

# Newsletter

Telephone: (02) 6761 0800

Postal Address: PO Box 3486 West Tamworth NSW 2340

Email: admin@mccarthy.nsw.edu.au

Facsimile: (02) 6766 4557

Website: www.mccarthy.nsw.edu.au

McCarthy Office Hours: 7.30am – 4.00pm



Dear Parents & Students,

## Prayer

Father,  
I have knowledge, so will You show me now,  
how to use it wisely and find a way somehow  
to make the world I live in a better place,  
and make life with its problems a little easier to face.  
Grant me faith and courage and put purpose in my days,  
and show me how to serve You in effective ways.  
So my education, my knowledge and my skill  
may find their true fulfilment as I learn to do Your will.  
May I ever be aware in everything I do,  
that knowledge comes from learning, and wisdom comes from You.  
Amen.

For Year 12, as you complete your school days:

"Rest not! Life is sweeping by; go and dare before you die. Something mighty and sublime, leave behind to conquer time." –  
*Johann Wolfgang von Goethe.*

## PRINCIPAL MATTERS

### Year 12

This week is our last with the 2013 Year 12 cohort. This group has a core of conscientious students who have worked very hard to maximise their HSC results. It is also a group strong in its sense of justice and dedication to service.

Last week students participated in the final Twilight Retreat and Thanksgiving Mass. This morning (Thursday) the school hosted a formal assembly to farewell them from the community. The Graduation for these students will be held on Thursday 7 November. On behalf of the school community I wish all our Year 12 students the very best for the HSC examinations and for the future.

### The Bishop's Visit

The Most Reverend Bishop Michael Kennedy visited students in Years 7 and 8 last Thursday. It was a pleasure to have the Bishop and the two seminarians John Lawani and Francis Afu in our school.

### HSC Music Performances

HSC Music 1, Music 2 and Music Extension students performed for itinerant HSC examiners last Thursday and Friday. Performances included Italian opera, German Art Song, jazz, popular, musical theatre, folk and rock. Students were very capably supported by the staff who accompanied: Mrs Molony (piano and violin), Mr Godden (piano) and Mr Rindo (guitar and percussion).

### Term 4

Please note that Term 4 commences with a pupil-free day on Tuesday 8 October. This day will be a faith development day for staff. Students return to school in summer uniform on Wednesday 9 October.

### The Operation of School Zones

A reminder to all parents ahead of the break at the end of Term 3 that school zones remain in place for the safety of our children and families. School zones operate on all gazetted schools days, which are all days the school is open including pupil free days. School zones for our school will end at 4.00pm on Friday 20 September and resume on Tuesday 8 October at 8.00am.

### Walkathon

The College's annual Walkathon for the Catholic Mission was held on Friday 6 September. Funds collected to date total \$14,066. This money will be used to build an orphanage in India. This event makes McCarthy the largest fundraising school for Catholic Mission in the world. McCarthy raises more money for them than all the schools in the Sydney Archdiocese combined. Since we began the walkathon, McCarthy has raised almost \$150,000 for the Mission.

It was a terrific day for the school community. Staff and students embraced the challenge of the 15 km walk/jog. This year's emphasis on sun safety was enthusiastically embraced, with prizes being awarded for the "most effective" hats. The overall prize for "Best Hat" went to Conor Lang. Thank you to all involved and to Mr Adams for coordination of the event.



### McCarthy's Got Talent

The annual McCarthy's Got Talent event took place this year after the walkathon. Students who endured the long 15 kilometre walk were highly entertained in a wonderful afternoon of music and drama performance. Twelve acts featured in the competition with the following results:

### Diary Dates

19 Sept:	Year 12 Farewell Assembly
20 Sept:	Year 11 Exams conclude
20 Sept:	Last day of Term 3
7 Oct:	Long Weekend
8 Oct:	Pupil Free Day
9 Oct:	First day of Term 4 for students
9 Oct:	Year 11 Legal Studies Excursion
14 Oct:	HSC commences
15 Oct:	Association & Board Meetings
18 Oct:	Aviation Careers Expo
23 Oct:	Year 11 Parent/Teacher Interviews
24 Oct:	Band Workshop
30 Oct:	Music Excursion – Sydney
1 Nov:	All Saints Whole School Mass
4 Nov:	Year 10 Exams commence
7 Nov:	Graduation Dinner
8 Nov:	Years 7-9 Exams commence

1st place: Rebecca Hughes - \$100 gift voucher from P N B Music  
 2nd place: Kiarra Ruttley - \$50 gift voucher from Cheapa Music  
 3rd place: Gabi Vella - \$50 gift voucher from Tuff-N-Tidy

Thank you to our sponsors P N B Music, Cheapa Music, Tuff-N-Tidy, Anchorage Holiday Park, Iluka, Stainbusters, Tamworth Ten Pin, Inspirations, Edwards Printing, Peel Valley Tiles and Ceramics, Kaytering Supplies, Tamworth Buslines and to Geoff, from P N B Music, who officiated as one of the three judges. Monies raised from the talent quest go toward environmental projects at school and to environmental charities Australia and worldwide.

The Environmental Council's elected position holders, Jessica Moore and Grena Sancho, worked tirelessly in the weeks leading up to the talent quest, organising sponsors, recruiting acts and organising auditions. It is wonderful to see leadership in action at our school. Thank you also to Claire Rice who acted as Master of Ceremonies on the day with Ted Alderton and Harry Riley.

### Holidays

On behalf of the staff, I wish all families an enjoyable and safe Spring break.

*Mrs Kate Rayment – Principal*

## RELIGIOUS EDUCATION

### Retreat and Mass

We are very thankful to Monsignor Wilkes and Fr Roel who con-celebrated a beautiful Mass at St Nicholas Church for our Year 12 students, to celebrate the end of their years of Catholic education. This Mass of thanksgiving was an appropriate time for reflection and gratitude. For many families this was their last child to finish their education, so it was especially significant.

On the evening before the Mass, Year 12 students gathered in large numbers for their final Twilight Retreat. It was a great evening of reminiscence, reflection and prayer. John Lawani, who is working as a Pastoral Assistant at St Nicholas Parish attended, with bongo drums, and enthralled the students with his personal story, his devotion to his vocation and his music. We are very appreciative to John and to Monsignor Wilkes for giving their time to our students. Many thanks also to the large number of staff who also attended this retreat.



### Confirmation Retreat

Students from Year 10, once again, gave their time to help out with the St Nicholas School Year 6 Retreat as they prepared to receive the sacrament of Confirmation. This is a valuable experience for both groups of students as they reflect on the reception of this special sacrament.

### Vinnies

The current Vinnies leaders conducted their last meeting recently. We thank Sophie, Harry and Hannah together with all Year 12 members for their contribution to the St Agnes Conference over the years. We will elect new leaders at the beginning of Term 4.

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

## PASTORAL CARE

### Welcome

We welcome Jessica Angelidis (Year 10) and her family to the McCarthy community.

### Congratulations

We extend our congratulations to Paris, Natesha and Brendan Johnson and their family on the safe arrival of a baby sister, Ariana.

Congratulations to the following students who were presented with Certificates of Achievement by Mrs Sparke at assembly:

Year 8: Melanie Gillick

Year 10: Taylor Ambrose, Lauren Challens

Year 11: Emma Barnes, Hannah Gunning, Daniel Hatfield, Ellie Sampson, Tegan Shone, Ainsley Thornberry, Laura Vanderstelt.

### Vaccinations

The final vaccination round for 2013 was held this week. Year 7 boys and girls received their 3rd HPV and 2nd Hepatitis B vaccines and Year 9 boys their 3rd HPV injection.

### Theme For The Week

'Justice, fairness and equality' may not always be the same. These values were discussed in Homeclass. Students were encouraged to treat people with respect, to be a peacemaker, not to turn a blind eye and to be aware of injustices at different community levels and to speak out against injustice when appropriate.

In the last week of term students were prompted to think '*Now is the Time To.....*: find their moral compass, discover their forte, tame their inbox and be flexible'.

### RU OK? Day

Thursday 12 September was R U OK? Day. This is a national day of action and reminds people to regularly check in with family and friends. Students and staff were encouraged to initiate meaningful conversations with each other and discussed the importance of having such discussions.

*“There are two kinds of injustice: harming another and failing to protect another from injury when we can.” (Cicero)*

*Mrs Julie McGregor – Pastoral Care Coordinator*



## IXL AWARD FOR ACADEMIC EXCELLENCE

The Teaching and Learning Team have initiated an award which is designed to recognise academic excellence at McCarthy. The award will be regularly presented on assembly to recipients who have produced work of an A+ or exemplary standard. The student will be presented with an iXL Award for Academic Excellence Certificate along with a \$20 iTunes voucher.

Last week, James Dunn was recognised for his outstanding level of achievement in Extension 2 Mathematics. His dedication and thorough attention to the critical detail required to excel at this level of Mathematics make him a truly worthy recipient of this award.

*Mrs Denise McHugh – Teaching and Learning Coordinator*

## PARENT INFORMATION

The next **Association Meeting** will be held on Tuesday 15 October at 7.00pm for 7.15pm in the Staff Room. All parents are welcome and encouraged to attend.

### Trivia Night

The Association will be raffling a Gold Coast holiday in conjunction with the Trivia Night to be held on 15 November. The tickets are \$2 each and will be on sale at the start of Term 4. Further information will follow in the next newsletter.

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

### On-Time Applications to University

Year 12 students are reminded that on-time applications to UAC, QTAC, VTAC etc are due on Friday 27 September if they wish to avoid paying late fees.

### Career as a Soldier in the Army

A live chat will be held on the Defence Jobs Australia Facebook page on Thursday 19 September (today) from 6.30pm - 8.00pm (AEST) for anyone considering becoming a soldier in the Australian Army. Join the Facebook chat and learn everything about the training involved, from basic military training at Kapooka to initial employment training for specific roles. Chat to real soldiers about weapon handling, field craft skills, and accommodation during training. <http://www.facebook.com/DefenceJobsAustralia>

### Macquarie University's Uni in a Day

This is a chance to taste some of what university life has in store. On Friday 27 September they are opening their doors to Year 10, 11 and 12 students for the day. Those who register will be able to experience a day in the life of a uni student and ask some questions about what University is all about as well as finding out about different courses. As part of this experience, students will be able to choose their own subjects, plan their timetable and see what happens in a normal day on campus. Macquarie University is offering regional students free transport, meals and accommodation to help students attend Uni in a Day. Register ASAP if interested at <http://mq.edu.au/uniinaday/home.html>

### Life at Sydney University

Throw yourself into Life at Sydney – take a whirlwind tour of life as a Sydney Uni student. Participate in hands-on tutorials, learn about sports, clubs and societies, speak to our current students, meet future classmates, and explore the campus – all in one day. Register today if interested to see if there are places left. The days are Monday 30 September or Wednesday 2 October 2013 from 8.30am to 4.00pm. Registrations opened on 9 September at 5.00pm at <http://sydney.edu.au/uni-life/>

### 2014 Indigenous Australian Engineering Summer School (IAESS)

The Indigenous Australian Engineering Summer School is an annual event, established and funded by Engineering Aid Australia (a non-profit organisation). It will be held in January 2014 for 20 Aboriginal and Torres Strait Islander students, male and female, entering Years 11 and 12 in 2014. It is a five-day live-in summer school, featuring a combination of activities that will give you a taste of what it is like to study and work in Engineering.

Registration packs are available from Mrs Herden or myself. Nominations for IAESS 2014 are currently being sought and applications close on 18 October, 2013. It is a fantastic opportunity to explore potential study and career options in the field of Engineering.

### Work Experience

Congratulations to students who have shown initiative to do work experience during the school holidays and have taken the time and effort to follow the correct procedures for doing this. I hope they are rewarding experiences into various career options.

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



## SCIENCE

Congratulations to the Year 9 students who competed in the UNE GRASS Scientific research Projects Competition held on 10 September at UNE. These students completed individual scientific investigations and presented their work on display boards. On judging day, they were assessed on their written work, as well as having individual interviews with guest scientists about their presentations and research. They also were given the opportunity to work in the Chemistry Laboratory where they made an ester (smell) of Deep Heat and a tour of the zoology museum. A special mention to Amber Fisher "Fertilisers and Nodules" and Kristen Vickery "Keeping it Clean" for making it to final 1, with Kristen representing McCarthy in the Grand Final. Unfortunately she was not

placed. It has been a pleasure working with these students over the months and I look forward to their efforts next year.

*Mrs Melissa Lees – Science Teacher*

**PUBLIC SPEAKING**

**West Tamworth Rotary Club’s Public Speaking Competition**

Recently both Katrina Lu and Ruth Makwara represented McCarthy Catholic College at a public speaking competition coordinated by West Tamworth Rotary Club. The Year 11 girls presented a five minute speech relating to the ‘Four Way Test’ of Rotary. Students from Peel High School also competed. Ruth Makwara was selected as the winner on the night and has now been invited to represent West Tamworth Rotary Club at the Zone Public Speaking Final in Manilla in October. Congratulations to both girls who have improved the skills they gained in the Toastmaster’s Youth Leadership course earlier this year. Both Ruth and Katrina presented engaging but very individual speeches concerning ‘truth’ and spoke with enthusiasm and skill.

*Mrs Katrina Sullivan – English Coordinator*

**MATHEMATICS**

Good luck to Year 12 students in their preparation for the Higher School Certificate, culminating in sitting for their very last school exam. Students need to practice, practice, practice many past papers.

Solution/s to the puzzle in the last newsletter:

	3		2
	74		86
+	985		947
	1062		1035

Try the following puzzle:

Given

1 3 6 1 = 1

2 4 5 3 = 0

0 0 0 0 = 4

8 8 1 9 = 5

1 1 1 1 = 0

What does

6 9 1 0 = ?

*Mrs Jane Ashcroft – Mathematics Coordinator*

**SPORT**

**Australian All School’s Cross Country Championships**

Ella Heeney competed at the All School’s Cross Country Championships in Launceston, Tasmania recently. Ella won a gold medal in the 13s relay event where she and her four NSW team mates ran 1500m each. She also won a silver medal in the Cross Country 13 year’s team event with her NSW team mates after their total times were combined. She received a bronze medal in the Under 14 Women’s team 3km Cross Country event and 16<sup>th</sup> in the 13s individual event.

**National Youth League Open Championships**

Last week, Brittany Coe competed at the National Youth League Open Championships in Caloundra as a member of the NSWCCC Open’s team. Despite the loss of only one match (against eventual winner, Queensland), NSWCCC did not make the final, finishing fifth overall. Brittany played exceptionally well considering she had a broken finger.

**NSWCCC Athletics**



Last week seven students competed at the NSWCCC Athletics Championships at Homebush. Congratulations to Ella Heeney who won a gold medal in the 13 years 800m, setting a new track record, and a bronze medal in the junior girls relay; Sophie Heeney won a bronze in the 16 girls’ 800m and 1500m; Laura Jeffery won a silver in the 13 years long jump and bronze in the junior girls’ relay; Kate Pianta won a bronze in 13 years 100m, long jump, high jump and junior girls’ relay, 5<sup>th</sup> in 200m; Hollie Constable won a bronze in the junior girls’ relay and 4<sup>th</sup> in 100m; Rhett Graham finished 6<sup>th</sup> in the 17 years 100m and Brianna Macpherson finished 6<sup>th</sup> in the 15 years discus and 9<sup>th</sup> in 15 years javelin.

**McCarthy Netball**

McCarthy Netball had four teams play in the grand finals of the Tamworth Netball Association Saturday competition on 14 September 2013. Three of these teams were successful in becoming premiers of their division.

Congratulations to:

MCC Stars who defeated Manilla 52-31 to win the 15/16A division. The team members are Madeleine Northey, Rosa Comi, Jessyka Donaldson, Lucy Salter, Melissa Beaufoy, Hayley Littlejohns, Melanie Pearson, Laura Green, Olivia Rae and Emily Reid (Year 10). Thank you to Sonia Littlejohns for coaching this team.

MCC Hammers who defeated Calrossy 23-19 to win the 15/16B division. The team members are Bree Parker, Chloe Hope, Rachel Barling, Pippa Herden, Mikayla Thompson, Lauren MacRae, Isobel Tarte, Vindhya Dayaratne, Laraena Styman and Shannon Smyth. Thank you to Teegan Hope for coaching this team.

MCC Gossip Gurlz who defeated MCC Fairy Floss 41-23 to win the 13/14C division. This team was Amy Mills, Charlotte Mills, Maggie Fulwood, Lauren Barling, Isobelle Sullivan, Julia Northey, Dakota Skewes, Gabrielle Joice, Sarah Vella, Emma Wilson and Emma Dumble. Thank you to Jacqueline Fulwood and Kierly Budd for coaching this team.

Thank you to all the girls who played in the thirteen McCarthy Netball teams and the parents and supporters who helped to make the 2013 netball season so successful.

## Rugby 10s Gala Day

### Under 13s

On Tuesday 10 September the U13s Rugby Union team competed in the Rugby 10s Gala Day at the Minor League fields. The boys played very well winning all their games against Holy Trinity, Inverell, St Philomena's, Moree and McIntyre High School, Inverell, only conceding two tries. McCarthy met O'Connor Catholic College, Armidale in the final, winning convincingly 37 – 5. A big thank you to the parents who came to support, it was appreciated.

The team consisted of: Jack Cutcliffe, Noah Cook, Mitchell Bird, Hunter Thompson, Jesse Collins, Lachlan Shaw, Adrian Engelbrecht, Jayden Tiberi, Will Clinch, Conor Lang, Mackenzie Ashcroft, Adam Challens.

*Mr Andrew Burke*

### Under 15s

The 15s first game was against Farrer B winning 17-0. Their hard fought second match against St Philomena's, Moree resulted in a 10 all draw. McCarthy then beat St Mary's Gunnedah 10-0 and had their second draw (15 all) against Farrer A. However, McCarthy scored first in this game allowing McCarthy to progress to the final against Holy Trinity, Inverell. Unfortunately, the boys were beaten 7-5 after Trinity was successful with a drop goal. All boys played well with a great sense of team spirit and sportsmanship.

The team consisted of: Billy McNaughton, Dominic Sills, Sam Collett, Darcy Doyle, Morgan Pennefather, William Keogh, Thomas Keogh, Daniel Morris, Tom Kelly, Lachlan Cumming, Harrison Clinch, Nick Penrose, Henry Stanford, Jack Robinson, Doohan Honess, Sam Hawkins and Curtis Keepers.

*Mr Rob Meppem*

### AFL

The Australian Rules season comes to an end this week for McCarthy. Unfortunately, the annual Ron Barassi Shield against teams from Farrer, Narrabri High school and Peel High School was cancelled due to wet weather. On Tuesday after school, Year 12 boys played in a game against Farrer.

Our fortnightly games after school on Thursdays continued this term at Farrer. Students from Years 7-12 competed in their various age divisions, giving more boys the opportunity to try this new sport. AFL is continuing to grow at McCarthy and each time we field a side a new player joins the group. We look forward to an exciting year next year.

*Mrs Sharon Stuart*

### Horse Ball

Ben Collett (Year 12) has been selected in the Open Australian Mixed Horse Ball Team to play three games against a mixed UK side. Two friendly games will be played at the Australian Horse Ball Championships on the 27 October in Tamworth at the Australian Equine and Livestock Events Centre (AELEC). The third and final game will be played at EQUITANA Sydney on 7 November at the Sydney Showground in the Riverina Arena.

### Girls Hockey Report



The grand finals of the Tamworth Secondary Girls Hockey Competition were held on Monday 16 September. The competition had three divisions and McCarthy had a team in each grand final.

In the 1st division grand final McCarthy One (coached by Denby Budden) reversed the major semi-final result to defeat Calrossy One 4-3. Goals were scored by Dana Constable, Georgia Cooper, Samantha Howard and Caitlin McHugh. This was the third straight 1st division title for McCarthy.

The second division grand final saw McCarthy Gold (coached by Cheryl Cruickshank) face THS Two. During the season THS had won 13 out of 13 games (including three against McCarthy) and scored over 70 goals while conceding 5.

The game was played on a water-logged pitch with rain falling throughout. A goal from Mikaela Hudson midway through the first half put McCarthy Gold in front. The team put in a great effort to maintain the 1-0 lead until full-time, completing an amazing underdog victory.



In 3rd division McCarthy White (coached by Vicki Constable and Gary Littlejohns) had won 15 out of 15 games during the season.

They came up against THS Three in the grand final. The game remained scoreless and looked headed for extra time until Claire Annis-Brown scored off a short corner with 3 minutes left. McCarthy White held firm for the last few minutes to complete a well-deserved 1-0 win.

McCarthy had one other team, McCarthy Blue, who were also in 3rd division. This team, coached by Mr Davy, had a good season, making it to the preliminary final before losing to THS.

At the end of season presentation, Libbi Maher was awarded 3rd division Best and Fairest, and Olivia Dillon received the association's goalkeeping Encouragement Award. A big thank you goes to all the players (especially the goalkeepers), parents, umpires and coaches. We wish our Year 12 players, Caitlin McHugh, Samantha

Howard, Alexandra Prowse, Mikaela Hudson, Emily Paull and Mikala Dimmock, all the best and it was great to see them all go out as winners.

*Mr Geoff Denton*



# INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

## Teen drinking, never safe

***This research provides evidence for a move away from the harm minimization approach, where teenagers are taught to drink sensibly, and even for a rise in the minimum drinking age.***

The current trend to introduce alcohol to teenagers before the legal drinking age of eighteen needs to be urgently reviewed in light of recent Australian research into adolescent drinking.

A team from Melbourne's Murdoch Children's Research Institute, tracked 1520 young people's drinking habits over a ten year period and found that there is no safe drinking level for teenagers.

Adolescents under the age of eighteen who drink even small amounts of alcohol have a significantly higher risk of alcohol abuse when they move into early adulthood. In fact, low level drinkers resemble more closely high level drinkers than those who didn't drink at all when it comes to alcohol-related problems.

***This research provides evidence for a move away from the harm minimization approach, where teenagers are taught to drink sensibly, and even for a rise in the minimum drinking age.***

The move toward zero alcohol for under 18's has plenty of backing from health experts across the nation. There is no doubt teen drinking is linked to a variety of risk-taking behaviours particularly sexual activity, violence and anti-social behaviours.

The brain research conducted over the last ten years leaves little doubt that those who begin drinking under eighteen years of age are highly susceptible to developing dependency problems in their twenties.

A type of hard-wiring of the connections on the brain occurs from the age of 13 through to 18, which means habits such as smoking and drinking alcohol are more likely to become ingrained at this stage, than if they began in their twenties.

The evidence suggests that we need to question the appropriateness of the harm minimization approach and consider the **zero alcohol approach for young people**.

This will be challenging to say the least as the current trend of young people to up-age, is almost reaching epidemic levels. Twelve-year-olds now want to dress like 16 year-olds and 16 year olds want to act like 21 year olds, with the same rights but few of the responsibilities of adults.

***Increasingly, drinking alcohol is seen by young people as an essential rite of passage that should be allowed at an earlier and earlier age.***

The pressure that young people now put on adults to allow them to drink under age is enormous. Underage drinking is now seen by many young people as normal and those parents who resist can be made to feel so out of sync that surely they must come from another planet.

There is no doubt rolling back the drinking age or suggesting that young people delay drinking until they are eighteen will be met with enormous resistance from many young people. That's why introducing zero alcohol for under eighteens needs strong adult leadership involving schools, parents and community groups.

The evidence seems abundantly clear that in the long term best interests of young people that zero alcohol for the under eighteen age group is the only option that right-minded people should take.

Published by Michael Grose Presentations. All rights reserved.  
For more ideas, support and advice for all your parenting challenges visit: [www.parentingideas.com.au](http://www.parentingideas.com.au)



PO Box 167 Balnarring VIC 3926 P. 03 5983 1798 F. 03 5983 1722 E. [office@parentingideas.com.au](mailto:office@parentingideas.com.au)