

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

Dear Lord

We pray this week for the grace to begin discovering the 'profound meaning' of your Word in our lives.

Help us move patiently but deliberately beyond an initial 'yes' into discovering more of who you are.

Draw us toward the music, books, poetry, people or places in nature and stillness where you want to reveal your presence to us.

We pray for the gift of desire to want to know you more

and in so doing, share your presence with our students, families and each other.

We ask this in your name.

Amen.

Reflection

Many of us have said a genuine 'yes' to having Jesus in our lives – this is the first step in being a Christian, but as Pope John Paul II reminds us there are two levels to this step, firstly it involves "surrendering to the Word of God and relying on it" and secondly it involves striving to understand the meaning of God's Word.

PRINCIPAL MATTERS

New Principal

Last week, John Mula announced, on behalf of the most reverend Bishop Kennedy, the appointment of Mr Geoff McManus as Principal of McCarthy from January 2015. Mr McManus is currently Assistant Principal at St Edmund's College, Ipswich. This is an exciting period of change for the college and Mr McManus's appointment should be seen as a new chapter and opportunity in the life of McCarthy Catholic College. Please contact the office if you missed receiving a copy of the appointment letter.

2014 NAPLAN Results

The 2014 NAPLAN results show marked improvement in all areas of assessment. Improvement has been across the spectrum from the lowest bands to the top bands in each category. Learning growth for students from Years 7 to 9 is at a greater rate than the State and also other schools in our region. This is a stunning reflection of the hard work of staff and students in building an academic culture within the school that operates counter to the prevailing educational culture. Many fantastic initiatives have driven holistic improvement which has also been reflected in student attitudes in the August whole school perception survey. Data indicating the school's performance in 2014 NAPLAN will be provided in the next newsletter.

Spirit of Catholic Education Awards Nominations

The 2015 Spirit of Catholic Education Awards will be held on Tuesday 10 March next year and nominations close for all categories of the awards (Early Career Teacher, Experienced Teacher, School Officer, Leadership, Volunteer Supporter and an Innovative Program) on Friday 5 December. Nomination forms are available on the CSO website or from the school. It is an important opportunity to recognise and celebrate the great work done by members of our school community so please take the time to complete a nomination for any person or initiative you deem worthy.

Year 12

The Higher School Certificate is well underway and students have been generally pleased with the papers presented. Exams will conclude on 4 November at McCarthy, with results available on 17 December. A barbeque breakfast will be held on the morning of the release of ATARS, 19 December.

The Year 12 Graduation will be held at Tamworth Town Hall on Thursday 6 November.

Term 4 Dates

There is a large number of significant events across the remainder of the term. These include End of Year Exams, the inaugural Sports Awards Assembly, Year 9 and 10 excursions, Year 10 Dinner/Dance, Award Night and much more. Please refer to the list of events on the top of this page and on the school calendar, available on the website.

Association Activities

The McCarthy Association (P&F) has a number of events planned before the end of the year. Please support the Hamilton Island raffle by selling and buying tickets, the Mango fundraiser (orders due today) and the annual 'fun-raising' Trivia Night, to be held on Friday 14 November at 7.00pm.

Mrs Kate Rayment – Principal

Diary Dates	
30 Oct:	Mango orders due
31 Oct:	Vaccinations
3 Nov:	Year 10 Exams commence
6 Nov:	Year 12 Dinner/Dance
7 Nov:	Years 7-9 Exams commence
7 Nov:	First Friday Mass
11 Nov:	Remembrance Day
11 Nov:	Year 8 ESSA
14 Nov:	Association Trivia Night
17 Nov:	Creative Arts Evening 6.30pm
17 Nov:	Netball AGM
18 Nov:	Year 7 English Excursion
18 Nov:	Board & Association Meetings
21 Nov:	Sports Award Assembly
25 Nov:	New Parents 2015 Information Evening
26 Nov:	Year 7 2015 Orientation Day
1 Dec:	Year 10 Excursion
1 Dec:	Year 9 Excursion
2 Dec:	Band Camp – Narrabri

RELIGIOUS EDUCATION

REC Cluster Meeting

On 21 October, McCarthy hosted the final Secondary REC's Cluster meeting for 2014. At this meeting RECs from the five secondary schools in the diocese spent time discussing the recent document forwarded by Bishop Kennedy on Catholic Values which will be embedded into the various curricula taught in our schools over the next few years. We also devoted time to looking closely at the new Year 7 RE units which will be trialled in Diocesan schools in 2015. During Term 4 RE teachers at McCarthy will begin programming for these new units and the introduction of Catholic Studies into the Year 11 program which will begin in the new school year.

Vinnies

Last week the following students were elected as the 2014/2015 Vinnies Executive Committee:

President: Pippa Herden
 Vice-President: Emily Reid
 Secretary: Chloe Hope
 Social Coordinator: Cara Paterson
 Spiritual Advisor: Lauren MacRae
 Public Relations Advisor: Teanna Haywood

Congratulations to these students. I look forward to working with them.

Mrs Cate Allen – Religious Education Coordinator

PASTORAL CARE

Condolences

Our prayers and sympathy go to Angus and Conor Lang and their family following the passing of their grandfather.

Vaccinations

All of Year 7 and Year 9 boys will receive Round 3 of the vaccinations on Friday 31 October. Students are asked to wear sports uniform, to have breakfast and to bring a water bottle. Vaccinations will only be given to those students who have submitted the appropriate forms.

Courses For Separated Parents

Centacare and the Family Relationship Centre are presenting *Building Connections* designed to help parents have healthy and strong relationships with their children. The pre-mediation program is free and covers communication, the impact of conflict and separation, setting goals and support services. Program times are Monday 3 November 5.30pm to 8.30pm, Wednesday 5 November 9.30am to 12.30pm and Friday 21 November 9.30am to 12.30pm. *Keeping Kids in Mind (KKIM)* is a 5 week accredited course (cost \$50) for separated and divorced parents in high conflict and satisfies requirements of a court ordered separated parenting course. It will run Wednesdays 1.00pm to 3.30pm beginning 19 November. Both courses will be held at the V Guy Kable Building, 201 Marius St. Phone 67629200 for information and registration.

Yarn Safe headspace

Miss Clarissa Veil, Mrs Joelene Faint and Year 8 and 9 ATSI students attended the launch of the "Yarn Safe-headspace" Centre in Darling Street last week. This is a very worthwhile and wonderful centre which will provide many ATSI students with a safe place where they are able to access professional support in regard to mental health.

Year 10 Social Event

A Year 10 social event will be held in Week 10. More information will be sent home shortly. However, please note this is not a formal event.

Theme for the Week

Students were asked 'ARE YOU READY?' (Juniors for exams, Year 11 for senior work and assessments). Good organisation, including planning for study, is essential. Often getting started is the most difficult step. Study is more effective when methods involve an activity (not just reading), are subject/level appropriate and include a variety of methods. Information about study is readily available from the Student Planners and class teachers.

October is Mental Health Month and this year's theme is 'beYOUUnique!' This week's theme promotes acceptance and an understanding of the impact that being proud of who we are, can have on our wellbeing. Students were encouraged to express themselves, stand up for themselves and what they believe in, pursue their interests, be proud of their culture, family and traditions, and to accept that other people are different. All of us are encouraged to consider our strengths and challenges and nurture our own 'unique worth'. We should also take the opportunity to support the people in our lives and celebrate the individual qualities that make them unique.

Mrs Julie McGregor – Pastoral Care Coordinator



TEACHING AND LEARNING

End of year exams begin on Tuesday 4 November for Years 10, 9, 8 and 7. Each year has been provided with a timetable that indicates when each exam will be rostered. Students will go to the hall at the specified exam time and attend normal classes during other lessons.

If your child is unable to sit for the exam at the specified time, it is essential that correct procedure is followed. If your son or daughter is unwell on the day of the exam, please telephone the school or email me at sday@mccarthy.nsw.edu.au prior to 9.00am to inform of their absence. A blue 'Application for Extension/Special Consideration' form, along with the supporting documentation, must be completed on their return to school.

Ms Suzanne Day – Teaching and Learning Coordinator

CAREERS NEWS

Year 11

Recent lunchtime talks to Year 11 students on Early Entry Schemes, scholarships and bonus HSC points have proved popular. I have also spoken to many students regarding changing their pattern of subjects being studied during their HSC year. One point I have stressed is that students who do only 10 units and intend applying to go to university will have no buffer if they receive lower than hoped for marks in assessment tasks and examinations. Everything they do will be reflected in their ATAR from this term onwards, whereas students who do more than 10 units will have a buffer and will not have their lowest scaled unit used in the calculation of their ATAR.

Based on recent reports from several universities, it is worth students continuing with subjects such as Mathematics, Physics and Chemistry if they are listed as *Assumed Knowledge* for courses. If students continue with these subjects, they may not necessarily be used in their ATAR, but they will lessen the chances of them failing associated subjects in their first year at university.

JobJump Subscription for Parents of Year 11 students

At last week's Parent/Teacher Interview evening, a yellow sheet describing all the resources available on this site and instructions for parents regarding how to subscribe to *JobJump* was available. If any parent did not receive this, copies can be collected from the office and the Careers Room.

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

PARENT INFORMATION

Association Meeting

The next meeting is Tuesday 18 November 7.00pm for 7.15pm start in the Staff Room.

Mango Orders

We are conducting our ever popular Mango Fundraiser again. Order forms were sent home with students and spare forms are available from the office. Please note orders and money are due to the school office by **Thursday 30 October (today)** in an envelope marked "Mango Fundraiser". Tell your family and friends. Thank you for your support.



Trivia Night

You are invited to attend the MCC Association's Trivia Night on Friday 14 November. The fun night commences at 7.00pm for a 7.30pm start in the hall. Cost is only \$10 per head payable on the night. Please bring gold coins, drinks and nibbles and remember that it is an over 18 only event. Prizes include the best dressed table/team, the winning team and bonus spot prizes will be awarded throughout the night.

Hamilton Island Holiday Raffle

Thank you to families who have sold books of raffle tickets. Books of 10 tickets can be collected from the office to sell. Please return tickets and money to the office by **Friday 7 November**.

LEGAL STUDIES EXCURSION

Seventeen Legal Studies students began their Year 12 course with a trip to Sydney in Week 1 this term. Venues visited included Maitland Gaol, The Glebe Coroner's Court, Supreme, District and Local Courts and The Police and Justice Museum. The students were able to gain valuable first-hand experience which will assist in their overall understanding of the criminal justice process and they are to be congratulated on their behaviour and the mature manner in which they approached these activities. Thank you to Mr Paul Hobbs who drove the bus to Sydney.

Mrs Louise Vella – HSIE Coordinator



NORTH COAST NATIONAL SHOW



Last week, the McCarthy Show Team attended the Lismore Show, a favourite with the show team students due to the friendliness of the people, the quality and competitiveness of the cattle and the calibre of the education programs run for students. This year was no exception with McCarthy students participating in Junior Judging practice, seminars on public speaking and presentation, career pathways in Agriculture with or without completing the HSC, the role of organisations within Agriculture as well as cattle handling, etiquette and showing classes.



"I learnt a lot from the education day including presenting myself in general, and especially before giving a speech, junior judging and loads more. All up it was a GREAT experience and I can't wait until next time" Sarah Pannowitz - Year 7

Newer students were able to gain valuable practical experience in the sheds, learning how the cattle are prepared for the show ring, how they are looked after during the show and how to get the best out of them in the show ring. In the Simmental Ring, Sarah Pannowitz (7) and Billy McNaughton (10) both got their first turn at exhibiting an animal in its class and enjoyed themselves immensely, bringing home some more Champion Ribbons for the school trophy cabinet. All students were able to get involved in

the Junior Beef Cattle Judging and Ryan Rogers (7) was called upon to give a speech in front of the audience. Watching and participating in the auction was a new experience, and the best part of the show according to Kelsea Kerr (7) and Megan Carter (7). Conor Noonan (7) and Sarah Atkins (8) got the privilege of taking cattle out into the main show arena for the Grand Parade and enjoyed themselves.



The team participated in the QLD Country Life Heifer Challenge (which has previously seen McCarthy awarded a Red Angus heifer and a Brahman heifer), and this required the students to work as a team and be interviewed by a judge about what they saw as the key challenges facing Agriculture, the impact of the drought and welfare concerns and the involvement of young people in the industry. The team to speak this year were our two team leaders Katie Taylor (11) and Billy McNaughton and one lucky junior Ben Hewitt (7). They all responded clearly and professionally and gave the judge plenty to think about.

Thank you to Mr Kieran Molloy for helping with transport and supervision, and to Mr Rob Maxwell for helping make Lismore happen. The McCarthy Show Team appreciates everything that everyone has done for us to help in any way this year.



Miss Leanne Sjollema – Agriculture Teacher

BAND NEWS

On Saturday 25 October the McCarthy College Concert and Jazz bands performed at the St Nicholas' Spring Fair. They entertained the crowds admirably in sweltering heat for two hours. There were many positive comments on how great the music was.

Front: Madeleine Gale, Jeffrey Wong, Hayden Davy, Gabby Studdy
Middle: Edward George, Jack Lange, Ryan Thompson, Mrs Lane, Roy Barnes
Back: Daniel Glasson, Jessica Higgins, Eleanor George, Jasmine Tan.



NEW ENGLAND SINGS

This Sunday, 2 November, a group of McCarthy students will be participating in our region's biggest choral showcase - New England Sings. There will be eight hundred students from twenty-five schools participating in two concerts. Our students will be participating in the Secondary Massed Choir in both concerts. Students will perform an inspiring program of Australian music - from colonial folksongs, premieres based on lyrics by New England writers Sophie Masson and Judith Wright to the great rock anthem "You're the Voice". It will be an unforgettable experience for students and audiences alike.

Each concert has 550 seats only. If you would like to book, please go to: www.trybooking.com

Mrs Suzanne Perfrement

Expressions of Interest – Europe Cultural Tour (Adults) September/October 2015

After a number of inquiries in regard to the possibility of tour of a Europe for adults, I have organised a very interesting tour that focuses on the best of Italy, Switzerland, and Germany. We explore: the wonders of Rome, the unique beauty of the Amalfi Coast and the Cinque Terre, the magnificence of Venice and Florence, the best of Italian hillside villages and Tuscany, the wonder of the Swiss Alps, the magic of Vienna, Prague and the Romantic Road, just to mention a few of the highlights.

The tour includes airfares and all transfers, a tour guide for the whole trip, admission fees and local tour guides for all the main attractions eg the Vatican, all breakfast and most dinners, 4 star plus hotels. If you are interested in this trip, please contact me on ph: 0419418806 for a copy of the itinerary and we can explore our options further.

Ms Denise McHugh

SPORT

Notice of McCarthy Netball Club Annual General Meeting

The **Annual General Meeting** of the McCarthy Netball Club will be held on **Monday 17 November 2014** at **6.00pm** in the staff lunchroom at McCarthy Catholic College.

All interested parents are invited to attend. For further enquiries please contact Mrs Donna Forrest at the office.

Berg Shield

McCarthy travelled to Armidale on Friday 24 October to play O'Connor in the first round of the Berg Shield cricket knockout competition (for boys up to Year 9). McCarthy lost the toss and batted first. After the loss of three early wickets Jye Paterson (86) and Connor Robinson (56) combined for a partnership in excess of a hundred. This formed the basis for a formidable McCarthy score of 9/206 from their 30 overs. Jack Murrie (2/8) took two early O'Connor wickets. O'Connor continued to lose wickets at regular intervals on their way to being dismissed for 119 in 26 overs. Toby Whale's leg spin bowling was particularly impressive on his way to figures of 3/6 (including a near hat-trick). McCarthy now progress to play the winner of St Mary's Gunnedah and St Philomena's Moree in the second round.

Thank you to Mr Williams and Mr Denton for accompanying the students.

Team: Alex Cook, Jack Croake, Egan Dunn, Lachlan Glasson, Jack Hannaford, Tristan Hunter, Jack Murrie, Jye Paterson, Connor Robinson, Toby Whale, Ben Wilkinson, Kuzi Jaravani.

McCarthy Equestrian Team

From Saturday 18 October to Tuesday 21 October eighteen students from the McCarthy Equestrian Team competed at the Inaugural Inter School Horse Extravaganza held at the Australian Equine and Events Centre in Tamworth. Students competed in many disciplines throughout the four days including Working Horse Challenge, Sporting, Hacking, Dressage, Show Jumping and One Day Eventing. The students enjoyed the experience of riding in a world class arena.

McCarthy entered three teams in the Team Mug Race. Sam Collett competed in the Woof'n'Hoof where there was lots of audience participation. Sam and his brother, Ben (former student), gave a Horse Ball demonstration displaying great horsemanship skills.

Jessica Clarke was McCarthy's flag bearer accompanied by Natasha Achurch in the Opening



Ceremony.

Students won ribbons in all events with the following winning major prizes:

Sam Collett – Reserve Champion 16 Years Sporting

Jessica Clarke – Champion 14 Years Sporting

Sophie Barr – Reserve Champion 14 Years Sporting and 60cm One Day Eventing

Matthew Letton – Champion Senior Boy Rider

The team consisted of Natasha Achurch, Sam Collett, Georgia Achurch, Olivia Ruttley, Bella Burr-Clift, Jessie Cutcliffe, Sophie Barr, Alina Goor-Ditchfield, Michael Davis, Isabel Davis, Rachael Gimbert, Melanie Young, Paige Leonard, Tammy Rolls, Emma Dumble, Jessica Clarke, Matthew Letton and Laura Munt.

Mrs Julie Kellahan Equestrian Coordinator

NSWCCC Country North 15 Years Cricket

Jye Paterson was selected in the Northern CCC Cricket Team after the trials at Coffs Harbour. He will travel to Sydney to play in that team on 11 and 12 November against two metropolitan teams and one Southern CCC team and out of those trials they will select the NSWCCC Under 15s team. Toby Whale was selected as a shadow reserve pending the health of one of the boys selected.

Gymnastics

Hannah Dowden, Alysha Baker and Amber-Jade Kuczer competed at the NSW Junior Gymnastics State Championships in Sydney last weekend. Congratulations to Hannah who placed 1st on bars, 3rd on beam, 5th on floor resulting in placing 3rd overall in Level 4 13 years plus. Alysha and Amber-Jade performed admirably.

McCarthy Association - FUN RAISER

You are invited to attend

- Date** Friday 14 November 2014
Time 7.00pm for 7.30pm start
Venue McCarthy Catholic College Hall
Who Over 18s only (this isn't a kid's night)
Bonus Only \$10 per head (payable on the night)
Bring Your gold coins, own drinks, nibbles



Best dressed table/team

Winning trivia team

Spot prizes will be awarded throughout the night

To register please choose an option below:

1. Phone the school with your table name on 6761 0800
2. Email admin@mccarthy.nsw.edu.au
3. Return the slip below to the school office

by Monday 10 November 2014

So Register Your Table of 8 People NOW



McCarthy Trivia Night Friday 14 November 2014

Please register a table of 8 for the following team.

Name: _____

Team Name: _____

Contact Number: _____

If you don't have a table of 8 but would like to come, please register and let the girls know that you don't have a full table. We will put together a table for you.

INSIGHTS

by Michael Grose - Australia's leading parenting educator

Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children's) long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children's resilience.

Robber # 1:

Fight all their battles for them

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.

Robber # 2:

Make their problem, your problem

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here's a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

Resilience notion # 2: Make their problem, their problem.

Robber # 3:

Give kids too much voice

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.

Robber # 4:

Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

Resilience notion # 4: Keep expectations in line with children's abilities and don't put excessive pressure on them.

Robber # 5:

Let kids give in too easily

Resilient learners link success with effort. They don't give up because they don't like a teacher or when confronted with multi-step or more complex activities. Similarly they don't bail out of a sporting term half

way through the season because the team is not winning or they are not enjoying it.

Resilience notion # 5: Encourage kids to complete what they have started even if the results aren't perfect.

Robber # 6:

Neglect to develop independence

Don't wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

Resilience notion # 6: Don't routinely do for kids what they can do for themselves.

Robber # 7:

Rescue kids from challenging or stretch situations

There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

Resilience notion # 7: Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life's curve balls.

And that is a huge lesson to learn at any age.

Published by Michael Grose Presentations.
All rights reserved.

For more ideas, support and advice
for all your parenting challenges
visit: www.parentingideas.com.au

While you are there subscribe to
Happy Kids, Michael's hugely
popular email newsletter.



PO Box 167 Balnarring VIC 3926 P. 03 5983 1798 F. 03 5983 1722 E. office@parentingideas.com.au

