

Newsletter

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McCarthy Office Hours: 7.30am – 4.00pm



Dear Parents & Students,

Prayer

Mary, Help of Those in Need

Holy Mary,
 help those in need,
 give strength to the weak,
 comfort the sorrowful,
 pray for God's people,
 assist the clergy,
 intercede for religious.
 May all who seek your help
 experience your unfailing protection.
 Amen

Reflection: Why do Catholics pray to Mary? Catholics do not pray "to" Mary as an equal to God. They pray "through" Mary as an intercessor who prays to God on behalf of mankind.

PRINCIPAL MATTERS

Parent/Teacher Interviews

Thank you to the parents who attended the Year 12 Parent/Teacher Interviews this week. If any parents/carers would like information regarding the nature and purpose of these interviews and some suggestions for making the event more effective for all parties, please contact Jo O'Brien on 67610800. This information is also available on Moodle, along with some valuable information on homework and how to support your children at school.

NAPLAN

Students in Years 7 and 9 completed the NAPLAN papers last week. The process was a smooth one. Results will be available next term. The school uses the NAPLAN data and other baseline data collected to inform educational initiatives at individual, cohort and whole-school levels.

Half-Yearly Examinations

Half-Yearly exams commence next week for students in Years 7 and 11 and the following week for students in Years 8, 9 and 10. Students have been prepared well for the exams at school and are encouraged to complete their preparation at home by thoroughly revising work covered to date this year.

Enrolment Interviews

Round 1 enrolment interviews for placements in Year 7 2014 have commenced and will conclude at the end of Week 6 this term. Round 2 applications close on Wednesday 26 June

Winter Uniform

Thank you to all families for the efforts made to have students so well presented in the winter uniform. Please note:

- The MCC navy scarf is only to be worn outdoors on exceptionally cold days. It is not a mandatory part of the uniform.
- The sports jersey is only to be worn with tracksuit pants on practical PDHPE days. The jersey is replacing the sports jacket, which is being phased out. The only jacket to be worn with the regular school uniform is the College blazer, which is available in uniform stores and through the Clothing Pool.

Attendances - Leave

As per government requirements, if a student is going to be absent from school for 5 days or more, an 'Application for Exemption from Attendance' form MUST be filled out PRIOR to the leave taking place. These forms are available from the office.

Permission Validation

If someone other than a parent is collecting and signing a student out from the school, a written note or email is required from the responsible parent/carer. Please refer notes or emails to the Attendance Officer, Mrs Kate Walden kwalden@mccarthy.nsw.edu.au.

Mrs Kate Rayment - Principal

RELIGIOUS EDUCATION

Professional Development

Over the past weeks all RE staff have had the opportunity to receive Professional Development, which has been provided by the CSO. The Stage 4 and 5 day focused on prayer and staff were given many strategies for incorporating prayer into the Year 7-10

Diary Dates

24 May: Collection of Pie Drive orders
 24 May: NSWCCC Hockey – Tamworth
 24 May: Gunnedah Eisteddfod
 27 May: Years 7 & 11 Exams commence
 29 May: Careers Year 10 Parent Info Night 6pm
 30 May: Diocesan Soccer – Inverell
 31 May: St Nicholas' Debutant Ball
 31 May: Coona Horse Expo
 3 June: Years 8, 9 & 10 Exams commence
 3 June: Year 12 Twilight Retreat
 3 June: HSC Study Day (LS, BS, Economics)
 4 June: UNE HSC Science Workshops
 4 June: AFL – Coffs Harbour
 5 June: Year 7 Morisset Excursion
 5 June: ICAS Science test
 5 June: NSWCCC Touch – Penrith
 7 June: Tuan's Ordination – Armidale
 10 June: Long Weekend
 17 June: ICAS Writing Competition
 18 June: ICAS Spelling Competition
 18 June: Board & Association Meetings
 18 June: Toastmasters Graduation Evening
 20 June: Peel Schools Carnival

curriculum. The Stage 6 day provided Studies of Religion teachers with expert information on how to improve literacy skills when answering examination questions with the knowledge that this will improve overall HSC results. Both were highly valuable days.

Twilight Retreat

The second Twilight Retreat for students in Year 12 will be held on Monday 3 June from 5.00pm to 8.30pm. This is always an ideal opportunity for students to take some time out of their busy schedules, to meet together and to reflect on things of a spiritual nature. We encourage students to attend.

Mrs Carol Wheaton and Mrs Cate Allen – Religious Education Coordinators

PASTORAL CARE

Welcome

We welcome Jack Newton (Year 9) and his family into the McCarthy community.

Condolences

Our thoughts and prayers are with Mrs Janet Nolan and her family following the death of her mother.

Sleepovers, Parties and Alcohol

I would encourage all parents to check that appropriate adults are present at sleepovers and parties your child might attend, and also to check the expectations, e.g. will they go somewhere else, who will be driving, will there be alcohol? Ensure your child always has contact details if help is needed. Please see the article on Alcohol by Michael Grose later in this Newsletter.

Year 7 Study Skills Day

Thank you to Mrs Michelle Gale for her organisation of the Year 7 Study Skills Day which was held on Monday. Each student received a booklet on study skills. A great day was enjoyed by students and staff involved. The knowledge and skills developed on the day should provide a solid foundation for the future.

Year 7 Excursion

Important information has been sent home with Year 7 students last Friday in regards to the Year 7 Excursion to Morisset. Please rescue this information from your child's bag and return the relevant forms as soon as possible to the office. The final instalment is due on Monday 27 May.

Term Calendar

All students have received a Term 2 Calendar which they should use at home as an organisational tool in conjunction with the Student Planner.

Theme for the Week

During Week 3 students were encouraged to make the most of *Opportunities* offered to them. Many of these occur at school. If we do not see opportunities we would like, we should create them.

This week is National Cyber Security Awareness Week. Students were given tips to help prevent cyber bullying. Parents are encouraged to take an active role in ensuring cyber safety. From our experience at school it is evident the following parental strategies are helpful:

- Have a technology curfew and do not allow phones/computers in the bedroom after this time.
- Keep computer screens visible to parents.
- Monitor online and social network use.
- Talk to your child about cyber safety and the positive uses of technology.
- If your child is being cyber bullied contact the police.

Further information is available at www.cybersmart.gov.au, and www.schoolatoz.nsw.edu.au/technology/cybersafety/cybersafety-tips-every-parent-should-know

Opportunities are usually disguised as hard work, so most people don't recognise them. (Ann Landers – journalist)

Mrs Julie McGregor – Pastoral Care Coordinator

PARENT INFORMATION

Thank You

Thank you to all the volunteers that helped make the "May"hem Car Boot Sale a success last week.

Pie Drive Orders

Thank you to those parents and friends who ordered pies. They are to be collected on **Friday, 24 May (tomorrow)** from the demountable situated in the bottom carpark. Contact 67671023 for further information.

Next Association Meeting will be held on Tuesday 18 June at 7.00pm for 7.15pm. All parents are welcome and encouraged to attend.

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.

CAREERS NEWS

Careers Expo

Earlier this week students in Years 10-12 visited the annual Careers Expo held at the TRECC. They had the chance to see the huge variety of careers and courses available to students today. They could speak to representatives from universities, TAFE, private colleges, accommodation colleges, local employers and many other related organisations.

There will also be several large career expos held in Sydney in coming weeks. They are:

- **The Sydney Morning Herald HSC and Careers Expo 2013:**
Royal Hall of Industries, Moore Park. Thursday 30 and Friday 31 May, Saturday 1 and Sunday 2 June, 10.00am – 3.00pm. More information is at <http://www.hscandcareers.com.au/>. I have some free tickets for those who wish to attend.
- **The Western Sydney Careers Expo 2013:**
Sydney Showground (Hall 4), Sydney Olympic Park. Thursday 20 and Friday 21 June 9.00am – 3.00pm, Saturday 22 and Sunday 23 June 10.00am – 3.00pm. Details of exhibitors and seminars can be found at: <http://www.westernsydneycareerexpo.com.au/>
- **NSW Health and Nursing Expo:**
Sydney Town Hall. Sunday 23 June. <http://www.acn.edu.au/NSW-Expo>

2013 University Info Evening: Wednesday 26 June 7.00pm – 8.30pm

This is primarily for Year 12 students AND their parents to learn the procedures for applying to go to university in 2014 or 2015. It will include everything from the application process, costs, deferring, early entry programs, dates etc and is also open to other students and parents eg Year 11 students, who are planning ahead, especially with regard to financing university study. Representatives from two universities will be there to give short presentations and to answer questions.

This will be held in the PAC after Year 7 & 11 Parent/Teacher Interviews in the hall.

Visitors and guest speakers continue to provide information and options to our students.

Representatives from UTS (University of Technology Sydney) met with interested students on Tuesday.

The Principal and Dean of Residents from Dunmore Lang College at Macquarie University will be hosting an information evening for students and parents in Tamworth next Tuesday (28 May) to talk about accommodation options for students attending university, and in particular the benefits of living in a residential college. They will be available afterwards to answer questions and provide further information regarding Dunmore Lang College. This will be held at the Sanctuary Inn, 293 Marius Street Tamworth from 6.00pm to 8.00pm. Light refreshments will be provided. Macquarie University is the only city university to offer our students 5 bonus ATAR points for regional students.

Careers Information Evening for Year 10 Parents

A Careers Information Evening for Year 10 parents will be held on Wednesday 29 May from 6.00pm – 7.00pm. It is to inform parents of the decisions and choices to be made this year; subject choices for students continuing on to Year 11; the range of options for those who wish to leave, especially if they are not yet 17 years of age; work experience; school based traineeships and apprenticeships during Year 11-12 and where parents can get help and advice. Look out for the letter given to all Year 10 students this week and return the RSVP by Monday 27 May or by contacting the school. It is for parents ONLY and NOT Year 10 students.

Year 10

Mrs O'Neill and I have met with students who are considering their options at the end of Year 10. Some of our Year 10 students are also participating in a partnership program with Big W this term. I will also be visiting classes in coming weeks to discuss career planning with Year 10 students.

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

World Literacy and Numeracy Day Awards

Congratulations to the following students who challenged themselves academically and gained distinction awards in the World Literacy and Numeracy Day Competition.

Amanda Leone, Jack Hannaford, Lauren Murray – Literacy

Amanda Leone, Daniel Glasson and Lauren Murray – Numeracy

Ms Katherine Harvey – Maths Teacher

SPORT

All Schools Swimming

Ellie Camilleri, Jayden Gimbergh and Jesse Kelly competed at the All Schools Swimming Championships at Homebush last week. Congratulations to Jesse Kelly who won silver in the relay and sixth in 50m and 100m freestyle multi-class. Ellie and Jayden swam personal best times in their events.

AFL

Matthew Hughes travelled to Sutherland on 8 May for the AFL selection trials for the NSWCCC team. Matthew was not selected in the team but benefited from the experience.

AFL Swan Cup



McCarthy was successful in defending their title in the annual Swans Cup held at No 1 Oval on Wednesday 8 May. The team won the final 63 - 26 defeating Farrer. Goal scorers were Alex Stuart (3), Lachlan Glasson (2), Jedd Maloney (1) and Jac Maiden (1). Best players on the day were Jedd Maloney, Sam Collett and Alex Stuart. Congratulations to all players; they are to be commended on their enthusiasm and sportsmanship.

Team consisted of: Daniel Morris, Sam Collett, Lachlan Smith, Noah Cook, Tom Kelly, Jedd Maloney, Patrick Ferguson, Jac Maiden, Kuzi Jaravani, Conor Lang, Lachlan Glasson, Connor Robinson, Fergus Grady, Jesse Collins, Jake Vandeven, Liam O'Loughlan-Green, Kris Miller, Heath Booby, Will Clinch, Zeb Douglas, Jye Paterson, Tom Keogh, Will Keogh and Alex Stuart. For many of the students it was the first time they had played Australian Rules Football and they whole-heartedly

committed themselves to the game. The team now goes onto the Regional Finals at the BCU Stadium in Coffs Harbour on Wednesday June 5.

Mrs Sharon Stuart

Touch Football

The Years 9/10 Girls Touch team competed in the State finals at Penrith on Friday 10 May. Team members were Bridget Kerrigan, Emily Sanderson, Rhiannon Graham, Megan Murphy, Sophie Soles, Sophie Heeney, Chloe Coe, Alice Lyden, Brodii Ingram and Cara Paterson. The girls played Woolooware, Hills Sports High, SCGEGS and Orange with Hills Sports High being the eventual winners. Thank you to Mrs Kim Coe for all her assistance with Touch at MCC and Mr Wayne Northey for driving the bus.

Football

Congratulations to Madison Sharp who was recently selected in the Girls Northern NSW Invitational Squad to compete at the Westfield National Championships from 8 to 12 July at BCU Stadium, Coffs Harbour. Madison was selected in the final side following a three day training camp held at Sport UNE, Armidale in late April. Three hundred and twenty of Australia's best young female footballers in the Under 13s and Under 15s divisions will participate in the tournament, with 20 teams from around Australia contesting the two age divisions with teams from Metropolitan NSW, ACT, Queensland and Victoria.

NSWCCC Basketball

Max and Reece Chillingworth attended the individual NSWCCC Basketball selection trials in Sydney this week. Reece was selected for the 'possibles' and 'probables' team and is on the reserve list for the next level of competition.

Diocesan Tennis and Cross Country

Last Friday twenty-eight students competed in the Diocesan Tennis and Cross Country trials at Inverell. Congratulations to Zoe Martin, Darcy Martin, Emma Barnes and Jenny Supple who have been selected to attend the NSWCCC Tennis Championships in Bathurst later in the term. The girls played against teams from St Mary's Gunnedah, O'Connor Catholic College and St Philomena's, only dropping a few games on the day. Unfortunately, the boys teams were eliminated.

McCarthy had two Diocesan Cross Country Age Champions. Congratulations to Ella Heeney (13 Girls 3km) and Sophie Heeney (16 Girls 4km) who will compete in the NSWCCC Cross Country Championships at Eastern Creek on 14 June. Well done to Bronte Ellicott who finished a credible third in the 15 Girls' 4km event.

Thank you to Mr Gerard Ritchie for driving the bus and to Mrs Woolaston for accompanying the students.

Duri Horse Sports

On Friday 17 May, sixteen students from McCarthy Catholic College attended the annual Duri Public School Horse Sports at the Duri Sports Grounds. Despite the cold weather, all students had a great day. Students competed in both riding and sporting events with some McCarthy students winning Champion or Reserve Champion for their age group: Lucy Herbert won the 14 years Girls' Age Champion, Michael Hockings was Reserve Champion for 16 + years age division, Sam Collett was Age Champion for 15 years Boys and Ben Collett won 16 years Boys' Age Champion, Champion Senior Boy Rider and Highest overall point score.

ALCOHOL

MICHAEL GROSE

Alcohol consumption among teenagers is the norm rather than the exception.

A recent survey found that between 30 and 40 per cent of Year 8's and 9's have been involved in binge drinking. By the age of 14 years 90 per cent of young people have consumed alcohol. Disturbingly, many young people drink to get drunk and they put themselves at considerable risk when they do so, including drink driving, unsafe sex and binge drinking. There is evidence to suggest that many parents believe alcohol is less dangerous than other drugs and have a tolerant view of alcohol usage. There is also some evidence to suggest that the longer teenagers delay their first drink, the less likely they are to become regular drinkers.

Binge Drinking

Binge drinking means drinking seven or more standard drinks at a time for males and five standard drinks for females. Binge drinking can lead to serious health concerns. Teenage brains are still developing and the areas of the brain that are undergoing the most dramatic changes during the teenage years are the frontal lobe and hippocampus. These areas are associated with motivation, impulse control and addiction.

Long term binge drinking can lead to a range of disorders, collectively known as alcohol related brain damage. Symptoms can include learning and memory problems, and difficulties with balance.

Findings from Australia and overseas suggest that parent attitudes and behaviours have a significant influence on teenage drinking. Parental disapproval, supervision and monitoring of drinking are linked with lower levels of alcohol use by young people.

Developing a Responsible Approach To Alcohol

It can be difficult at times to prevent a young person from drinking but parents can encourage sensible drinking habits.

Here are some ideas:

- Be a good role model. Drink in moderation, have alcohol free celebrations and avoid drinking before driving.
- Discuss the negative aspects of excessive drinking of alcohol including vomiting, hangovers and headaches.
- Talk about the relationship between alcohol and risk-taking behaviour such as unsafe sex, fighting and even drowning.
- Teach them how to drink safely and sensibly. Pacing themselves, alternating alcohol with non-alcoholic drinks and eating before and while drinking are useful strategies to teach young people.
- Give them the facts about drinking rather than use scare tactics.
- Help young people develop ways of saying No to their friends' invitations to drink and still maintain face.

Keep in Mind

1. **A healthy lifestyle** that involves regular exercise helps reduce the likelihood of excessive drinking.
2. **Limits and boundaries**, parent monitoring and disapproval are associated with responsible drinking habits.
3. **Make sure you give balanced messages about drinking**, including tips about how to drink safely and sensibly.