Dear Parents & Students,

Prayer

Dear Jesus,

Give us the grace this week to try in small ways to be more attentive to your voice through moments of silence, scripture, sacrament and prayer.

Help us, we pray, to grow ever more into your likeness so that we may speak your word authentically to our students.

We ask this in your name.

Amen.

Reflection

"Above all they will not try to inculcate their personal opinions and opinions if they expressed Christ’s teaching and the lessons of his life. Every catechist or teacher should be able to apply to themselves the mysterious words of Jesus."

Pope John Paul II – Catechesi Tradendae

It is very important that as parents and teachers we frequently reflect on the above thoughts of John Paul II. How do we achieve a balance between ideas or opinions we hold dearly and the word of Jesus himself?

PRINCIPAL MATTERS

Resignation

It was with very mixed emotions that I notified the school community of my resignation from the role of Principal at McCarthy on Monday, after 25 years at the College. I feel that I have given a lot of myself to the school but have gained much more through friendships, professional growth, and the tremendous rewards that come from working with our young people. I have appreciated very much the support of the clergy, the Board and Association and the professional and personal relationships built with many parents. I will never forget the collegiality and compassion of our staff and the sheer hard work of many in their absolute dedication to the school community.

There will be many changes associated with taking on the role of Principal of a large independent girls’ school in inner Sydney. Amongst the things that will be most challenging will be leaving friends, St Nicholas parish and the beautiful students of our school.

I will hold forever the impression of the warmth, friendliness, talent and genuineness of the students at McCarthy. A more formal opportunity to say thank you will present later in the year.

Survey

Approximately 38% of parents completed the 2014 School Perception Survey. I thank those parents very much for the feedback which will be used to affirm, where applicable, and to inform future improvement. A summary of the survey results will be presented at the October Association meeting.

Walkathon

The annual Walkathon for Catholic Mission is a significant event in our school calendar. This year we are striving to raise the $25,000 needed to furnish the school McCarthy ‘built’ in Kalikiliki, Zambia. Thank you for the support received to date. Staff and students are working hard to create opportunities for funds to be collected creatively, to lessen the burden on students to collect sponsorship. The point of the Walkathon, however, is for students to gain sponsorship for the walk as a community effort to aid the poor. Students need to wear proper, supporting sporting footwear and a hat. It should be a great day.

Building Works

Building works have commenced on site and will continue for approximately 36 weeks. There will be some inconvenience caused by the activity but it will be for the greater good. The facility will provide many opportunities for the school, including an outstanding venue for liturgies, Year meetings, team teaching, professional development and performances. It will also improve the capacity to deliver Music and provide additional teaching and learning spaces as well as enable display of student works in Visual Art, Industrial Technology, Textiles and Design, and Drama. The conversion of the current Music rooms to a Languages and Distance Education Centre will enable a significant broadening and enriching of the curriculum. The modifications and additions to the staff area, including moving the Book Room to the Library, will create appropriate space for the increase in staff in the school in recent years.

Student Car Park

The student car park will be transformed into a construction zone so will be unavailable for parking. Students will need to catch the bus, be dropped off, or park off-site for the duration of the building works. Students attending ‘our school’ in Kalikiliki will walk up to 30 km to get to school and risk their lives in doing so. It may be necessary for students who feel it essential to drive to school at McCarthy to park a few blocks away and walk.
Opportunity Hub Launch  
On Friday 8 August, Mrs Barrett and I attended the launch of the Opportunity Hub at the Binaalbaa Aboriginal Learning Centre. Special guests included the Honourable Victor Dominello, Minister for Aboriginal Affairs and Assistant Minister for Education, The Honourable Barnaby Joyce MP, Member for New England and Mr Kevin Anderson, Member for Tamworth. It is a key initiative of OCHRE to provide supported pathways to Aboriginal young people. The Opportunity Hub staff will work with students in Tamworth to develop a personalised career plan, matching them with local training and education services and providing pathways into full-time employment.  

Mrs Kate Rayment – Principal

RELIGIOUS EDUCATION  
Alternative to “Schoolies”  
I am very excited to report on recent developments for an alternative to schoolies project which has generated interest among Year 11 students for 2015. The project, organised and run by Catholic Missions, will involve approximately ten to twelve students from the three Diocesan high schools who will travel to Kiribati via Fiji. The students will spend about 8-10 days on the island of Kiribati in the village with the local community; they will experience the culture of the people first hand and will assist with small projects during their stay. Any interested students or parents are invited to contact the school for further information.

RE Stage Day  
On Monday 18 August a number of McCarthy RE teachers joined with RE teachers from around the Diocese for a professional development day based on the development of rich assessment tasks in RE. Apart from the very valuable input from Louise Zavone from the Catholic Education Office in Sydney, the day was also an invaluable networking and sharing day for RE teachers.  

Mrs Cate Allen – Religious Education Coordinator

PASTORAL CARE  
Welcome  
We welcome Jonella Baga (Year 8) and her family into the McCarthy community.

Condolences  
Our prayers and sympathy go to Mrs Erin Bice, James Austin, Heath Higgins and their families following the death of their grandmothers and to Jack Newton, Kane Butler and their families following the death of their grandfather and great grandfather, respectively.

Educational Access Schemes (EAS) – Year 12  
UAC applicants who have experienced long term or critical disadvantage as a result of circumstances beyond their control can complete an EAS application which may result in special consideration from a university. All completed forms with all relevant documentation should be returned to Mrs McGregor by Tuesday 9 September.

eheadspace Live Info Sessions  
- Take place on Thursday evenings from 5.00pm to 6.00pm  
- Have professionals available to answer questions asked anonymously  
- Have covered issues such as grief; bullying; peer pressure; relationships that have gone wrong; coping with change; helping parents manage self-harm; me, my body and food: sleep and homophobic bullying. These can be accessed on the site above.

Theme for the Week  
It is important that we recognise strengths in ourselves and others. Too often we concentrate on our weaknesses and don’t recognise, develop and use our strengths. The ability to accept a compliment is a valuable social skill. We should recognise and compliment strengths in others and, if appropriate, use those people as role models. These actions are great gifts that we give other people.  

“Be happy with what you have got and you will have plenty to be happy about.”  

- Irish Proverb

Mrs Julie McGregor – Pastoral Care Coordinator

TEACHING AND LEARNING  
Year 9 2015 Information Evening  
The Year 9 2015 Parent Information Evening scheduled for Tuesday 26 August will not be going ahead. This evening has not been well attended in the past and the information normally provided during this presentation can be passed on in a more efficient way. The Year 8 students will receive their Course Selection Guide later in the term and KLA Coordinators will be available to provide extra information regarding available courses. The Course Selection Guide will contain information regarding the Record of School Achievement (RoSA) and should answer any questions you may have. Naturally, if you have further questions, please do not hesitate to contact me at the school. We apologise for any inconvenience caused by the evening being listed on the Year 8 Term Calendar.

Ms Suzanne Day – Teaching and learning Coordinator  
sday@mccarthy.nsw.edu.au
**PARENT INFORMATION**

**Association Meeting**
The next meeting is Tuesday 16 September 7.00pm for 7.15pm start in the Staff Room.

**‘Spent’ember Car Boot Sale – Saturday 13 September**
A car boot sale will be held on Saturday 13 September commencing at 8.00am. Cost is $20 per space and a sausage sizzle and tea and coffee will be available. Contact Louise ph: 0402111258 to book your space. Please see attached flyer.

**Trivia Night Donations**
The Trivia Night committee would like to ask for families who own businesses to donate prizes for the Trivia Night to be held on 14 November. This would be a great opportunity for them to promote their business. Donations can be left at the school office.

**Hamilton Island Holiday Raffle**
Tickets are now on sale for The McCarthy Association’s Hamilton Island Holiday Raffle. The prize includes four nights at the Reef View Hotel, Hamilton Island for 2 adults and 2 children (0-12 years) in a Garden View Room, breakfast, return airport/marina transfers, use of equipment and $1,000 Virgin Australia voucher. It will be drawn at the Trivia Night on 14 November. Raffle books of 10 x $2.00 tickets can be collected from the office. Eighteen books of raffle tickets were sold at the Peel Street Markets. All profits of the raffle will fund the refurbishment of the shelter at the bus bay.

---

**CAREERS NEWS**

Students at McCarthy are given various opportunities to investigate a range of careers and course options for when they leave school.

Recently Mrs Sharon Stuart accompanied fifteen students to the Aviation Careers Expo at the Tamworth Airport where they learned about careers in flying and aeronautical engineering in the RAFF. They had the chance to see the jets and meet the pilots from 76 Squadron in Williamtown.

**Open Days**
We are in the midst of a four week period when many universities and private colleges are holding Open Days on Saturdays and Sundays for prospective students and their parents. Details of these dates have been given to Year 12 students via email and are in the UAC 2015 book distributed last week. It is well worth visiting these institutions to see if they meet your requirements and expectations, especially given the time and financial commitment required to attend university. Ensuring good choices are made now is important as students are commencing the application process to university. Many of the private colleges offering certificate, diploma and degree courses are also worth considering. If you are unable to travel to any institution on the specified Open Day, consider visiting them in the September holiday period or after the HSC by making an appointment for a tour.

Another opportunity will be available at the end of this term, on Saturday 20 September, when Tamworth TAFE Open Day will be held. This would be very useful to those considering studying at TAFE in 2015, either after the HSC or for students in Years 10 and 11 who have decided not to continue on to Year 12. More details will be available soon but please mark the date if it is relevant to you.

**University Applications**
Last week I addressed Year 12 students on two occasions about what is involved in applying to university and the various Early Entry Schemes available. I also provided sheets with advice for scholarship applications. As well as getting the UAC 2015 book, all students were given a Year 12 Careers Booklet which covers everything from applying for jobs and apprenticeships (cover letters, resumes and interview tips) to going to university, private RTOs and TAFE. There was also general advice on a range of matters that Year 12 students will need to address post-school.

It is very important that students are aware of the closing dates for various universities in late August and throughout September. Students should not leave applications to the last minute when computer systems may crash (it has happened on several occasions in recent years) or when a hurried application means mistakes are made which may affect their chances of success.

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

**NSWCCC Basketball Champions**
Year 7/8 girls’, Year 7/8 boys’ and Year 9/10 boys’ Basketball teams qualified for the NSWCCC Junior Basketball Championships held in Penrith on 18 and 19 August. Congratulations to our new state champions the 7/8 girls’ team and our runners-up the 7/8 boys’ team.

Results were as follows:
In their first game, McCarthy 7/8 girls’ lost to Monte St Angelo, North Sydney 37-26. They won 43-28 against St Pius X Adamstown; won 47-20 against HSC, Bellambi and won 41-17 against Carroll College, Broulee. The girls defeated MacKillop, Bathurst 68-57 in the semi-final. In the gold medal play-off the girls reversed their earlier match against Monte St Angelo, North Sydney defeating them 32-26.

In their pool matches the 7/8 boys’ lost 57–44 to St Dominic’s, Kingswood; won 53–39 against All Saints, Lochinvar; won 67–36 against Patrician Brothers, Fairfield and won 43–36 against Carroll College, Broulee. In the semi-final they defeated St Pius X, Adamstown 85–81. The boys played St Dominic’s, Kingswood in the gold medal play-off losing 41–33.

7/8 Boys: Samuel Ellicott, Izack Fuller, Matthew Gambrill, Cooper Kelly, Caleb Lavu Lavu, Nathaniel McGrath, Connor McRae, Riley Murphy, Matthew O’Toole, Tom Rindo, Toby Whale. Coach: Paul Hobson. Assistant Coach: Neil Wood.

The 9/10 boys’ lost 39–30 to St Dominic’s, Kingswood; won 63–39 against All Saints, Lochinvar; lost 49–34 to Patrician Brothers, Fairfield and won 54–28 against Trinity, Goulburn. This placed them third in their pool and, unfortunately, they did not qualify for the semi-finals.

9/10 Boys: James Berthold, Max Chillingworth, Ben Foster, Tom Kelly, Connor Murphy, Brody Peak, Jake Pendergast, Dominic Sills, Ricky Ward. Coach: Matt Hobson.

Thank you to the coaches for their time and commitment to the teams, to Michelle Berthold and Sharon Murphy for scoring, and to Mr Northey and Miss Mumford for escorting the students to Penrith.

Australian All School Hockey Championships
Jack Cruickshank was selected in the NSW Under 16 All Schools Boys Hockey team to play in the Australian Championships at Adelaide from 10 to 16 August. The team played against each state, having a draw against Queensland, a loss to Western Australia and winning against the others. NSW and WA played in the final resulting in a 2 all draw at full-time with WA winning the penalty shoot-out. Congratulations to Jack for winning a silver medal and playing in each match.

Diocesan Athletics
Forty-two students travelled to Armidale on Friday 15 August to participate in the Diocesan Athletics Carnival. McCarthy had four individual Diocesan Age Champions:
12 years girl: Melanie Young
13 years girl: Kate Pianta
14 years girl: Ella Heeney
17+ years girl: Sophie Heeney

Congratulations to the following students who have qualified to attend NSWCCC Athletics Carnival in Homebush next month: James Smith, Melanie Young, Samuel Ellicott, Kate Pianta, Mykenzie Semple, Kate Lane, Emma Higgins, Matthew O’Toole, Ella Heeney, Jayden Gimbergh, Alice Murphy, Brianna Macpherson, Bronte Ellicott and Sophie Heeney.

Tamworth Running Festival
The Tamworth Running Festival was held on Sunday 17 August. Several students from McCarthy participated with Sophie Heeney coming third overall in the Fun Five and first in 16-19 years and Ella Heeney came fifth overall and first in the 13-15 years category.
McCarthys Catholic College

‘Spent’ember Car Boot Sale
Saturday 13 September 2014

Clean out your cupboards, find your lost treasures, load your trailer, fill your boot and make your money at our ‘Spent’ember sale

$20 per space

Sale starts at 8:00am

Sausage sizzle
Tea/Coffee

Contact Louise 0402 111 258 to book your space
Helping your teenager win the ‘Exam Game’

Examinations can mean testing times for parents and students. It doesn’t have to be so hard. Here’s an approach that will help ease pressure on students and maximise chances of success as well.

Work with them, and give them the power and responsibility to craft the parameters that’ll enhance their own performance.

The single most effective technique for mastering exams is to help your teenager do a lot of them. The more exams student have practice with, the more feedback they get for their revision, and the more they can focus on what they need to learn.

Purchase copies of practice exams and then help them establish an exam-like environment to do them in. Their ability to recall information is significantly enhanced when they learn in an environment that closely resembles the environment they learned it in. If they learn and revise in exam-like conditions they’ll be more likely to recall information in exams. When students take practice exams in exam conditions, they sharpen their ability to apply what they know, rather than simply study things. It also helps them to refine and focus their revision programme early.

Applying it
There are many factors in the 24 hours before every exam that influence exam performance. Here’s an important factor: state management. You want your teenager to be 100% primed before any exam, which means you’ll want to be very focussed on positive reinforcement. You want them to feel confident and capable – not dreading what may happen if they ‘fail’. Help them to demystify the exam experience. Emphasise the opportunity inherent within exams, but remind them that exams are, ultimately, just a small part of a bigger game. In the universities I have lectured at, I would urge my students to encourage other students prior to sitting their exams, to embody the role of ‘positive uplifter’ before their exams. Not everyone would, of course, but those who did would not only make others feel better (by offering words of encouragement or by sharing a joke to elevate the mood) – they’d also feel better and more confident themselves. This sure beats students comparing how stressed they are!

Ultimately, the best way for teenagers to enter exams in the most positive state is to have their learning validated through a solid revision strategy and a diet of practice exams, low GI foods, plenty of sleep and a healthy sense of humour.

And don’t forget to remind them how proud you are to see them get this far.

Article contributed by Dr. Jason Fox

There are few things more frustrating for parents (and teachers) than seeing a bright, hardworking student crumble during assessments and exams. While in some cases this may happen because of a lack of effort, most students genuinely want to do well.

An exam is a very artificial situation that needs to be approached in a specific way to maximise success. One way of framing exams to help moderate the very serious pressure many students feel about exams is to see them as a game – just a game, and a great opportunity to show off their learning.

There are three phases in the exam game – learning, revising and applying. If you want to help someone lift their game, or get their head into the game, it helps to know what the game is. Here are a few thoughts for each phase:

Learning it
In the learning phase, students are still encountering new information, and they’ve still got processing to do. Here, the focus is on understanding. You can help your teenager by letting them teach you what they have learnt each day. By giving them the opportunity to do this, they play the empowering role of being ‘teacher’ for a change. They also get practised at communicating and applying their knowledge in new ways.

The trap here is that you may want to correct them on things, or to show off your own expertise. Instead, focus on celebrating what they do know. Be curious, not controlling.

Revising it
Here’s where it’s important to ask your teenager how you can best help them revise. Do they need a quiet space at certain times each day? If they’re lucky enough to have dinner cooked for them, could it help to have dinner served earlier? Can you help them host productive group study sessions?

Dr. Jason Fox is a multi-award winning international speaker who has helped thousands of students master the academic game. You can learn more about Jason at www.drjasonfox.com and www.enjoyexams.com

Parentingideas Exam Expert

Join Michael’s community of parents on Facebook. Go to www.facebook.com/michaegroseparenting and click on the Like button.

© 2015 Michael Grose Published by Michael Grose Presentations. All rights reserved. For more ideas, support and advice for all your parenting challenges please visit our website.