

Newsletter

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Dear Parents & Students,

Prayer – Catholic Schools Week

Catholic Schools Week is a special time in the year when we celebrate the extraordinary achievements of our Catholic Schools. It is a time to give thanks for the wonderful teaching and learning that takes place each day in every classroom. We acknowledge and thank all who work in the service of Catholic education to create opportunities for students that allow them to grow and thrive.

Together let us pray,

We thank you for

the wisdom and understanding of teachers

the enthusiasm and energy of students

the leadership of school Principals and executive staff

the skill, care and commitment of administrative and support staff

the guidance of our pastors and religious leaders

the support and partnership of parents, carers and local communities.

We pray that each student's learning journey be inspired by a search for your wisdom and truth.

We pray that we never take for granted the learning opportunities that we have all been given, and that we use the gifts of learning wisely and responsibly.

We ask that we use what we have learnt to create a better world for all people, particularly the most vulnerable and disadvantaged.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Reflection

Whilst Catholic Schools Week is officially over it is worth contemplating all who make what we achieve in Catholic schools possible. When we reflect on the list of those involved as stated in the Prayer for Catholic Schools Week, we begin to understand that Catholic education is truly a community effort; it takes a whole village to educate the child.

Spirit of Catholic Education Awards 2014



As part of Catholic Schools' Week, the CSO hosted the 2014 Spirit of Catholic Education Awards, designed to celebrate the outstanding achievement and contribution to Catholic education of staff and volunteers working in a diverse range of endeavours throughout the Diocese of Armidale. Their purpose is to acknowledge unwavering commitment to Catholic education and the extraordinary outcomes that can be achieved through such commitment. McCarthy Catholic College had two awardees in 2014 - Mr Josh Walker and Mrs Kate Rayment. Recipients must be nominated by their peers. Josh was nominated by Student Support teacher Mr Ronny Rindo. I wrote the submission for Kate's nomination.

The Experienced Teacher Award is open to an experienced teacher for a significant contribution to Catholic education and in 2014 was awarded to Mr Josh Walker for his contribution to the learning of staff and students at McCarthy Catholic College and for his involvement in St Nicholas parish. Josh has been involved in a number of initiatives including the restructuring of the Gathering Room, provision of lunchtime interest groups such as Chess and computers. In 2013 Josh attended World Youth Day representing St Nicholas parish. Josh is involved in a number of educational programs across the Diocese, including Read and Write Gold and Non-Violent Crisis Intervention.

The Leadership Award is determined by the Selection Committee, and may or may not be awarded in any given year, according to suitability of nominees. As a general guideline the Leadership Award is given to those who have provided a long and sustained contribution to Catholic education covering all core criteria and extending beyond the criteria. The criteria for this Award includes an extended period of service, ongoing involvement, strong faith focus and leadership. Mrs Kate Rayment, as a naturally gifted leader and Catholic educator was the very popular 2014 recipient of the Leadership Award. Kate has demonstrated leadership in many capacities during her career at McCarthy Catholic College - as a teacher, as the Religious Education Coordinator, as Assistant Principal and most recently as a Principal determined to bring about improvement by challenging all stakeholders to raise their expectations and to aim high. Kate's servant heart and vision for excellent Catholic education are at the centre of her endeavours to enhance the academic culture of McCarthy.

Congratulations to both Josh and Kate.

Mrs Sally Sparke

PRINCIPAL MATTERS

Catholic Schools Week

Last week was Catholic Schools Week. It was a time for us to celebrate who we are as a school, as a system and as a Church.

The school captains and vice captains attended the Catholic Schools Week Mass in Armidale with Mrs Sparke and myself on Tuesday. Mrs Molony and approximately twenty students assisted in providing the beautiful music for the Mass, which was celebrated in the Cathedral by Bishop Kennedy. Our school assembly focused on what makes Catholic schools distinctive.

Open Day

The annual Open Day was held on Saturday 8 March, with several hundred people taking the opportunity to view the facilities and find out more about the school. I am grateful to the staff and parents who made the event successful.

Parent Discussion

Thank you to the parents who have indicated an interest in attending a discussion on directions of the college, especially in connection to academic culture. A letter will be emailed to parents this week regarding the event. The discussion will be held in the Performing Arts Centre at the school from 5.30pm on Tuesday 1 April. Information will be provided and an opportunity for discussion and input into directions will follow.



Year 7 Parent “Partners in Learning” Information Night

Parents of students in Year 7 are invited to attend an information session on how best to support their children’s learning throughout their secondary education. The meeting will be held in the Performing Arts Centre at 6.00pm on Wednesday 26 March.

Board and Association AGMs

The Annual General Meetings of the Board and the Association were held on Tuesday. I thank all parents who have been involved in both groups over the past 12 months and those who have committed to participation in 2014. These two bodies are very important to the effective functioning of our college. We are blessed to have such capable and generous parents forming these essential partnerships. Executive positions for 2014 are as follows:

Board

- Chair – Mr Adam Green
- Finance Officer – Mr Adam Green
- Secretary – Mrs Vicki Cooper
- Association Representative – Mr Sean O’Sullivan
- Teacher Representative – Mrs Kate Sullivan
- Members – Mons. Wilkes, Rev. Fr O’Brien, Mrs Sally Sparke, Mr Mark Grady, Mrs Laura Hughes, Mr Jonathan Beckett, Mrs Trish Thornberry.

Association

- President – VACANT (Please contact the school if you are interested in this position.)
- Vice President – Mrs Marie Rice
- Secretary – Ms Louise Henry
- Treasurer – Mrs Laura Hughes

All parents are warmly welcome and encouraged to attend our monthly Association meetings. They are held in the staff room on the third Tuesday of each month from 7.15pm.

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. 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

The first Lenten group meeting commenced last Wednesday and was attended by a small number of staff, parents and St Nicholas’ parishioners. I would like to take this opportunity to welcome other interested parents who would like to participate in this Lenten reflection exercise to come along and join us. We meet in the Meeting Room on Wednesday evenings at 7.00pm. We also have a small and very dedicated group of students attending a mini version of the Lenten Group prayer and reflection on Fridays at lunchtime.

Mrs Cate Allen – Religious Education Coordinator

PASTORAL CARE

Welcome

We would like to welcome Hollee Woodgate (Year 7) and Doughal O’Reilly (Year 8) and their families to the McCarthy community.

Vaccinations

Any Year 9 boy or Year 7 student who missed their vaccination will begin their program in Term 2. Completed forms may still be returned. Forms are available from the Office.

Year 7 Parents

Year 7 Parent are invited to attend a “Partnership in Learning” Information Evening to be held in the Performing Arts Centre Wednesday 26 March 6.00pm – 7.00pm.

Theme for the Week

Last week we celebrated Catholic Schools Week and reflected on what it really meant to receive an education in a Catholic school – “More Than a Great Education”. In addition to quality learning, there is the drive to build communities based on faith, the passing on of Gospel values and the development of a strong sense of social justice.

Friday 21 March is the National Day of Action Against Bullying and Violence. This week’s theme, “Let’s Stop Bullying!”, looked at what bullying is, how we can reduce the chance of being bullied and what to do if we are bullied. Students were also asked to assist if they were aware of others being bullied and not to be a bystander. McCarthy does not tolerate bullying and all reports are investigated.

‘Each of us is different. Expect it. Respect it. Accept it.’ (Anon)

Mrs Julie McGregor – Pastoral Care Coordinator

Year 11

A MOODLE page has been created for Year 11 students and parents. The page can be found on the McCarthy website and all Year 11 students have been emailed the instructions and a link to access the page. When prompted for a guest password, please type in the word **parent**. A diverse range of information will be posted onto the page so I encourage all students and parents to view it frequently. I have also created an email group for all of Year 11 so please urge your child to check their email often. If you are unsure of how to access the MOODLE page please do not hesitate to contact me.

Mr Dan Mitchell – Year 11 Coordinator

PARENT INFORMATION**Association AGM**

Following our AGM held on Tuesday night, the Executive Committee is:

President: VACANT

Vice President: Mrs Marie Rice

Vice President: Mrs Tracey Carrington

Treasurer: Mrs Laura Hughes

Secretary: Mrs Louise Henry

Congratulations to Kate Rayment on her Award for Leadership and to Josh Walker for his Award for Experienced Teacher. We thank them for their dedication to leading and educating our children.

The next meeting is Tuesday 8 April (last week of Term 1) 7.00pm for 7.15pm start in the Staff Room.

TEACHING AND LEARNING

By now your child may have followed some of the suggestions for doing well in secondary school. In past weeks I have suggested:

1. Ask for help

2. Ask for help

3. Positive attitude:

4. **Use class time:** *Really make the most of every lesson, staying focused and on-task and completing all the work the teacher gives to students. Students should start to really listen and think in every lesson.*

Each teacher has a plan for every lesson which involves working through a Board of Studies syllabus. This can be done in a variety of ways and teachers rely on class time to explain, expand and demonstrate knowledge and skills. If students choose to be unfocused and off-task, teachers waste precious time as they encourage students to return to work or repeat missed information. This is frustrating and unfair to the student’s class mates, especially if it happens repeatedly.

Spend some time talking with your child about how they use their time in class. Do they have and remember to bring all necessary books and equipment or do they waste time needing to go to their locker once they arrive? Are their friends distracting them in class or do they distract others? Many teachers insist on a seating plan during lessons which can help to minimise potential problems. Do they listen to instructions? Do they try to work out solutions to questions or problems or do they ask for help immediately?

It is never too late to make a change regarding behaviour and practices – even Year 12 students have 18 class weeks, which works out to be approximately 81 lessons, until their Trial HSC examinations.

Ms Suzanne Day – Teaching and Learning Coordinator

CAREERS NEWS

Careers in Health and the Defence Forces have been in the spotlight this week with excursions and guest speakers.

The final two **Careers In Ten Minutes** lunchtime talks this term will be:

Tuesday 25 March – Careers involving working with animals

Tuesday 1 April – Careers in Event Management

Government websites worth visiting:

1) Australian Apprenticeships

<http://www.australianapprenticeships.gov.au/>

2) Career Information

<http://australia.gov.au/topics/employment-and-workplace/career-information>

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

MATHEMATICS

We encourage students in Years 7 to 10 to be using mathspace as part of their regular homework.

Students always have Mathematics homework.

As part of numeracy within the school this fortnight we are reminding students about time, particularly analogue time. Comments like - "You have 15 minutes to finish this exercise, what time will you finish?" will be made in classrooms. Similar discussions could be had at home. For example – "Dinner will be in three quarters of an hour - how many minutes is that? What time will dinner be?"

Puzzle 4:

The price of a pair of shoes increased by 15%.

If the new price was \$92, what was the old price?

Puzzle 3 Solution:

The number is 3816547290.

Mrs Jane Ashcroft – Mathematics Coordinator

MUSIC

HSC Music Workshops

On 13 and 14 March, Year 12 Music 1 and Music 2 students and some Year 11 Music 1 students attended the HSC Music Workshops at Armidale Conservatorium of Music. Students participated in Group Performance Sessions, Exam Techniques for Musicology and Aural Tutorials, Techniques for Confidence in Sight Singing Sessions as well as Individual Tutorials. Students had the opportunity to speak with HSC markers as well as the Sydney based composer, conductor and performer Damien Barbeler. Students found these workshops to be of great benefit, especially with their preparation for the HSC. Congratulations to our students who participated in the Performance Recitals at the end of the workshops.

Year 10 Music Day – Wednesday 12 March

Our Year 10 Music students joined other students from around the New England/North West Region, for a day of fun syllabus-based practical activities to complement their elective classroom work. Students began the day with a group choral activity incorporating movement, singing and improvisation. The next part of the day was centred around ethnomusicology – including such activities as African Drumming, Eastern European Singing, Polynesian Drumming and Dancing, Hawaiian Ukelele Choir and Aboriginal Didgeridoo and Dance. All students were very excited and appreciative to have had the opportunity to participate in such activities.

Mrs Suzanne Perfrement – Music Teacher



SHOW TEAM

Armidale Show

A new judging competition was added to the Armidale schedule this year which saw interested students judging Beef Cattle, Stock Horses and Sheep. Alex Watt won the Stock Horse section and Katie Taylor placed third in this section of the competition. Samantha Darby and Michael Davis also took the opportunity to learn about judging other livestock. Several others, including Jessica Dehm, Hayden McGregor and Natasha Favalaro took the opportunity to observe the judging and pick up some pointers.

The Zone finals for parader's was heavily contested. McCarthy was successful with three students making the State finals; Tyler Smith, Alex Watt and Paul Murphy. Michael Davis just missed a place in the zone representative team and Zeb Douglas showed strong skills in the parading ring. Thank you to Mr Graham Jordan and Tyler Smith for the loan of the cattle for this competition. Claudia Turner, Katie Taylor, Paul Murphy and Alex Watt also competed in the junior paraders competition.



We also had success in the cattle ring with Simmental Bull "McCarthy Heartbreaker" winning his age class and "McCarthy Hellraiser" placing third. The judge gave great feedback on his potential as a sire, his productivity and his yield and then selected "Heartbreaker" as the Grand Champion European Bull. A great team effort, with everyone chipping in to help prepare these cattle, made it a successful show for all.

Thank you to Mr Scott Davis and Mr Gordon Martin for loaning us a truck to get our cattle to the show, and to Mr Joe Madirazza for driving us.

Miss Leanne Sjollema



SPORT

Diocesan Swimming

The following students competed at the Armidale Diocesan Swimming Carnival at Moree last week: Billie Mitchell, Josie Chick, Lyndell Boschma, Molly Johns, Amelia Summers, Annie Hobson, Sarah Kelly, Tarryn Rizzi, Melanie Young, Natasha Achurch, Eleanor George, Ben Fox, Edward George, Sam Ellicott, Jake Mitchell, Kane Clinch, Jayden Gimbergh, Morgan Pennefather, Samuel Collett, Zac Rizzi, Will Clinch.

Congratulations to the following students who were Diocesan Age Champions: Billie Mitchell (12 girls), Josie Chick (13 girls), Tarryn Rizzi (16 girls), Ben Fox (12 boys), Sam Ellicott (13 boys) and Jayden Gimbergh (15 boys).

The following students have qualified for NSWCCC Championships at Homebush next month: Jayden Gimbergh, Sam Ellicott, Samuel Collett, Tarryn Rizzi, Jake Mitchell, Molly Johns, Josie Chick, Billie Mitchell, Melanie Young, Edward George, Eleanor George, Morgan Pennefather, Ben Fox and Annie Hobson.

Cricket

On 3 March Rhiannon Graham participated in the NSWCCC Cricket Girls Selection Trials at Moore Park, Sydney. There were over fifty girls competing for a place in the NSWCCC Cricket team and although not chosen, Rhiannon benefited from the experience of this high standard of competitiveness.

Tennis

On 3 March Darcie and Zoe Martin participated in the NSWCCC Tennis Selection Trials at Parramatta. Congratulations to Darcie who was selected to play at the NSW All Schools Tennis Championships to be held at Bathurst on 25 and 26 March.

Triathlon

On 6 March, Sophie Heeney, Ella Heeney and Sam Ellicott travelled to Eastern Creek to participate in the NSW All Schools Individual Triathlon. Sophie won silver in the All Schools and finished 1st in the NSWCCC event. Ella finished 7th in the All Schools and came 3rd in the NSWCCC event. Sam finished 29th in the All Schools and 6th in the NSWCCC schools.

On 7 March, Morgan Pennefather (runner), Jayden Gimbergh (swimmer) and Daniel Morris (bike) participated in the NSW All Schools Triathlon team's event. They finished 29th in the All Schools and 6th in the NSWCCC event.

Water Polo

Jarrod Chester and Jayden Gimbergh were selected in the NSWCCC Water Polo team to play at the NSW All Schools at Knox College Wahroonga on 10 March. Every year NSWCCC is able to enter two teams and the boys were selected in different teams to play NSWCHS and NSWCIS. Although both teams were unsuccessful, the boys both scored goals in the high level competition.

Congratulations to Abby Rae who has been selected into the Born 98 National Water Polo Talent Squad. She will try out for a place in the NSW Under 16 team that will compete at the PanPac Games.

Equestrian Team

On Friday 14 March, nineteen Equestrian students attended the annual Moonbi Public School Horse Sports Day. McCarthy won the Secondary School Division with the highest point score on the day, Samuel Collett was awarded Senior Champion Boy Rider, and Matthew Letton was the Reserve Champion Senior Boy Rider.

Alina Goor-Ditchfield and Tiffany Bruccoleri won Most Improved for their age divisions. Joshua Turner was the 12 years Boys' Highest Point Scorer, Samuel Collett the 16+ years Boy's Champion and Michael Hockings was runner-up for the same group. Anna Crisp was the runner-up in the 15 years Girls' and Mykenzie Semple was the 13 years Girl Champion.

Joshua Turner in Year 7 won 4th prize in the raffle winning a feed bucket and a bale of hay.



Mrs Julie Kellahan

Hockey

Congratulations to Isaac Farmilo on his outstanding performance for the Australian Under 18 Hockey team in Vanuatu playing in the Youth Olympic Qualifier from 8 to 11 March. Isaac scored five goals against Vanuatu, two goals each against New Zealand and against Fiji. Australia played New Zealand in the final losing 5 - 3 giving Australia the silver medal. Isaac was named Australia's most valuable player by his coach and was the team's highest goal scorer (two) in that game. The final squad nominated to the Australian Olympic Committee for the 2014 Youth Olympic Games in Nanjing, China will be chosen following the Under 18's boys Australian National Championships in Canberra from 4 to 12 April.

Athletics

Ella Heeney competed in the Under 15 800m and 1500m at the Australian Junior Athletics Championships in Homebush last week. She recorded a personal best time in the 1500m placing 6th and a credible 5th in the 800m.

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INSIGHTS

by Michael Grose – No. 1 parenting educator



What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.



Bullying is a word that's wrapped in emotion. For many people bullying is associated with bad childhood memories. It's been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child's support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

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