

Newsletter

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Dear Parents & Students,

Prayer

Heavenly Father, as we celebrate the Lenten Season, grant us a single mindedness in living out Your will in our daily lives, knowing that You are the source of all love and happiness.

Pour out Your life-giving Spirit upon us and move us to know and love You more deeply.

Fill us with a great love for Your Son Jesus Christ, who, in dying on the cross and rising to new life, has enabled us to become Your children.

We make this prayer through Christ our Lord. Amen.

Reflection:

As we approach the season of Lent I would like to offer the following as ways you might like to pray over the next six weeks;

1. Make abstinence a prayer in action – give up something for Lent – chocolate, sugar in your coffee, wine – there are any number of little things we can give up as a reminder of what Jesus gave up for us.
2. Set aside some regular time for personal reflective prayer.
3. Pray the Stations of the Cross.
4. Meditate on the Holy Scriptures with Lectio Divina – this method of prayer features slow reading of a passage of Scripture with careful consideration and meditation on key words or phrases. Lectio Divina is grounded in the belief that the words of Scripture speak in the human heart as the word of God. This method of prayer can lead us to a deeper relationship with God.
5. Increased attendance and participation in the Liturgy during the week.
6. Join a Lenten group – we are hosting one at school in the Meeting Room each Wednesday during Lent from 7.00pm – 8.30pm. All welcome.
7. Pray with children as a family.

Diary Dates

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
 13 March: Forensic Science Workshops
 14 March: HSC English Workshop
 14 March: Moonbi Horse Sports
 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
 24 March: Warraymalaya Retreat
 26 March: Year 7 Parent Info Evening

PRINCIPAL MATTERS

Parent Participation

Thank you to the parents who attended the recent Wine and Cheese Night. It was great to meet new parents and to have the opportunity to discuss their children's progress. Thank you, too, to the parents who organised the event. I look forward to the continuation of this important partnership and hope that many more families can find time to be involved.

Thank you to the parents who have indicated an interest in attending the discussion concerning the academic culture and directions of the college. The discussion will be held at school on Tuesday 1 April from 5.30pm – 7.00pm.

Congratulations

Congratulations are extended to Isaac Farmilo (Year 12) for his outstanding achievements in Hockey. Isaac was recently presented with the 2013 NSWCCC Blue Award for Hockey at assembly in recognition of his expertise in the NSWCCC Hockey team. He was the leading goal scorer at the Australian National Championships last year and attended the Hockey Australia Futures Squad training camp.



Board and Association AGMs

The Annual General Meeting of the Board and Association will be held on 18 March. If any parent is interested in nominating for a position on the Board they should complete and submit the form at the end of this newsletter.



All parents are welcome and encouraged to attend the Association meeting, which commences at 7.15pm, in the staff room.

Year 7 Welcome Barbeque

Thank you to all families who attended the Welcome Barbeque on Tuesday. It was a great opportunity to meet parents and for parents to meet their children's teachers and peers. Thank you to Miss Gardner for the organisation of the event.

Swimming Carnival

The annual school Swimming Carnival was held last Thursday afternoon/evening at the City Pool. The carnival provided students with an opportunity to qualify for the Diocesan carnival; to develop and showcase their skills; to build team and House spirit; and to participate in water sports events with their peers. The Swimming Carnival is one of the few opportunities we have to be involved in competitive and fun activities that work to build school community spirit. Thank you to organisers, participants and supporters for enabling the event to take place.

Congratulations to the Age Champions and MacKillop - the winning team.

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.

Mrs Kate Rayment – Principal

RELIGIOUS EDUCATION

Shrove Tuesday

On Tuesday the annual Shrove Tuesday pancake sale took place. Many students made pancakes and assisted with the sale of these at Recess. The energy, generosity and spirit of the students was astounding. This was the first of our Lenten fundraising projects for Caritas.

Ash Wednesday

On Wednesday McCarthy celebrated the first of the whole-school Masses for the year. To mark the beginning of Lent, students and staff attended the Liturgy for Ash Wednesday in each of the four Parish churches in Tamworth. On behalf of the school, I would like to thank the Tamworth priests for making this important celebration in the Church year available to us.

Sister Mary of the Cross

Year 9 students recently attended a performance by Starrs Productions called, 'Sister Mary of the Cross.' The short play revealed Mary MacKillop's determination and courage as she fought to establish the Josephite nuns, expressly to educate the poor. It was an excellent and enjoyable performance which brought to life the difficulties faced by the young Mary MacKillop. It was a very good resource for the unit being studied at present, the Church in Australia.

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 in the Meeting Room at school. All are most welcome; please contact the school if interested.

Mrs Cate Allen – Religious Education Coordinator

PASTORAL CARE

Welcome

I would like welcome to Diaz Martyn and her family to the McCarthy community.

Congratulations

Our warmest congratulations go to Isaac Jackson and his family on the safe arrival of his baby brother Eddie.

Vaccinations

Year 9 boys and all Year 7 who have returned forms will receive their vaccinations on Monday 10 March. Those students are asked to have breakfast, wear sports uniform and to have a water bottle with them.

Year 7 Barbeque

The Year 7 Barbeque provided a wonderful opportunity for parents to meet their child's teachers and also new friends and their families. Thank you to all who attended or assisted with this event.

Theme for the Week

Our school motto is Receive, Worship, Serve and in Week 5 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.

Our theme "How Have I Started" asked students to assess their progress so far. Do they have all necessary equipment, is it labelled and accessible? At home, how are they managing their time and work space? In and out of class, what are they doing to improve their learning? Are they using the additional resources on offer, eg Study Club, Moodle, Maths Help, mathspace?

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

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.

Mrs Julie McGregor – Pastoral Care Coordinator

PARENT INFORMATION

Wine and Cheese Night

Thank you to all those who were able to attend the Wine and Cheese Night. It was lovely to see new faces. Thank you to Mrs Kate Rayment for her tour around the school.



Association AGM

Our next meeting is our AGM on 18 March, 7.00pm for 7.15pm, followed by the monthly meeting and supper. All positions will be declared vacant - President, 2 x Vice Presidents, Secretary and Treasurer. A nomination form for these Executive committee member positions is included with this newsletter. Please return this to the school office no later than 11 March.

TEACHING AND LEARNING

I will continue to discuss the steps that I included in our first newsletter that may help your child be more successful in secondary school.

1. Ask for help.
2. Ask for help.
3. **Positive attitude:** *Look for ways to enjoy things about school and be positive in your attitude. It makes a big difference.* This is sometimes difficult for teens (and even us) to do. A common strategy is to be mindful of our own thoughts and talk – how do we react when something doesn't go our way? Do you tend to dwell on the negative or do you demonstrate ways to look on the bright side?

<http://motherhood.modernmom.com/teens-develop-positive-attitude-9892.html>

is one of many websites which offers practical solutions that could help turn a negative teenager into a more positive one.

Ms Suzanne Day – Teaching and Learning Coordinator

CAREERS NEWS

Lunch Time Career Talks

The first of the Lunch Time Careers Talks are being well attended by Years 10 – 12 students. Talks on careers in Engineering will be held on Tuesday 11 March and another on careers involving working with animals on Tuesday 25 March.

Regional Universities Roadshow

About one hundred Year 12 students from McCarthy, along with students from Carinya, Calrossy and TAFE, attended a presentation by the University of New England, Southern Cross University and Charles Stuart University about the procedures in going to university. After hearing the presentation, students were able to collect booklets and talk to representatives from these universities.

One key point was for students to talk to their parents about their plans and the financial implications (eg accommodation,



who will pay for what etc) and to do this sooner rather than later.

Wirl Careers

McCarthy is the first school in northern NSW to subscribe to Wirl Careers. There is a link to it on the school's Careers page: www.mccarthy.nsw.edu.au/careers with the school's login and password.

This website has a career quiz and resources include 4-5 minute videos on over 130 careers in 20 different careers categories. It is aimed at 15-18 year olds, as well as teachers and parents. Videos feature young Australians in the jobs saying why they chose the career, what the job involves, future directions and where to study it. Wirl also has printable fact sheets on pathways to enter the career. It contains up to date ATARs and course information at university, TAFE and college level.

I invite all parents and students to visit the website and research career options.

Australian Air Force Cadets

The Australian Air Force Cadets (AAFC) is a voluntary youth organisation which aims to be the premier air-minded organisation in Australia. It is administered by the Royal Australian Air Force through a national command structure. 310 Squadron (City of Tamworth), with 25 cadets and 2 adult members, provides quality training and experiences to young people from the Tamworth region.

The 310 Squadron will be holding information sessions on 18 and 25 March 2014 from 7.00pm at 6 Rentell Street, Tamworth Regional Airport. Prospective cadets and their parents are invited to attend one of these sessions to learn more about the AAFC. Enrolment is open to Australian citizens and Australian residents aged between 12 ½ and 18 years. For more information please visit www.aafc.org.au

Lions Australia Youth Exchange

Lions Australia Youth Exchange provides the opportunity for 17 – 21 years old to experience life overseas as part of a program that does not involve tourism, academic studies or employment. All Lions Youth Exchanges Programs depart in early December and return in mid-January.

Applications close Sunday June 30.
<http://lionsclubs.org.au/activities/youth/ye/overseas-destinations/>

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

ENGLISH

Debating

Round 2 of the Federation Cup Debating Competition took place on Thursday evening after the Swimming Carnival at Carinya Anglican School. McCarthy were the Affirmative and Calrossy Boys were the Negative. The topics were as follows:

Stage 4: 'That fast food should be banned.'

Stage 5: 'That facebook is harmful.'

Stage 6: 'That beauty is skin deep.'

McCarthy were great opponents challenging the Calrossy Boys every step of the way. All teams put in a great effort and were commended by the adjudicators with the Stage 5 team taking home a win.

Any students who are interested in debating and would like to join the McCarthy Debating Team are encouraged to speak with one of the coaches: Mr Burke, Mrs Madden or Mrs Shoemark.

Mrs Jennifer Madden

MATHEMATICS

mathspace

Students in Years 7 to 10 now have usernames and passwords to access mathspace. This online program will help reinforce the skills and knowledge acquired in the classroom. Teachers will send the students work to do. Students can also choose exercises to work on themselves. If they experience difficulties, the site offers hints and helps with determining solutions. Our aim is for students to access this program as part of their nightly Mathematics homework. Students should be doing Mathematics homework each night.

Students in Years 7 to 11 will have Mathematics assessments over Weeks 6 and 7 with Year 12 having their assessment in Week 10.

As always, students are encouraged to seek Maths Help on Tuesday lunchtimes and to attend Study Club on Tuesday and Wednesday afternoons. Year 11 and 12 Mathematics and Mathematics Extension One students have Calculus Club on Tuesday afternoons.

Puzzle 2 Solution

There are 11 different ways:

$123+45-67=8-9=100$, $123+4-5+67-89=100$, $123-45-67+89=100$, $123-4-5-6-7+8-9=100$, $12+3+4+5-6-7+89=100$,
 $12+3-4+5+67+8+9=100$, $12-3-4+5-6+7+89=100$, $1+23-4+56+7+8+9=100$, $1+2+3-4+5+6+78+9=100$, $-1+2-3+4+5+6+78+9=100$.

Puzzle 3

There is a unique number of ten digits, for which the following holds:

- all digits from 0 up to 9 occur exactly once in the number;
- the first digit is divisible by 1;
- the number formed by the first two digits is divisible by 2;
- the number formed by the first three digits is divisible by 3;
- the number formed by the first four digits is divisible by 4;
- the number formed by the first five digits is divisible by 5;
- the number formed by the first six digits is divisible by 6;
- the number formed by the first seven digits is divisible by 7;
- the number formed by the first eight digits is divisible by 8;
- the number formed by the first nine digits is divisible by 9;
- the number formed by the ten digits is divisible by 10.

What is the number?

Mrs Jane Ashcroft – Mathematics Coordinator

LANGUAGE

Year 8 Indonesian classes undertook the challenge of an Indonesian Tongue Twister Competition over the last two weeks and those with the 'twistiest' tongues took part in the inter-class finals at their Year Meeting on Tuesday. Despite some VERY close results, Katelyn Downey has taken the crown as Indonesian Motormouth of 2014!

Katelyn can say this Indonesian tongue twister in 1.58 seconds. Can you beat her time? If you think you've got what it takes, see Ibu O'Sullivan for a chance to win an Indonesian prize!

Kok kaki kakak kakekku kok kaku-kaku.

(How come the leg of your grandfather's older brother clicks rigidly?)

Miss Kathryn O'Sullivan – Language Teacher

EUROPE EXCURSION

During April in the week before ANZAC Day a group of students, parents, teachers and fellow travellers going on the 2014 Europe tour will be visiting Ypres (now Ieper), a town in Belgium, and the battlefields in the Somme region of northern France where Australians fought and died in World War II.

At Ypres there is a Memorial where the names of 6,000 missing Australians in Belgium are engraved on the walls of the Menin Gate. Each night at 8.00pm the traffic is stopped at the Menin Gate while members of the local Fire Brigade sound the Last Post in

the roadway under the Memorial's arches. We will be attending this ceremony on 21 April and visiting memorials and battle sites in Mont St Quentin, Le Hamel and Villers-Bretonneux in northern France the following day.

If there are any families in our school community who have family members who fought and died in World War in Belgium or northern France and would like them to commemorate at either Menin Gate or at the sites mentioned above please contact Mrs Susan Barrett with details.

GUYRA SHOW

This was the first year that the McCarthy Show Team attended the Guyra Show. The show was very competitive with the McCarthy students, Alex Watt, Zeb Douglas, Jessie Cutcliffe and Paul Murphy taking the opportunity to learn from some of the top Red Angus Studs in the country. Congratulations to Alex for winning the Junior Judging and to Paul for placing 4th in field of over 60 competitors. Alex was also successful in placing in the paraders. Thank you to Graham Jordan and Craig and Renae Gapes for allowing us to work with their cattle for these competitions. A special thank you must go to Mr Noel Murphy for driving the team to the show and camping out with us despite the cold weather.

Miss Leanne Sjollema



EX-STUDENT NEWS

Tamworth Country Music Queen contest winner was Lucinda Whitehorn, and other entrants in the quest included Gillian Burke, Anna Maher (Miss Congeniality) and Stephanie Davis.

Aleyce Simmonds was a finalist in the Country Music Golden Guitar Awards, and has re-released "When a Child is Born", to raise funds for the Cancer Centre.

Jake Ridley won the Senior Lights event at the motorbike Stadium Cross.

Anna Henderson, now appearing regularly on ABC television as Canberra Political Correspondent.

SPORT

Swimming Carnival

The Swimming Carnival was held at Tamworth City Pool on Thursday 27 February. It was great to see such wonderful House spirit and participation on the day. Congratulations to MacKillop House who finished the day with 660 points. Dominic House was the winner of the Participation Award.

1st place: MacKillop 660 points, 2nd place: Edmund Rice 592 points, 3rd place: Chisholm 523 points, 4th place: Dominic 471 points.

Congratulations to the following students who were Age Champions:

<u>Girls</u>		<u>Boys</u>
12 years	Billie Mitchell	Benjamin Fox
13 years	Josie Chick	Edward George
14 years	Molly Johns	Jake Mitchell
15 years	Annie Hobson	Jayden Gimbergh
16 years	Tarryn Rizzi	Samuel Collett, Morgan Pennefather
17+ years	Gabrielle Studdy	Reubben Short

These students will be formally recognised at next week's assembly.

House Captains

Congratulations to the following students:

Dominic

Year 10: Kaylah Torode and Hayden Davy

Year 11: Teanna Haywood and Paul Murphy

Chisholm

Year 10: Melanie Pearson and Allan Murison

Year 11: Rhiannon Graham and Matt Hughes

MacKillop

Year 10: Meg Deasy and Jack Rindo

Year 11: Jedd Hubble and Abbey Ruttley

Edmund Rice

Year 10: Matilda Shumack and Morgan Pennefather

Year 11: Taylor Ambrose and Nathan Climpson



BMX

Congratulations to Daniel Morris who won the 15/16 Boys BMX Cruiser Class in Canberra last weekend at the ACT Championships, backing up his title from last year. He also raced in the 14+ pro men category and with promising times, finished just outside of the finals. He competed in A-Men pro division and finished 12th after a crash in the semi-finals.



McCarthy Association Election of Office Bearers for 2014

NOMINATION FORM

Position: _____

Nominee: _____

Nominated by: _____

Seconded by: _____

I accept nomination:

Signed: _____ Date: _____

Contact Phone Number: _____

Please return this form in an envelope marked "McCarthy Association Election Nomination 2014" to the front office of the school by no later than Tuesday 11 March 2014 which is 7 days prior to the Annual General Meeting for 2014.