

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

Prayer Psalm 31

In You, O Lord, I seek refuge;
do not let me ever be put to shame;
in Your righteousness deliver me.
Incline Your ear to me;
be a rock of refuge for me,
a strong fortress to save me.

Reflection

At the Twilight Retreat we used the rock metaphor introduced here in Psalm 31 to reflect on God and his presence in our lives. There are times in our lives when we need God to be a steadfast rock for us, at other times we may need him to be a cave where we can seek shelter or a boulder to hold us in place.

Diary Dates

19 June: School Photos
20 June: School Photos
23 June: NAIDOC Week
24 June: Whole School Mass
24 June: Year 11 2015 Parent Information Night
25 June: Round 2 Enrolments close
25 June: Years 7 & 11 Parent/Teacher Interviews
25 June: University Information Evening 7pm
27 June: Athletics Carnival
27 June: Last day of Term 2
14 July: Term 3 commences
15 July: Board & Association Meetings
16 July: Newcastle Uni Open Day
16 July: Jump Rope for Heart (Year 8)
22 July: Years 8, 9, 10 Parent/Teacher Interviews

PRINCIPAL MATTERS



The Honourable Mr Barnaby Joyce MP, Member for New England, attended our school assembly last week to present major sporting awards to Year 12 students, Isaac Farmilo and Dana Constable. The national awards are recognition of the outstanding success of both students in being selected to play for Australian Hockey teams in 2014. Mr Joyce highlighted the fact that it is extremely unusual to have two students from one school achieve at such a high level in sports. Congratulations are extended to Isaac and Dana on behalf of the school community.

Examinations and Reporting

The Half-Yearly examination period has again highlighted the importance of consistent effort and the role played by individual student aspiration and goal setting. Reporting provides significant feedback for students and parents about

where each student is situated in relation to their learning program, enabling reflection and planning for improvement. This is a very important step for all students and time should be set aside at home for discussions about goals for the coming semester. The School Planner is a good starting point for supporting material for this process. Please feel free to contact individual teachers or Year Coordinators if you would like further assistance in guiding such a conversation.

This year we are trialling an online Parent/Teacher Interview booking system. Details will be provided with the school reports distributed this week for Years 7 and 11 and next week for students in Years 8, 9 and 10.

Academic Achievement

I am very pleased to report that data collected from the Progressive Achievement Tests (PAT) completed by students in Years 7 – 10 in Term 1 indicate significant improvement in both areas tested (Comprehension and Numeracy) for all Year groups this year. This is an encouraging sign that affirms work being done at the school to raise standards of performance at all levels.

Successes

There have been some outstanding achievements by individuals and teams at the school this term. The Year 8 Mathematics team's performance at the High School Mathematics Challenge is one of many highlights. Others include outstanding performances at local eisteddfods in Music, Dance, Speech and Drama; individual and team performances in a wide range of sports; and participation in the Toastmasters Youth Leadership Program.

Please refer to articles later in the newsletter covering details of many of these achievements.



Mrs Kate Rayment – Principal

RELIGIOUS EDUCATION

Year 12 Twilight Retreat

On Monday 16 June approximately thirty-five Year 12 students attended the second in a series of voluntary twilight retreats offered to students in their final year of study. The retreat was entitled 'An Evening with the Psalms' and during the retreat the students and staff who attended reflected on a selection of psalms including Psalm 31 (above) and shared their thoughts and experiences of God's presence in their lives. We were joined by Monsignor Wilkes and would like to thank him for his contribution to the retreat.

Reconciliation

On Tuesday 17 June the Sacrament of Reconciliation was made available to our students. Once again I would like to extend my gratitude to Monsignor Wilkes and the priests for making this very important sacrament possible for our students.

Whole School Mass

On Tuesday 24 June McCarthy will attend the four Tamworth churches to celebrate our Whole School Mass for Term 2 at 11.30am. I would like to extend an invitation to parents, carers and grandparents who would like this celebration with us next week; Chisholm House will be attending St Patrick's Church, Edmund Rice will attend Mary Help of Christians, MacKillop will attend St Nicholas' and Dominic, St Mary's Church, North Tamworth.

Mrs Cate Allen – Religious Education Coordinator

PASTORAL CARE

Welcome

We welcome Callum Lewis (Year 10) and his family into the McCarthy community.

Condolences

Our prayers and sympathy go to Sophie Barr and her family following the death of her grandfather and Isabella and Madeline Shearman and their family following the death of their grandmother.

DROUGHT ASSISTANCE

Doing it tough in the drought? You're not alone!

The earlier you seek help, the sooner you will be back on track.

Centacare NENW offers a friendly ear when you need it, as part of the Australian Government's drought assistance package.

We can work with you, or with your whole family—it's up to you. For confidential support and understanding, call Centacare NENW on 1800 372 826.

Certificates of Achievement

The following students are to be congratulated on receiving a Certificate of Achievement:

Year 8: Amy Mills, Charlotte Mills, Julia Northey, Isabelle Sullivan

Year 10: Patrick Sparke, Gabrielle Vella

Year 12: Christopher Pattison, Matthew Taylor, Jessica Whitbread.

Year 10 Staying Safe Seminar

In conjunction with the Healthy Schools, Healthy Futures Program, Year 10 participated in a seminar designed to help them stay safe and to be resilient in times of trouble. Constable Robyn Smith (Police School Liaison Officer) spoke on a range of subjects including many social media issues and bullying. Her three top recommendations were:

- Check your security settings regularly
- Never meet a 'friend' you have made online
- Never sext

Bree Constable from headspace ran activities to help demonstrate the importance of a support network, including home support and caring peer relationships.

Both speakers were great examples of the support young people can find in the community. My thanks go to the presenters and also to Kylie Pursche (HSHF) for her organisation.

Bandwagon

Over fifty Year 10, 11 and 12 students recently attended Bandwagon at Tamworth High School (THS). The social hosted by THS SLC provides an opportunity for students to dance and listen to young local bands. All money raised went to the Tamworth's Women's Refuge and the night was enjoyed by those who attended.

Theme for the Week

Students were asked in Week 6 to relate *Persistence* to success in learning, exams and life in general.

"*After the Exams are Over*" should be a time of intense learning. Students have been encouraged to check the marking of their papers, listen carefully to comments made by their teachers, file their papers effectively, identify areas of work that need further revision and to undertake study based on the feedback provided by their teachers and their own exam analysis.

'There is no such thing as failure. There is only giving up too soon.' – Jonathon Salk (discoverer of the vaccine to prevent polio)

Mrs Julie McGregor – Pastoral Care Coordinator

Year 7 Outdoor Education

Year 7 students had the opportunity to attend 3 days at the Outdoor Education facility in Morisset. With enthusiasm, students were ready to board the buses and get on their way to some fun filled days. On our arrival students were fed and straight into activities which included the Super Drop, the Challenge Ropes up in the trees, the Dual Flying Fox and the Giant Swing.

The Survivor Challenge was a firm favourite, with two teams of students working together to race each other to the centre of a pond using only some strategically placed tyres, 3 planks of wood and 2 pieces of rope. Most teams thought they were doing well until they ended up in the cold, wet mud! The first night ended with a Commando night of staff taking students as hostages who the other students needed to rescue. Even though it had started to rain it had not dampened anyone's spirit.

The rain did hang around for the next few days but students and staff soldiered on and had a great time with the rain adding to the experience. A big thank you goes to the staff who attended the Morisset camp: Miss Mumford, Mr Merrick, Mr Godden, Mr Chittick and Mrs Stuart.

Miss Melissa Gardner – Year 7 Coordinator

RESILIENCE DAY

On Friday 13 June, I had the pleasure of accompanying Mr Sam Taylor and a group of Year 7 and 8 McCarthy students to Lake Keepit for a 'Resilience Day'. The students were fantastic and represented our College with great esteem. The students worked individually and in teams to overcome a variety of challenges which were designed to improve their own ability to be resilient. We

spoke at length about the need to build resilience to face the many challenges and disappointments that tend to arise as we progress through life. I highly commend each student for their maturity and dedication towards the day. I would also like to thank Mrs Jodie Herden for her assistance in organising the excursion.

Mr Dan Mitchell

TEACHING AND LEARNING

The official exam period for Years 7 to 11 is now finished. Students will be receiving their results from these tasks in class. Many subjects use these exams to help formulate students' reports. These reports will be posted to parents within the next week. There is then the opportunity for you at Parent/Teacher Interviews to discuss your child's progress. This year we are trialling an **Online Booking System** for our Year 7 and 11 Parent/Teacher Interview evening on Wednesday 25 June. Access to this booking system will be via a link on the school's website www.mccarthy.nsw.edu.au and instructions on how to log in will be included in your child's report and available on the website. Appointments will be open for booking from Friday 20 June until midday on Wednesday 25 June. Interviews are scheduled for 5 minutes in duration. We recommend that you leave yourself time between interviews, where possible, to ensure that you can locate your next appointment.

If parents feel that their interview may go longer than 5 minutes they are encouraged to contact the teacher concerned for an arrangement to be made. If parents are unable to access the internet at home or work they should contact the school with the names of the teachers with whom they would like to book an interview.

We value parents' feedback, so I will be very grateful if they could email me their thoughts regarding this program once they have used it to sday@mccarthy.nsw.edu.au

Students' responses to exam and report results brings me back to the sixth Tip for Success at Secondary School:

START EARLY: *Leaving things until the last minute can cause unnecessary stress and frustration as our resource of time is often limited.*

Successful people ensure enough time is available for the jobs they need to do. There could be a tendency to give up if sufficient time is not allocated. This applies to class work, homework, assessment tasks and study for exams. Perhaps results from the mid year exams were not quite as pleasing as hoped, so it is not too early to set down the foundations to establish a routine study program that may alleviate some pressure at the end of year exams. This strategy works for homework and assessment tasks as well, to ensure all are completed to the desired standard. Assisting your child plot the due dates of tasks on their term calendar, in their school planner or even on the family calendar on the refrigerator and helping them work backwards to show them when they should have the research or first draft completed, is a very useful skill.

Ms Suzanne Day – Teaching and Learning Coordinator

PARENT INFORMATION

Association Meeting

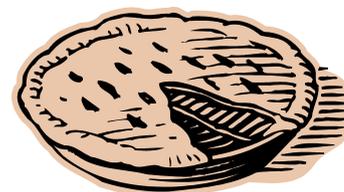
The next meeting is Tuesday 15 July (first week of Term 3) 7.00pm for 7.15pm start in the Staff Room.

Thank you to parents who attended our Tenpin Bowling Social night last Friday. A great night was had by all. Congratulations to the winning Tenpin Bowling team Lane 14 and to the highest scorer Colin Ridgeway.

Included in the newsletter is the Hamilton Island Raffle information and request for a raffle book. This will be drawn at our Trivia Night in November. We will be selling raffle tickets at the Peel Street Markets in July, August, September and October (the 3rd Sunday of each month).

Pie Drive Fundraiser

Pie Drive order forms have been distributed to students. Spare forms are available at the office. Closing date for the orders is **Wednesday, 25 June** to the school office. Cheques are to be made out to McCarthy Catholic College in an envelope marked "Attention Pie Fundraiser". Pies are to be collected on **Friday, 18 July (first Friday, Term 3)** from the demountable situated in the bottom carpark. Contact 0411287090 for further information.



CAREERS NEWS

In recent weeks we have had guest speakers talking to interested students about Charles Sturt University, gap year programs and about officer and trade entry (to gain an apprenticeship) into the defence force. These have been well attended.

Year 10

I am in the midst of talking to all Year 10 students about options at the end of this year and subject selection. All students will be receiving two booklets. The one called *My Plan* is to be completed and signed by both the student and the parent/guardian and returned to school to the student's Mentor Group teacher. The Information Evening for prospective Year 11 2015 students and their parents is on Tuesday 24 June from 7.00pm.

University Information Evening: 25 June 7.00pm – 8.30pm in the PAC

This information evening is for Year 12 students, who are intending to apply for university and their parents, to cover the following aspects (some of which will see major changes this year):

- Understanding the ATAR
- UAC and QTAC
- Educational Access Scheme
- Early Entry Schemes – changes in 2014
- Dates and deadlines
- Bonus ATAR points
- Preferences and choosing courses
- Financial costs and how to pay

- Changes to Youth Allowance
- Scholarships
- Uni offers and acceptances
- Accommodation - options and costs
- Deferring Uni - why, how, why not
- Gap year options
- What if I do not get into uni?

Representatives from two universities will be attending.

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



BAND

Six members of the McCarthy Band, Jeffrey Wong, Matthew Letton, Gabrielle Studdy, Mrs Lane, Jessica Higgins and Jerome Studdy (2013), recently travelled to Newcastle recently to compete in the East Coast of Australia Championships with the Tamworth RSL Brass Band. They were thrilled to achieve second place.

TAMWORTH EISTEDDFOD

Last week several vocal ensembles and instrumentalists competed in the Tamworth Eisteddfod. Congratulations to our students on their performances. Results were as follows:

McCarthy School Choir placed second in their section.

McCarthy scored a clean sweep in the Small Ensemble Section with Year 12 placing first (Priyanka Pinto, Maddison Young, Jessica Whitbread, Gabrielle Studdy, Ellie Sampson, Gabrielle Vella), Year 9 second and Year 11 third.

Individual results included: Steven Allwell placing first in the Plectrum Guitar Solo Open Age section, Matthew Taylor first in the Acoustic Guitar Solo Open Age section, Priyanka Pinto first in the 16 years Girls' Vocal Solo and Daniel Hatfield second in the Piano Solo 18 years and Under section.

Our Jazz Band and Saxophone Quartet won their categories with our Concert Band placing second by 1 point.

Congratulations to Priyanka Pinto for winning first place (and \$500) in the Senior Speech and Drama Championship. Priyanka presented two contrasting pieces including a poem and an extract from a book. She also won the Bush Poetry, Lyric Poetry, Drama Characterisation (dramatic monologue) and Bible Reading sections.

Ellie Sampson won the Shakespearean Monologue section and placed second in the Senior Speech and Drama Championship.

Mrs Libby Molony and Mrs Suzanne Perfrement

CHESS

Ten students from McCarthy participated in the inter-school chess competition held at Farrer on Tuesday 17 June. The day was run by the Sydney Academy of Chess, and was a Swiss system tournament consisting of 7 rounds, where the initial rounds were used to match students against players of similar ability for the later rounds. While McCarthy did not have any of the top five players on the day, our team did place equal 3rd out of 8 competing secondary schools. The team consisted of Jack Hannaford, Julia Hannaford, James Lu, Sara Lui, Alana Noonan, David Northey, Evan Rice, Bowjess Souter, Patrick Sparke and Jeffrey Wong. All students enjoyed the day and were able to develop their skills in a friendly, competitive environment.

Mr Tim Godden

EX-STUDENT NEWS

Alexander Burrow attended McCarthy Catholic College from 2003 - 2008 and is currently completing a Bachelor of Commerce at Newcastle University. He is the lead singer for the band Sunset Heroes. The band is about to release their first single on iTunes.

Terence Koo (Class of 1992) is now a lecturer at Newcastle University/Conservationism, a jazz pianist (performing internationally), composer and recording artist. He (with his trio) is releasing a new album next week, featuring jazz versions of songs from the 70's, 80's and 90's. He has also recorded on Marcia Hines' new album and was involved in the music video with Marcia Hines and Russell Crowe - expected to be released in the next few weeks. The song is "Remedy".

SPORT

NSWCCC Cross Country

On 13 June, Ella Heeney, Sophie Heeney and Mykenzie Semple travelled to Eastern Creek to compete in the CCC Cross Country Championships. Mykenzie competed in the 13 Year girls and came 29th out of 73. This was Mykenzie's first attempt in Cross Country at secondary school level and she will benefit from this experience. Ella Heeney competed in the 14 year girls and came first. Sophie Heeney competed in the 17 year girls and also came first. Congratulations to both girls for winning gold. They will compete at the NSW All Schools Cross Country at Eastern Creek on 18 July.

Soccer

Sophie Soles attended the Mini World Cup carnival in Inverell and was invited to travel to Germany in June 2014 for four weeks. There are two girls in the team, Sophie and a girl from New Zealand, the rest of the squad is made up of boys. They will be competing and attending different soccer academies with several coaches..

Equestrian

On Friday 30 May nine students competed at the Annual North West Equestrian Expo at Coonabarabran. This year's event saw 699 students, with 790 horses, from 115 schools around Australia converge on the small community.

Results were as follows:

Michael Hockings and Samuel Collett, along with a 12 year old boy from Braidwood Central, won the Division 1 B Grade Polocrosse.

Sophie Barr: 1st Division 1 One Day Eventing, 3rd Lightweight Galloway Hack (14-14.2)

Sam Collett: 2nd Warrumbungle Way, 8th D Grade Division 4 One Day Event, 2nd Team of Fours (with Sophie Barr, Hannah Cochrane and Alex Watt).

Jessica Clarke: Reserve Champion 13 years Sporting, 12th Combined Training, 1st Bending, 2nd Flag, equal 4th Working Horse Challenge.

Hannah Cochrane: 1st C Grade Division 3 One Day Eventing, 1st Preliminary 1.2 Division 2 Dressage, 3rd Preliminary 1.3 Division 2 Dressage, 10th Working Horse Challenge and Champion Rider for Preliminary Division 2 Dressage.

Alina Goor-Ditchfield: 9th Division 5 One Day Eventing.

Mykenzie Semple: 10th D Grade Division 3 One Day Eventing.

Alex Watt: 3rd B Grade One Day Eventing, 3rd Pairs (with Hannah Cochrane), 5th B Grade Power and Speed Show Jumping event

Melanie Young: 13th D Grade Division 2 One Day Eventing.

Students showed great sportsmanship and McCarthy spirit.



Mrs Julie Kellahan – Equestrian Coordinator

Reading Your Child's Report by Michael Grose

Reports can mean anxious times for children. Will my parents be disappointed or proud? This is the main concern of most children. Could try harder....always does her best.... lacks concentration...easily distracted... a pleasure to teach.... Do these comments, taken from a batch of student reports, sound familiar?

Student reports bring mixed feelings for parents. Pleasure and pride if they are performing well but considerable angst when children are not progressing as you hoped.

Reports can mean anxious times for children too. Will my parents be disappointed or proud? This is the main concern of most children. Children of all ages take their cues from their parents, so your reaction to their school report can affect the way they see themselves as learners and as people.

Before you rip open the sealed envelope containing the report do a little self-check to see if you are in the right frame of mind:

1. Are your expectations for your son or daughter realistic and in line with their ability?

Expectations are tricky. If they are too high then children can be turned off learning. Too low and there is nothing to strive for. Pitch your expectations in line with your child's abilities. A quick check of your child's last report cards may provide you with a good yardstick.

2. Do you believe that children learn at different rates?

There are slow bloomers, late developers and steady-as-you-go kids in every classroom, so avoid comparing your child to siblings, your friends' children and even yourself when you were a child. Instead look for individual progress.

3. Are you willing to safeguard your child's self-esteem rather than deflate it?

Self-confidence is a pre-requisite for learning, so be prepared to be as positive and encouraging as possible. School reports come in different formats. Some are prescriptive while some use grading systems such as A, B, C, etc with room for teacher comments. Regardless of the format school reports should provide you with an idea of your child's progress in all subject areas, their attitude and social development.

Here are some ideas to consider when you open your child's report:

Focus on strengths. Do you look for strengths or weaknesses first? The challenge is to focus on strengths even if they are not in core subjects.

Take into account your child's effort and attitude to learning. If the report indicates that effort is below standard, then you have something to work on. If your child is putting in the required effort, then you cannot ask any more than that, regardless of the grading.

Broaden your focus away from academic performance to form a picture of your child's progress as a member of a social setting. How your child gets along with his or her peers will influence his happiness and well-being, as well as give an indicator to his future. The skills of independence and co-operation are highly valued by employers so do not dismiss these as unimportant.

Take note of student self-assessment. Children are generally very honest and will give a realistic assessment of their progress. They are generally very perceptive so take note of their opinions.

Discuss the report with your son or daughter, talking about strengths first before looking at areas that need improvement. Ask for their opinion about how they performed and discuss their concerns.

After reports are read and discussed, celebrate your child's efforts with a special activity or treat. In this way you will recognise progress and remind them that the holidays are just around the corner when they can forget about assessment, tests and reports for a while.

McCarthy Catholic College Association

Hamilton Island Holiday Raffle

to be drawn at our Trivia Night to be held on Friday 14th November 2014



Please support our Hamilton Island raffle fundraiser!



Win a family holiday at the 4★ Reef View Hotel, Hamilton Island in a Garden View Room for two (2) adults and two (2) children.

Name: _____ School / Group: _____

Return Tickets by: _____ Return Tickets to: _____

Dear Parents / Guardians,

From Friday 13th June, we are commencing our Hamilton Island Holiday Raffle. We hope parents support this raffle as all monies raised will go towards purchases for our school. You can request to collect a raffle book from the school office. Each book has 10 tickets and each ticket sells for \$2.00.

The raffle prize is for four (4) nights at the Reef View Hotel, Hamilton Island for 2 adults and 2 children (0-12 years) in a Garden View Room including a \$1,000 Virgin Australia voucher. Also included is a full buffet breakfast daily, return airport/marina transfers, use of paddle skis, windsurfers, catamarans, and snorkelling equipment, use of the Island Shuttle, gym, spa, sauna, and tennis and squash court hire. Kids eat free at participating restaurants with special Kids Eat Free children’s menus.

Also on offer are the following incentive prizes:

BOOK SELLER’S PRIZE

Each family/member who sells a complete book of tickets will go into the draw to win an iPod Shuffle 2GB.

FAMILY HOLIDAY PROMOTION

Each family/member that sells or purchases a complete book of raffle tickets will have the chance to win a 7 night family holiday for two (2) adults and two (2) children to either the Gold Coast or Hamilton Island or Fiji including \$1,000 or \$2,000 Virgin Australia airfare voucher and \$1,000 spending money. It will be the winner’s choice of destination. To enter, you must sell or purchase a complete book of raffle tickets, then go to www.fundraisingpromo.com.au and record your answer to the puzzle as shown on the website. Terms and conditions are online.



.....

If you wish to accept a raffle book,

please complete the below details and return to the school office for your raffle book

Name:..... Class:.....

Parent’s/Guardian’s Signature.....

