

# Newsletter

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## Dear Parents & Students,

### Prayer

Dear God

We pray for all those who are sick.

Give your strength, patience, comfort and healing to them.

Bring them back to good health so that they may once again be able to live life fully and praise and thank you with joy.

We make this prayer through Jesus Christ Your Son who brought healing and wholeness to all he met during his time on this earth. Amen

### Reflection

Message from Pope Francis for the 22<sup>nd</sup> World Day of the Sick 2014 February 11  
 “Dear Brothers and Sisters, I turn in a special way to the sick and those who provide them with assistance and care. The Church recognises in you, the sick, a special presence of the suffering Christ. At the side of ... our suffering, is the suffering of Christ; he bears its burden with us and he reveals its meaning. ... God did not remove illness and suffering from human experience but by taking them upon himself he transformed them and gave them new meaning ... in union with Christ they need no longer be negative but positive. Jesus is the way and with his Spirit we can follow him.” As Christians we draw extra strength from Mary who “with persevering strength ... stood at the foot of the cross of Jesus. She knows the way, and for this reason she is the Mother of all of the sick and suffering. To her we can turn with confidence and filial devotion ... She stands beside our crosses.”

### Diary Dates

24 Feb: Elevate Education  
 25 Feb: Year 9 RE Play  
 25 Feb: Association Wine & Cheese Night  
 26 Feb: Regional University Roadshow  
 27 Feb: Twilight Swimming Carnival – City Pool  
 28 Feb: Non-school day  
 4 March: Shrove Tuesday  
 4 March: Year 7 Welcome BBQ  
 5 March: Ash Wednesday Whole School Mass  
 8 March: Open Day  
 10 March: Catholic Schools' Week  
 10 March: Year 7 & 9 Boys Vaccinations  
 13 March: Diocesan Swimming – Moree  
 13 March: HSC Music Workshops – Armidale  
 14 March: HSC English Workshop  
 17 March: St Patrick's Day  
 18 March: Board & Association AGM Meetings  
 18 March: Health Careers Expo  
 19 March: Science & Engineering Challenge  
 21 March: Diocesan U15 Rugby League

## PRINCIPAL MATTERS

### Parent Involvement in Education at McCarthy

In the previous newsletter I outlined directions for 2014, including a major emphasis on enhancing the academic culture of the college. Whilst academic performance is strong, there is a need to raise expectations in order to maximise future opportunities for all students. For the changes to be successful, it is important that parents be aware of contextual considerations and be involved in decisions that will impact directions. If there is enough parent interest, a discussion night can be held to advance this partnership. If you are interested in participating in such a discussion, please email me ([principal@mccarthy.nsw.edu.au](mailto:principal@mccarthy.nsw.edu.au)) with the subject heading “Parent Discussion”.

### Board and Association Annual General Meetings

The Annual General Meeting of the Board and Association will be held on 18 March. Parent participation in these teams is vital to school operation. Please contact the office if you would like to nominate for a position on the Board. Executive positions are available on the Board and Association. If you are simply an interested parent but do not want a formal role, please come along to the Association meeting, which commences at 7.15pm.

### Year 7 Welcome Barbecue

Year 7 students and their families are invited to a Welcome Barbecue on Tuesday 4 March from 6.00pm to 7.30pm. This is a terrific opportunity for parents to meet their child's teachers and to discuss transition with staff and other parents. I hope all families will be able to attend.

### Exchange Students

This year we are fortunate enough to have an overseas exchange student attending the school. Viivi Kaariainen, from Finland, has joined the Year 11 cohort for the year. Viivi is a dynamic and talented young lady who will bring much to the school community. The Exchange organisation sponsoring Viivi is also looking to place a young lady from Canada. Frederick-Anne is 17 years old and has English as a second language. She likes singing, dancing and spending time with her friends. She will be in Australia for a year, arriving on February 28. Please contact Norma Higgins on 67617421 or Lian Drinan on 9215 0053 if you are interested in hosting Frederick-Anne.

### Elevate Education

As part of our focus area for 2014, McCarthy has enlisted the company “Elevate Education” to present two, one hour seminars to Year 11 and 12 students during school on **Monday 24 February**. A presentation to parents will also be held on Monday evening from 6.30pm – 7.30pm in the PAC. This outstanding presentation will include motivation, time management, expectations, technology and much more. Please RSVP to the office.

### Round 1 Enrolments and Open Day

Round 1 will commence this term for students seeking enrolment into Year 7 2015 from our Catholic feeder schools. **Applications will close on Wednesday 9 April** and interviews will be conducted throughout Term 2. **Open Day** will be held on **Saturday 8**

**March** from 10.00am until 1.00pm. Applications for students from non-feeder schools will close **Wednesday 25 June**, with interviews being held in Term 3.

### Reunion

All ex-students of McCarthy Year 12 1979, St Dominic's Year 10 1977 and CBC Year 10 1977 are invited to a reunion to be held at Joe Maguire's Hotel at 6.00pm on 19 July 2014.

For further info please contact Sue Murray (Skafte) by email at [mccarthy1979@groups.facebook.com](mailto:mccarthy1979@groups.facebook.com) or ph: 0434 364 541.

*Mrs Kate Rayment – Principal*

## RELIGIOUS EDUCATION

### Masses

In the past fortnight we have celebrated the first of the Year group Masses for 2014. On Tuesday, 11 February, Year 12 students gathered with some of their teachers to celebrate the Eucharist for the Feast of Our Lady of Lourdes and on Tuesday, 18 February Year 11 celebrated the Eucharist with Father Suresh. We are very grateful to Monsignor Wilkes and Father Suresh for leading these celebrations.

### Beginning School Year Prayer Celebration

On Wednesday, 5 February at Assembly, the school community gathered to ask God's blessing on the 2014 academic year. The theme for our prayer was taken from the Prayer of St Teresa of Avila, entitled "Christ's Body". In this prayer, St Teresa acknowledges that our purpose in this world is to be Christ to others.

### Lenten Group

McCarthy will host a Lenten Reflection group for any interested staff, parents or parishioners from St Nicholas' on Wednesday evenings during Lent from 7.00pm – 8.30pm approximately. All are most welcome; please contact the school if interested.

*Mrs Cate Allen – Religious Education Coordinator*

## PASTORAL CARE

### Welcome

We would like to extend a warm welcome to the following new students: Montana Francis-Crane (Year 10), Serraphine Bourke (Year 10), Abbie Anderson (Year 10), Harrison Smith (Year 11) and Viivi Kaariainen (Year 11). Viivi is an exchange student from Finland and will study for the year at McCarthy.

Welcome also to their families who are joining the McCarthy community. We look forward to meeting you and working with you.

### SLC 2014

Congratulations to all members of our Student Leadership Council for 2014:

Year 12: Tom Paff (Captain), Emma Barnes (Captain), Alex Leonard (Vice Captain), Ruth Makwara (Vice Captain), Rhys Chillingworth, Dana Dehm, Antonio Comi, Daniel McDonald, Brittany Meissner, Priyanka Pinto, Ellie Sampson, Ryan Witherdin.

Year 11: Beau Alderton, Isaac Carr, Vindhya Dayaratne, Bridget Galvin, Megan Murphy, Nicholas Sanderson.

Year 10: Olivia Dillon, Reece Irwin, Madeleine Northey, Aaron Ritchie, Henry Stanford, Phoebe Thornberry.

Year 9: Jye Paterson, Angus Lang, Katherine Sleiman, Jasmine Tan.

Year 8: Noah Cook, Rosie Ferguson, Tom Rindo, Holly Supple.

### Aerosols

Please note that we have a number of people within our community whose lung function can be severely compromised by the use of aerosol sprays. Consequently they are a banned item and if seen at school will be confiscated.

### Head Lice

There has been an incident of head lice within the school. Please check your child's hair regularly for nits/lice using the methods recommended in information from NSW Health. (<http://www.health.nsw.gov.au/publichealth/environment/headlice/treatment.asp>)

If you find any eggs or lice please commence treatment as recommended. Daily saturation with thick hair conditioner and combing using a fine tooth comb is effective in getting rid of head lice and eggs (nits). Students should have long hair tied back and should not share hats. Further information is available on the website listed above.

### Engaging Adolescents Parent Course

"Engaging Adolescents", is a three session program for parents and carers to be held at Tamworth Family Support Service, 62 Gunnedah Road (next to Gunneys) on 12, 19 and 26 March from 10.00am – 12.00pm. For further information please phone: 67632380.

The Family relationship Centre and Centacare are presenting a fun-filled workshop for adults and their partners. "Love Isn't All You Need?" Five sessions 24 February – 24 March, 1.00pm – 3.00pm or 6.00pm – 8.00pm at Centacare, 201 Marius Street. Bookings required, phone: 6762 9200.

### 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. All students should have goals that help them improve their academic achievement.

During Week 4 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 good behaviour, not just at school but in all areas of our lives.

*'Once you say you are going to settle for second, that's what happens to you in life, I find'. John F. Kennedy*

*Mrs Julie McGregor – Pastoral Care Coordinator*

## PARENT INFORMATION

You are invited to attend the McCarthy Association Wine and Cheese Night on Tuesday 25 February 6.30pm – 8.00pm. Join us for a glass of wine, nibbles, a short tour and a chat. Please RSVP to the office or [admin@mccarthy.nsw.edu.au](mailto:admin@mccarthy.nsw.edu.au) by Monday 24 February.



## TEACHING AND LEARNING

Last issue I included some steps that your child can take that may make them more successful in secondary school. The advice I offered works well regardless of your child's age. I want to further explain each suggestion.

Numbers 1 and 2 were the same because it is so important to **ASK FOR HELP**.

It seems like an easy concept: if you do not know how to do something, ask for help. However, some students struggle with this simple task.

**It is important to remember that all questions are good questions. Often asking a question may help other students who might have the same question.**

It is sometimes a good idea for the student to jot the question or key words down in their planner so that they do not forget it as they wait for their turn or for when they see their teacher during the next lesson.

Students should be encouraged to continue with other parts of tasks while waiting to ask a question. For example, they could underline, highlight or reread the work.

Teachers know when a student asks a question, they are taking ownership of their learning.

*Ms Suzanne Day – Teaching and Learning Coordinator*

## CAREERS NEWS

### Senior Excursion to Wollongong and Sydney Universities

In the first week of February, sixteen students in Years 11 and 12 attended the University of Wollongong Discovery Day along with 1,000 other senior students from across NSW where they attended lectures on aspects of University life and various courses.

The following day they went on guided tours of Macquarie, UNSW and Sydney Universities accompanied by Mr Paul Hobbs and myself. Students stayed on campus at Campus East at Wollongong University and at Dunmore Lang College at Macquarie University, seeing facilities available and eating college food. They also met several ex-McCarthy students who talked about their experiences at university.

The excursion broadened their horizons as to the universities they may like to attend and which courses they would consider doing, as well as giving them a view of 1,000 of the other 60,000 HSC students they, and all McCarthy students, will be competing against for places at university. As a result of the excursion, some students have changed their career goals.

Thank you to Mr Paul Hobbs for accompanying us and the wonderful group of students who attended for their cooperation and excellent behaviour as ambassadors of the school.



### The National Computer Science School

Last year, Year 12 student Tyson Zwolsman successfully applied to attend the ten day summer school for students going into Years 11 and 12. NCSS brings together talented young people from around Australia for an intensive course of computer programming and website development in the School of IT at the University of Sydney. From 4 –13 January, 2014 Tyson and over 100 other students, met with industry professionals, attended lectures, toured universities and major organisations such as Google and did several hands-on projects involving creating websites and robotics projects. It gave a great insight into courses and careers in these areas and is one of the many opportunities available to our students.

### The Good Universities Guide

This is now an ebook and can be viewed for free at:

<http://ebook.gooduniguide.com.au/#folio=FC>

It has ratings and information on all Australian universities and faculties eg satisfaction, starting salaries and degree of difficulty to get in. It is also available in book form at the Careers Room.

### Career Events in Term 1

26 February: University Roadshow for Year 12 students periods 1 and 2  
 18 March: Health Careers Forum for interested senior students  
 19 March: Visit by Defence Force at lunchtime for interested students.

### Lunchtime Career Talks

I am starting a new initiative in 2014 to provide information for students in Years 10 –12 on careers in certain areas. The talks will be held at lunchtime for 10-15 minutes with a sheet given out at the end of each presentation containing information and useful websites for those who attend. Talks will cover potential careers, school subjects that will be useful or needed, where students can study, courses, job prospects and what they can do to improve their chances of success in this area. Students who want to discuss these in more depth can make follow-up appointments after the presentations.

### Careers in Ten Minutes

The following talks will be held in the AV Room from 12.50pm –1.00pm on Tuesdays throughout Term 1:

Tuesday 18 February	Careers in Health and Medicine
Tuesday 25 February	Work Experience at McCarthy
Tuesday 4 March	Apprenticeships in the Construction and Mechanical Industries
Tuesday 11 March	Careers in Engineering
Tuesday 25 March	Working with Animals
Tuesday 1 April	Careers in Event Management

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

### LIBRARY NEWS

There are a number of laptops available for loan from the school library for students from families with two or more secondary school students. This is to help increase access to computers at home if assessment tasks need to be done and several family members need to use a computer. Students can enquire at the front counter in the library.

### ENGLISH

#### Debating

The first round of the Federation Cup was held recently at Calrossy with McCarthy entering three teams. It was a great experience for all teams who were able to test their argumentative skills against some strong opposition. Our Stage 4 cohort proved formidable and won their first debate with the guidance of their coach Mrs Madden. Unfortunately, the success was not reciprocated in our Stage 5 and Stage 6 teams. However, both teams performed admirably and gained a lot from the experience. There are still three debates left in the competition. Thank you to the support crew who turned up with signs and filled the seats in support of our debating teams.

*Mr Andrew Burke*

### MATHEMATICS

Solution to last week's puzzle:

$$2 \times 5 = 10$$

$$2^2 \times 5^2 = 100 = 10^2$$

$$\text{Therefore } 1\,000\,000 = 10^6 = 2^6 \times 5^6$$

$$\text{ie } 1\,000\,000 = 64 \times 15\,625.$$

#### Year 8 Maths Day

On Thursday, 13 April Year 8 participated in a Maths Day put on by Inquisitive Minds. The students had a fabulous day where skills were demonstrated in problem solving and then the students were given activities to carry out. The students realised that Maths really is fun. One of the main ideas presented was when given a word problem to try to use diagrams and pictures to help solve the problem. Another important skill was to ensure questions are read carefully.



All students are now expected to have their Maths textbooks with them in class each day. In class Mathematics assessments will be starting soon with Years 9 and 10 in Week 6, Years 7, 8 and 11 in Week 7 and Year 12 in Week 10. Organisation and preparation will assist students in demonstrating their skills.

#### Puzzle 2

Below is an equation that is not correct. By adding a number of plus signs and minus signs between the digits on the left side (without changing the order of the digits), the equation can be made correct.  $123456789 = 100$ .

One correct answer is  $123 + 45 - 67 + 8 - 9 = 100$ .

Can you find another correct answer?

*Mrs Jane Ashcroft – Mathematics Coordinator*



### AGRICULTURE

During the Christmas holidays a small team of students and parents travelled to Toowoomba for the 2014 National Angus Roundup. This involved four days of intensive competition, lectures and educational seminars. Thank you to Graham Jordan and "Whiskers" for donating their time and trucking a load of quality Red Angus cattle for the students.

Zeb Douglas and Paul Murphy attended a Hereford camp in the holidays run by ex-McCarthy students James Forsyth and Kellie Smith. We wish to thank Chris Law and Neville Farrowell for the loan of their stud animals for this event.

The junior Agriculture students would like to thank the Grady family for taking care of their poddy calf over the holidays and to the Wheaton, Watt and Turner families for their assistance with looking after the school farm over the holidays in my absence.

*Miss Leanne Sjollem – Agriculture Teacher*

**CANTEEN  
HELPERS  
NEEDED**



**CANTEEN**

**Canteen Price Rise – Effective 17 February 2014**

Due to cost increases passed on by our suppliers it is necessary for an increase in price to some menu items. The price rise will take effect from Monday 17 February 2014. The updated canteen menu is available on MOODLE or students can collect a printed copy from the canteen.

Welcome back to our loyal volunteers and thank you to those who have joined our team this year. At this stage, we are struggling to find volunteers to help us with Mondays and Thursdays. Anyone interested in helping as a volunteer, can contact Raelee on 67610856 or [rbalderston@mccarthy.nsw.edu.au](mailto:rbalderston@mccarthy.nsw.edu.au).

*Mrs Raelee Balderston – Canteen Supervisor*

**SPORT**

**NSWCCC Blues**

On Monday 3 February, the NSWCCC Blues Awards were presented at Santa Sabina Strathfield with two students from the Armidale Diocese receiving awards. One of those was from McCarthy Catholic College. Congratulations to Isaac Farmilo on receiving a NSWCCC Blue Award for Hockey.

**Swimming Carnival**

The McCarthy Swimming Carnival is scheduled for Thursday 27 February commencing at 2.30pm and concluding at 7.30pm. The pool admission fee of \$3.00 is to be paid on the day in Mentor Group after lunch. Students are to wear their sports uniform to school and may change into house colours for the carnival itself. Students will be bussed to the pool and are to make their own way home at the completion of the carnival. Students are required to stay for the duration of the carnival. Parents may collect their child earlier, but a permission note must be provided to the office **by Monday 24 February**.

**NSWCCC Individual and Teams Selection Trials Dates**

Students nominating as an individual to attend NSWCCC selection trials need to do so online. This is done via the NSWCCC webpage, located at <https://www.csss.nsw.edu.au/nswccc-home.aspx>. It is the responsibility of parents and students to check this webpage for any upcoming closing dates. The school is unable to lodge nominations for individuals. Late entries will not be accepted.

For more information on how to nominate, please see Matt Feltrin or Mrs O'Meagher in the office.

The following are upcoming closing dates for nominations for CCC events.

Event Closing Date:

CCC Tennis Selections: Friday 21 February  
All Schools Triathlon: Tuesday 25 February  
CCC Girls Cricket: Thursday 27 February  
CCC Golf: Monday 3 March

**Netball**

Over the next few weeks we will be organising McCarthy Netball teams for 2014. Students will be given a letter outlining our policies when playing in a McCarthy team. Students (especially Year 7) need to listen to the Daily Notices in Mentor Group for the meeting times. We are always looking for parents to help with coaching and managing teams on Saturdays. **NO** team will be entered without a responsible adult as coach. We look forward to another successful year of Netball.

*Mrs Jane Burt*

**Equestrian Students**

McCarthy will be participating in Horse Sports events again this year, attending four local events, one each term, and the Coonabarabran Equestrian Expo for five days. The events to be attended this year will be decided by the Sports Coordinator, Equestrian Coordinator, the Principal and Executive staff. We will try to attend events that we did not attend last year to support all schools.

Students need to listen to the Daily Notices during Mentor Group for information on Equestrian team meetings.

New students who are interested in becoming part of the team can leave their name and email address at the office and Mrs Kellahan will contact/email them.

No students are permitted to attend Equestrian events individually. For the school to compete at any event there must be at least ten students participating.

**Hockey**

Congratulations to Isaac Farmilo who has been selected in the Australian Men's U18 team to play in the Youth Olympics qualifiers in Vanuatu next month. Isaac was selected after spending a week at the Hockey Australia Men's National Futures Camp in Brisbane.

**Oztag**

Congratulations to Abby Schmiedel for her selection in the Australian U18 Oztag team and to Megan Murphy for her selection in the Australian U18 Barbarians team. The girls will now compete in Sydney later in the term.

**Basketball**

Year 7 McCarthy Catholic College representative Basketball players Josie Chick, Miah O'Sullivan, Sienna Kennedy, Grace Salter, and Krystal Booby have been entered to play in the Country Premier League Basketball Competition this season. Normally, all Tamworth Representative Players are nominated to play in the Northern Junior League. Due to the girl's success in previous years, Tamworth Basketball have allowed their inclusion into a much more competitive league.

This is the very first time in Tamworth Basketball history (more than 60 years) that a team has played in this league. This will be a very challenging experience for these girls. McCarthy Catholic College wishes these girls the best of luck in this tournament.

**NIAS Winter 2014 Talent Development Programs**

Applications for Scholarships in the NIAS Winter 2014 Talent Development Programs are now open. These sports are Junior Bull Riding, Mountain Biking and Tennis.

Any interested students should go to the NIAS website [www.nias.org.au](http://www.nias.org.au) for full details and to register online.



You are invited to attend

## the McCarthy Association Wine and Cheese Night

- When:** Tuesday 25 February 2014
- Where:** Staff room - directions at the front of school
- Time:** 6.30pm - 8.00pm
- RSVP** Monday 24 February 2014  
By email to [admin@mccarthy.nsw.edu.au](mailto:admin@mccarthy.nsw.edu.au)  
Or ph: 6761 0800  
Or drop the slip below to the office

As the parent body of McCarthy, the Association welcomes you to our first social night for 2014. It's the first opportunity for all new parents to McCarthy to meet and say 'hello' and for you to get to know the committee.

Come along and find out what the Association is about over a glass of wine or juice. Learn more about what happens at school and how you can support your child(ren) during their secondary education.

We hope you can join us.

**Please note: This is a parent only social function**



Yes I will be attending the McCarthy Association Wine and Cheese Night on Tuesday 25 February 2014.

Name: \_\_\_\_\_

Number attending: \_\_\_\_\_

Contact number: \_\_\_\_\_