

Newsletter

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Dear Parents & Students,

Prayer of St Dominic

May God the Father who made us bless us.
 May God the Son send his healing among us.
 May God the Holy Spirit move within us and give us eyes to see with,
 ears to hear with, and hands that your work might be done.
 May we walk and preach the word of God to all.
 May the angel of peace watch over us
 and lead us at last by God's grace.
 Amen.

St Dominic's Day was celebrated on 7 August.

On this day we were especially aware of the place of the Dominican Sisters in our school's history and their enormous contribution to Catholic education, in general and in particular, in the city of Tamworth.

PRINCIPAL MATTERS

HSC

While the majority of students have just completed their HSC Trial examinations, the actual HSC exam or submission looms for many of our students sitting practical exams. Submission dates and practical marking dates will occur over the next few weeks for students in French, Visual Arts, Textiles and Design, Industrial Technology, Drama and Music. The school community extends their best wishes to all involved, confident that consistent and persistent effort will be rewarded.

HSC Drama Performance Evening

Thank you to the parents, staff and students who attended the HSC Performance Evening for Drama students last Monday. Miss Sawtell and the performers appreciated the support. The performances were very well received.

Year 9 2014 Information Evening

An Information Evening is planned for 28 August for parents of students in Year 8. The evening will cover curriculum and pastoral matters, including elective choices. The evening will be held in the Performing Arts Centre commencing at 7.00pm.

Walkathon

The annual school Walkathon (it is a whole school initiative which addresses an important aspect of our school motto - 'Service') will be held on Friday 6 September. Through the monies generously raised each year, we are able to significantly support the work of the Catholic Mission in assisting communities far less fortunate than our own. More information will follow in subsequent newsletters.

Survey

As part of our ongoing commitment to continuously improving the school, we believe it is critical to seek each parent and guardian's feedback on issues pertinent to the improvement agenda of McCarthy Catholic College. Your input is an important element of partnership dialogue, as we strive to improve the learning outcomes of all students.

The Catholic Schools Office has engaged the professional services of MYP Corporation (MYPCorp) to undertake a strictly private and confidential School Results Survey on our behalf. The survey should take approximately 10 - 15 minutes and will need to be completed online between 19 August and 31 August. There are no right or wrong answers and we ask that you respond honestly to each statement. Parents and guardians will be emailed individual survey logins and results will be collated externally.

If you have changed email addresses recently, please contact the office (admin@mccarthy.nsw.edu.au) to update your details.

School Magazine

The 2012 School Magazine is available for collection at the office. If any family did not receive one please contact the office.

Uniform Compliance

Upon enrolment, all students and parents agree to comply with all school policies, including the published Uniform Policy, established by the School Steering Committee (a group of parents, staff and community members). The school then endeavours to ensure that uniform requirements are met by all students.

From time to time, fashion trends conflict with these requirements. However, the school uniform is not a fashion statement and does not change for trends. This has been made very clear at school assemblies, through school newsletters and, in some cases, through individual letters addressing particular issues.

Despite this, some trends continue to be a problem, in particular coloured sports shoes, canvas school shoes, ear spacers and nasal piercings. All students must understand that continued defiance of the school Uniform Policy may impact their ability to represent the school in any capacity or even, in the long term, whether the school will provide a reference.

Mrs Kate Rayment – Principal

Diary Dates

10 Aug:	HSC Indonesian Beginners
12 Aug:	TVET SBAT Information Evening 7pm
12 Aug:	Diocesan Athletics Carnival – Tamworth
12 Aug:	HSC Textiles & Design due
12 Aug:	HSC Industrial Technology due
13 Aug:	Year 10 Excursion
13 Aug:	ICAS Maths test
13 Aug:	CCC Netball – Penrith
14 Aug:	Year 9 Science & Engineering Challenge
15 Aug:	Whole School Mass
19 Aug:	HSC Drama projects due
20 Aug:	AgQuip
20 Aug:	Board & Association Meetings
22 Aug:	HSC Geography excursion
24 Aug:	HSC French Continuers
26 Aug:	HSC Visual Arts due
27 Aug:	HSC English Extension Study Day
28 Aug:	Year 9 2014 Information Evening
28 Aug:	Young Drivers Expo
2 Sept:	Motivational Media
6 Sept:	Walkathon

RELIGIOUS EDUCATION

Class Visits

Deacon Peter Harrison visited Year 8 classes recently to talk to them about his ministry in the Church and what is involved in his role as a deacon. We are very grateful to the Deacon for giving his time to our students - he made a valuable contribution to the preparation for the student's assessment task.

Reconciliation

Year 7 students had the opportunity to attend the sacrament of Reconciliation recently. We thank Father O'Brien and Father Roel, along with Father Ronnie from the Philippines, for coming to the school and making this possible.

Whole School Mass

Students will attend Mass, as a whole school on 15 August – the Solemnity of the Assumption in the following churches: Dominic – St Patrick's, Chisholm – Mary Help of Christians, MacKillop – St Mary's, Edmund Rice – St Nicholas'.

Our sympathy is extended to Monsignor Wilkes at the recent passing of his mother. We pray for the repose of her soul and for her family at this sad time.

Mrs Carol Wheaton and Mrs Cate Allen – Religious Education Coordinators

PASTORAL CARE

Condolences

The whole school community joins together in offering prayers and condolences to Mrs Kate Rayment, her husband Michael and sons Nicholas, Matthew and Jack, following the recent passing of Kate's father. We also extend our thoughts and prayers to Madelene, Laura and Alyssa Jeffrey and their family following the passing of their grandmother.

Mental Health Seminars

The next free seminars being presented by Hunter New England Health, headspace and Centacare are 'Anger' (Monday 26 August) and 'Bullying' (Monday 16 September), 5.30pm, The Goodies, Brisbane St. RSVP headspace 67629290.

headspace Invitation

Students and families are invited to the official opening of *headspace* to the public on Friday 9 August 4.00pm-7.00pm, at 2 Darling St Tamworth, which includes great music and a free BBQ. You are encouraged to attend and see this wonderful new health resource for young people and their families.

Vaccinations

The Ministry of Health has made available free HPV vaccine (Gardasil) for 15 year old males in Year 10. This is not delivered through the school vaccination program but may be accessed through your local doctor this year only.

Theme For The Week

During **National Literacy and Numeracy Week** students were reminded that the better we learn and practise our basic literacy and numeracy skills, the better we are able to:

- *improve our understanding and achievement in all subjects.*
- *be prepared for any future employment or study.*

Much can be done at home to increase these skills. For ideas please see:

<http://www.curriculumsupport.education.nsw.gov.au/literacy/parents/>.

Although the resources are indicated for use up to and including Year 8, many tips on the A-Z list could apply to all students.

Sleep is essential for learning and well-being. It is evident in classes that sleep deprivation results in reduced concentration and learning. Research shows that adolescents should:

- have 9 – 10 hours of sleep per night
- have a wind down period of 30 – 40 minutes before going to bed
- have an established routine in going to bed
- exercise earlier in the day
- close down or remove distractions from the bedroom (eg phones)
- maximise two sleeping cues (darkness in order to allow melatonin to aid sleep and normal/low body temperature)
- catch up on any missed sleep.

Mrs Julie McGregor – Pastoral Care Coordinator

PARENT INFORMATION

The next **Association Meeting** will be held on Tuesday 20 August at 7.00pm for 7.15pm in the Staff Room. All parents are welcome and encouraged to attend. General Business will include the formation of the Trivia Night committee. If you would like to be a part of the committee, please come along to the meeting.

We look forward to seeing parents at the Strike Bowling Social Evening tomorrow (9 August).

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

Year 12

On Tuesday 13 August, all Year 12 students will receive their copy of UAC 2014. This year there are significant changes in the booklet compared to recent years, but dates and costs explained at the University Information Evening remain the same. Also on

the Tuesday, there will be a meeting for all students who intend to apply to any of the Early Entry or Early Offer Schemes. Application forms and instructions will be available to students who are eligible to apply at the meeting.

Work Experience

Too often, students or parents contact me saying that Work Experience is all arranged and that the employer is asking for paperwork. Unfortunately, in this day and age, it is not a simple process. Work Experience is not compulsory and the vast majority of students do not do Work Experience, nor do they meet the criteria involved.

Please go to the Work Experience page on the school's Careers site to find out what our school policy is and what is required to apply to do Work Experience. Unfortunately some applications are denied due to the nature of the work or a lack of required qualifications. There are many forms that must be completed by the student, a parent/guardian, the employer and by the Careers Adviser for the Work Experience to meet all legal requirements of the insurance companies. This can take time and effort; and should be a carefully considered pathway.

The link to the Careers site where you will find information on Work Experience is <http://mccarthy.nsw.edu.au/careers/>

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

VET NEWS

SBAT TVET Information Evening

On Monday 12 August, Year 10 students and their parents are invited to attend an SBAT TVET Information Evening explaining vocational education options for Year 11 and Year 12. The evening will commence at 7.00pm at school in A block (A1).

The presentation will outline School Based Traineeships and Apprenticeships as well as TVET (TAFE courses that are included in a student's subject selections). Applications for these will be finalised at the end of this term. Students are encouraged to attend if they are considering these pathways as an option for their senior schooling.

Mrs Raelene Maxworthy – VET Coordinator

MATHEMATICS

McCarthy has been celebrating Numeracy Week. A Mathematics problem solving puzzle has been made available to students each morning during Homeclass. Students have had until 9.00am each morning to hand in the previous day's puzzle. There has been strong participation and results will be collated and solutions given this week.

Puzzles the students worked on last week during Homeclass:

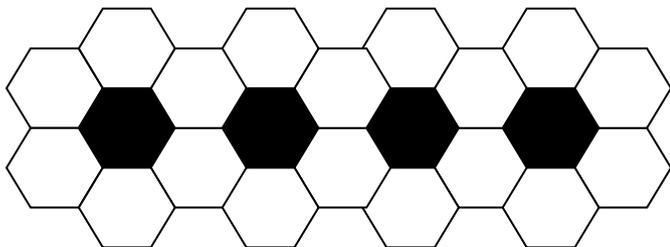
1. Chantelle and David are in a queue. Chantelle's woollen scarf catches on David's jacket. After they have seen to their business, they depart from the queue in opposite directions and the scarf begins to unravel. Chantelle is only 200 metres from home, and walks at a steady pace of 2.2 metres per second. David runs at 5 metres per second. After 15 seconds, David realises he is destroying Chantelle's scarf so, without delay, he turns around and runs back to her at 6.2 metres per second. When she hears him coming, she stops. Two seconds later, he catches up with her. How long is the piece of unravelled wool, 15 seconds after they depart the queue?
2. A farmer and his wife, with their son, daughter and dog, were going to town. They came to a river. Now the only boat available was a frail one which could not hold more than 70kg. The farmer and his wife each weighed 70kg, the son and the daughter each weighed 35kg and the dog weighs 10kg. How did they all get across the river?
3. With how few bearers can an explorer make a six day march across an absolutely barren desert if he and the available bearers each carry only enough food and water to last one man four days?
4. It takes a cyclist three minutes to ride a kilometre on level ground against the wind, but only two minutes to return with the wind behind him. How long would it take him to ride one kilometre on a calm day?
5. Find the sum when all the three digit numbers which can be made up from the digits 2, 3 and 7 are added up, e.g. 733, 222, 327.

Two groups of Year 9 students are participating in the Australian Statistics poster competition.

This newsletter's puzzle:

Here is a tile pattern. How many white tiles would you need if you had 100 black tiles in a straight strip?

Answers will be provided in the next newsletter.



The Australian Mathematics Competition was held on 1 August with the ICAS Mathematics competition coming up on 13 August. It would be wonderful to see more students taking the challenge of these competitions next year. Thinking mathematically can help students in many aspects of their schooling.

A Year 7 and a Year 8 Mathematics class participated in the "The Reach for the Stars: This is Rubbish" activity. This activity was designed with the International Year of Statistics and the International Year of Mathematics of Planet Earth in mind. Their data has been added to the national collection. Students were collecting information about the range of waste generated here at McCarthy. (The average four person family generates the equivalent of a three bedroom house in waste each year).

Year 12 students are busy doing their Trial examinations and we wish them well.

Mrs Jane Ashcroft – Mathematics Coordinator

EX-STUDENT NEWS

Gabby Lord attended Billy Blue College of Design in Sydney and has a portfolio of awards including the International Society of Typographic Design Merit Award. In 2012 Gabby was awarded Graduate of the Year at the Design Institute of Australia, an honour she also received in 2013. In 2013 Gabby was also awarded the prize for Visual Communication which is a portfolio-based award for final year students and recent graduates.

menALIVE Weekend for Men is SOON. It is happening on the 24-25 August in Armidale. Like 6300 other Catholic men who have already been on *menALIVE* weekends, you will be inspired and encouraged to renew your faith and rediscover God's purpose in your life. Experienced leaders from the *menALIVE* Team will be running the weekend. There is still time to register. Forms are available in the church foyer, phone 0447172010, 0405297000 or Armidale parish office 67722218.



NATIONAL TREE DAY

Students from McCarthy were involved in planting trees around the school as part of National Tree Day, which aims to raise awareness of sustainability and the environmental benefits associated with trees. These students were volunteers from Year 8 and 9 and they did an exceptional job. Thank you to Mr Forrest and Mrs Stuart for coordinating this event.



SHOE REMINDER

Please ensure that your child is wearing appropriate shoes that comply with McCarthy's Uniform Policy and WHS laws. There appears to be quite a few of the soft canvas 'Vans' popping up lately. Students will not be permitted to work in any practical subject if they wear unsafe shoes. They must be prepared to complete alternate work, often in another class, to ensure their safety.

If students persist in wearing incorrect footwear, then they will be given a detention as indicated in the Behaviour Spectrum Chart. It might be timely to remind your child of the contract that they signed on enrolment, indicating that they would comply with McCarthy's Uniform Policy.



These shoes **DO NOT** offer enough protection due to the style and the component materials.



These shoes **DO NOT** comply with McCarthy's sport shoe Uniform Policy due to the bright colours and the component materials.



These shoes **DO** comply with McCarthy's Uniform Policy and WHS laws.

