motorvate (Year 10)
22 Mar:	Diocesan Touch – Gunnedah
22 Mar:	Manilla Horse Sports
25 Mar:	Warraymalaya Retreat
27 Mar:	Year 7 Parent Information Night
29 Mar:	Good Friday
1 April:	Easter Monday
10 April:	Round 1 Enrolment applications close
12 April:	Last day of Term 1
29 April:	Pupil Free Day
30 April:	Term 2 commences



lunchtime one day per week. Study and homework assistance is also provided at Study Club each Tuesday and Wednesday afternoon from 3.00pm – 5.00pm.

Specific homework may also be set in any subject as required. Management of that homework is the responsibility of individual teachers. Reading and outdoor activity are also important tools to assist learning and physical development. Parents are asked to encourage these activities at home.

### Open Day

The annual Open Day was held last Saturday, 9 March. A large number of visitors took the opportunity to take a guided tour through the facilities. Gratitude is extended to the staff and parents who assisted on the day.

### School Fees

Please note that it is an expectation that school fees be paid in full and in a timely manner.

### Round 1 Enrolments

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. Applications for students from non-feeder schools will close **Wednesday 26 June**, with interviews being held in Term 3.

### Association

The Annual General Meeting of the Association will be held at 7.00pm for a 7.30pm start on Tuesday 19 March. All parents are welcome.

### Uniform Donation

Recently, a large number of new and second-hand girls' school uniforms from the McCarthy Clothing Pool were shipped to Papua New Guinea. The uniform for McCarthy Catholic College senior girls was changed in 2011 and the school was looking for a way to reuse the now redundant dresses – 200 in total.

Mrs Kay Wieland contacted Mr Gerry Chan who in turn contacted Sir Julius Chan, the present Governor of New Ireland Province. Sir Julius was more than happy to accept the offer.

The uniforms were very well received and the recipients, extremely grateful. The three institutions to benefit from the donation were a hospital, a vocational school and a primary school.

Thanks must go to Mr Phillip Hunt of Grace Removalists in Tamworth and Mr Dutnin Seeto of Port Moresby for organising the freight and shipment to PNG free of charge. Thank you to Mrs Kay Wieland for packing all the uniforms for shipment and to Mr Gerry Chan for his support and assistance.



*Mrs Kate Rayment – Principal*

## RELIGIOUS EDUCATION

### McCarthy Markets

We are hoping that our fundraising efforts for Caritas, by way of the McCarthy Markets, will result in a substantial amount of money being raised for Caritas. The additional benefit of the Markets is the community building that results with the efforts of students, teachers and families combining to achieve the common goal of supporting Caritas. Many thanks to those who have donated to date – further donations can be left at the school up to the afternoon of Friday 15 March.

### Great Fundraising Ideas for the McCarthy Markets

The new hit Real Estate radio Show "Bricks and Mortar" led by ex-McCarthy student Mark Sleiman from PRD Nationwide, wants to help Caritas. Like and post a question about real estate in Tamworth and Mark will donate \$5.00 for every question asked. Search "Bricks and Mortar" or the following link to get started:

<http://www.facebook.com/pages/Bricks-and-Mortar/478402138887834>

### Raffle Prizes

We have some very special prizes for the raffle this year including a cricket bat signed by many of the current Australian Cricket Team including the captain Michael Clarke, and handbags designed by well-known fashion labels Versace and Chanel. In addition we will have cosmetic packages and other interesting items.

### Real Talk

The recent presentation to Year 10, by the company *Real Talk*, was outstanding. The presenter, Paul Ninnies, presented the topics of relationships, sexual decision making, self-worth and the repercussions of poor choices in a fun, contemporary way but with honesty and, most importantly, a very Catholic perspective. The feedback from students was very positive. Students were asked to pay \$5 and for some, that money is still outstanding. One of the drawbacks of living out of the capital cities is that the cost of bringing quality presentations to our area is so great.

## Reconciliation

With Easter fast approaching, we are planning to provide students with the opportunity to attend the Sacrament of Reconciliation in the week before Easter. Students will be advised when this will be held via Homeclass.

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

## ASSISTANT PRINCIPAL

### Uniform

The uniform policy of the school is clearly outlined and illustrated on the College website. Follow the Enrolment link to download either the Junior or Senior Uniform Guides.

In the past few weeks, staff have focussed in particular on correct sports footwear, boys' belts and jewellery (earrings). Letters have been sent home/or are in the process of being sent where issues exist regarding these particular areas of uniform. Please note that continued non-compliance may result in consequences and or sanctions. Thank you to all parents who have responded and are supporting the application of the College Uniform Policy.

- Guidelines for sports shoes - predominately white supportive sports shoes/joggers, with white laces. Coloured shoes and laces are not acceptable.
- All boys are required to wear a plain black leather belt with both their Summer and Winter uniform
- Earrings - only one pair of simple and discreet earrings (eg sleeper or stud).

### Lions Youth of the Year

I had the privilege of attending the Regional Final of Lions Youth of the Year, held at Manilla on Saturday 9 March. Students were interviewed through the day by a panel of three judges. In the evening, at a dinner, the seven student participants gave two impromptu responses of two minutes and a five minute prepared speech on a subject of their choice. Year 12 student Anna Camilleri won the public speaking section of the event and was also the overall winner of this level of the competition. Anna was poised, considered and graceful. She spoke very well and was an exemplary representative of McCarthy. I was extremely proud, particularly when the principal of Manilla Central, Ms Jeanette Meaghan, told me that Anna was the best speaker she had seen in all her years of involvement with the Lions Youth of the Year. Congratulations Anna. Anna now proceeds to the next level of this competition.

*Mrs Sally Sparke – Assistant Principal*



## PASTORAL CARE

### Condolences

Our thoughts and prayers are with Samantha, Rebecca, Billy and Sophie Smith, and Claire Salter following the passing of their grandmothers.

### Vaccinations

Year 9 boys received the first dose of HPV vaccine and Year 7 received the dTPA vaccine and the first dose of HPV vaccine last week. The Varicella vaccine was unavailable and will be administered in the next round in Term 2. Students who did not return their forms may still do so and begin their program in Term 2. Alternatively they may attend the Community Health Clinic (Ph: 67678100) on the 4<sup>th</sup> Tuesday of the month from 1.00pm to 6.00pm.

### Student Leadership Council

Congratulations to the following students who have been elected to the Student Leadership Council:

Year 8: Annie Hobson, Gio Sancho, Katherine Sleiman, Jeffrey Wong

Year 9: Jack Beckett, Olivia Dillon, Jack Rindo, Gabrielle Vella

Year 10: Beau Alderton, Josef Almaleh, Isaac Carr, Meg Hobson, Katie Taylor, Mikayla Thompson

Year 11: Emma Barnes, Jacinta Flynn, Alex Leonard, Brittany Meissner, Thomas Paff, Ryan Witherdin.

### Year 7 Parent Information Evening

All Year 7 parents are invited to attend an information evening on Wednesday 27 March. Topics discussed will assist parents and carers in supporting their child's learning. A letter with details of the night will be sent home.

### Theme for the Week

Our school motto is *Receive, Worship, Serve* and in Week 6 we considered *Service*. We should be generous with our time and talents to help others, and work for the good of the school and the wider community. Opportunities for students to serve include or have included Clean Up Australia Day, Blood Bank, Riding for the Disabled, assistance for the Tamworth Show Society and of course the McCarthy Markets.

In our theme "Care" we encouraged all to do as Jesus did and care for others. Kindness given encourages kindness in others.

"No one who desires to become good will become good without doing good things" – Aristotle.

*Mrs Julie McGregor – Pastoral Care Coordinator*

### Year 7 Welcome BBQ

Thank you to all the parents and students who attended the Year 7 Welcome BBQ. It was a great opportunity for staff, parents and students to meet and mingle in an informal setting.

All parents seemed very pleased with the transition of their children into their secondary education.

I look forward to seeing you at the Year 7 Parent Information evening.

*Mr Andrew Davy – Year 7 Coordinator*

## PARENT INFORMATION

### Wine and Cheese Night

The Wine and Cheese Night was a great success. It was a terrific opportunity for parents to gain a better understanding of the role the McCarthy Association plays within the school. Mrs Rayment took guests on a 'behind the scenes' tour, and President, Tracey Carrington, invited parents to come to meetings and get involved with the Association.

Thank you to all the helpers who made the night enjoyable and ensured that it ran smoothly.

### Association AGM

The McCarthy Association AGM is to be held on Tuesday 19 March 2013, 7.00pm for a 7.30pm start. All welcome.

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

### Work Experience at McCarthy

At McCarthy Catholic College, work experience is NOT compulsory and there is no time set aside specifically at school for block work experience. There are limitations on what can be done by students and when. The first thing that students and parents need to do is to read the school's *Work Experience Policy*. A lot of administration, time and paperwork is involved in doing work experience, both before and after the event. It is for keen and motivated students who meet the criteria and who are genuinely committed and focussed on exploring a career in that occupation when they leave school.

The procedure is:

- 1) Read the Work Experience Policy at <http://mccarthy.nsw.edu.au/careers/work-experience/> to see what is involved and what can/cannot be done.
- 2) If the student wants to pursue this they then need to collect an application form from me in the Careers Room, complete and return it.
- 3) If the application is approved, the student then needs to find a potential employer willing to take them.
- 4) Collect all the paperwork for the student, parent and employer to complete.
- 5) Arrange for documents to be filled in and given to me BEFORE work experience begins so copies can be made for all parties involved and the legal requirements covered.

### Australian Air Force Cadets

The Australian Air Force Cadets (AAFC) is an air-minded youth organisation open to young people aged between 13 and 18 years. The local unit, 310 Squadron, is now recruiting. Information sessions will be held on 19 and 26 March from 7.00pm at 6 Rentell Street, Tamworth Airport. For more information please visit the website [www.aafc.org.au](http://www.aafc.org.au) or <http://310sqn.aafc.org.au>

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

## ARMIDALE SHOW

The McCarthy Show Team braved the rain to attend the Armidale Show for a schools day on Friday 1 March (Pupil Free Day) and Stud Competitions on Saturday 2 March. The students borrowed cattle from a local stud Goonoo Red Angus, owned by Mr Graham Jordan. All five students entered into the Paraders' competition, were selected for the finals but did not place. Makayla Riley and Darcy Doyle were well suited to the school cattle, leading "Empress" and her calf "Hero" for paraders. Claudia Turner, Alex Watt and Paul Murphy led borrowed heifers and the owner was so pleased with how they led that he allowed the students to show his heifers in the Heifer Show later that evening.



Alex Watt, "McCarthy Hero", Darcy Doyle, "Empress", Paul Murphy, Claudia Turner



On Saturday, Alex Watt and Paul Murphy led "Just in Time" and "Perfect Timing"

to second place in the European cattle class. Claudia Turner and Darcy Doyle led "Empress" and "Hero" into second place in a large British Breed Class, and went on to be awarded Reserve Champion British Cow. Olivia and Maddy Gale and Michael Davis were put through their paces, trying to keep the feed up to the hungry cattle (and kids).

When asked, the students attempted to summarise Armidale Show in three words, using words like; wet, rainy, muddy but also fun and hilarious. We would like to thank Mr Graham Jordan and Mr Wade Jordan for the loan of their beautiful Red Angus Heifers and for transporting our cattle to the show and Mr Noel Murphy for driving a bus load of very excited students to the show and home again.

Miss Leanne Sjollema

**PROPERTY PLANNING FIELD TRIP**

Last Tuesday, Year 11 and 12 Agriculture students travelled to Gunnedah for the annual Property Planning Field Trip. This involved a tour of this year’s case study property “Waitara”. Students were able to investigate the property, examine the resources available to the farmer and get an idea about the general lay out of the farm. The day also involved soil chemistry workshops, salinity testing, pH testing, soil texture identification, water quality discussions, lessons on identifying native vegetation and a look at how contouring can change water flow through a farm. This will assist the students in redesigning the property so that it can achieve the triple goals of productivity, sustainability and low labour requirements for the land owners. Thank you to Rob Maxwell who drove the bus and Col Easton from NCMA who organised the whole day.



Blake Hartin, Ben Collett and Megan Reid



Maddy Doyle and Rhett Graham

**MCCARTHY ENVIRONMENTAL COUNCIL**

**Clean Up Australia Day**

On Sunday 2 March, a small but enthusiastic group of students met at McCarthy to volunteer their time to participate in the National Clean Up Australia Campaign. Our allocated area was the streets of North Tamworth. Students collected rubbish and then sorted it into recyclables and non-recyclable products.

This valuable community service is one of the many projects in which our school based Environmental Council participates. Members recently distributed recycling bins to each classroom to encourage paper recycling. Challenge Industries then collect our paper recycling each week. The Environmental Council meets each Day 5 in A2 during lunch time. Any student from Year 7 - 12 is invited to attend.

*Mrs Sharon Stuart – Environment Council*



**ART**

There will be an Art Competition held at the McCarthy Markets. \$1.00 entry. Categories are Painting, Drawing, Photography and any other media with junior and senior sections in each. Entries are to be accompanied by entry form and money and are to be delivered to D1 to Mrs Fulwood or D2 to Mrs Sullivan by Thursday 3.30pm. Prizes for each section and Grand Champion. Any donations of prizes will be gratefully accepted, with all funds to Caritas.

We also have an Arts and Crafts stall so if you have anything to donate for this, it would be greatly appreciated.

**Wanted - Newspapers**

The Art Department is seeking donations of newspapers. Please drop them into the office if you are able to help.

**SPORT**

**Swimming Carnival**

The Swimming Carnival was held at Tamworth City Pool on 28 February. It was great to see such wonderful House spirit and participation on the day. Congratulations to Dominic and MacKillop House who could not be separated at the end of the day finishing with 707 points each. Chisholm House was the winner of the Participation Award.

1<sup>st</sup> place: Dominic 707 points, 1<sup>st</sup> place: MacKillop 707 points, 3<sup>rd</sup> place: Chisholm 607 points, 4<sup>th</sup> place: Edmund Rice 560 points.

Congratulations to the following students who were Age Champions:

**Girls**

- 12 years Sarah Atkins
- 13 years Molly Johns
- 14 years Annie Hobson
- 15 years Tarryn Rizzi
- 16 years Ellie Camilleri
- 17+ years Anna Camilleri

**Boys**

- William Clinch
- Jayden Gimbergh
- Sam Collett
- Isaac Farnilo
- Reubben Short



These students were formally recognised at this week’s assembly with trophies.

**Diocesan Swimming – Moree**

Last Friday, twenty students travelled to Moree to compete in the Diocesan swimming trials. Congratulations to Anna Camilleri, Reubben Short (17+), Ellie Camilleri (16s) Tarryn Rizzi (15s), Jayden Gimbergh (14s) and Molly Johns (13s) who were named as Age Champions on the day. McCarthy had a successful day, including winning five of the eight relays.

The following students have qualified to compete at NSWCCC Championships to be held at Homebush in April: Molly Johns, Annie Hobson, Tarryn Rizzi, Ellie Camilleri, Sophie Heeney, Anna Camilleri, Jayden Gimbergh, Hayden Davy, Reubben Short, Sam Collett and Morgan Pennefather.

**NSWCCC Girls Cricket**

On 4 March, Rhiannon Graham attended the CCC Girls' Cricket trials which were held at Howell Oval Indoor nets in Penrith. There were approximately 35 girls competing from Catholic Secondary Schools from all over the state.

Congratulations to Rhiannon who was selected as part of the NSWCCC team as a spin bowler and will now play in the NSW All Schools Schoolgirls Cricket Championships in Wollongong next week against CHS and CIS.

**Ron George Cricket Competition 2013**

McCarthy's Open Cricket team is so far undefeated in the 2013 Ron George Cricket Competition. McCarthy has played Farrer 1 (this game was a tie due to rain), Oxley High and Calrossy (William Cowper). The boys have been under the care of Mr Peter Virgen who is a retired McCarthy teacher with great knowledge and experience in the game.

The school based competition is played in a twenty/20 format on Monday afternoons, with a few different rules to make it more interesting. If a 6 is hit any subsequent 6 in the same over is worth 10 and the last ball of every over is worth double. This has worked well for our McCarthy batsmen who have been getting some wonderfully high scores. McCarthy also has many talented bowlers who are keeping their opponents scores lower, especially at the end of each over.

We wish the boys well for their next game against Farrer 2. The final is the following week between the two schools with the highest points. We congratulate them on their tremendous efforts on the field and their excellent behaviour and team spirit as they represent McCarthy.

*Mrs Maureen Alderton*

**AFL**

The AFL season has already commenced, with a pre-season competition being held on a Friday nights during Term 1. The competition is between local schools Farrer and Oxley High School. The competition is played using modified rules. This would be a great opportunity to welcome new players from Years 7 - 10. Any student wishing to try AFL please see Mrs Stuart or Mr Williams. Training is held on most Wednesdays after school until 4.30 pm.

**Girls' Hockey**

Notes have been distributed to all interested players at school. These notes were due to be returned by 14 March (now). Please return any outstanding notes to the McCarthy office as soon as possible. Any questions can be directed to Mr Denton at school.

**PARENTING TIPS (BY MICHAEL GROSE)****When Life Does Not Go Their Way**

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. Most children recover from rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally and blame themselves. As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day, children will meet with a number of challenges and even setbacks. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children's confidence to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through a problem or difficulty recognising and accepting their feelings. Talk about various scenarios around the incident, discussing possible outcomes. Your attitude can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child will, in all likelihood, pick up your upbeat view and deal with disappointments easily. After all, confidence is catching.

**Try this.....putting it into practice**

To help children handle rejection and disappointment try the following four strategies:

1. **Model** optimism. Watch how you present the world to children, as they will pick up your view.
2. **Tell** children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. **Help** children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.
4. **Laugh** together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.