

Newsletter

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Dear Parents & Students,

Prayer

"And about this thing I made request to the Lord three times that it might be taken away from me.

And he said to me, my grace is enough for you, for my power is made complete in what is feeble.

Most gladly, then, will I take pride in my feeble body, so that the power of Christ may be on me.

So I take pleasure in being feeble, in unkind words, in needs, in cruel attacks, in troubles, on account of Christ: for when I am feeble, then am I strong."

(2 Cor 12:8-10)

Reflection

When St Paul writes to the Corinthian church, he declares that *"...when I am weak, then I am strong"*. Here is an important truth. All of us have things that we struggle with and things that at times seem to overwhelm us.

These are the areas of our lives where we can invite the living God to inhabit us with His strength and power. A well-known reflection on the life cycle of the butterfly presents a similar commentary on the trust that we place in God's strength.

The Butterfly

A man found a cocoon of a butterfly. One day a small opening appeared, he sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no further. So the man decided to help the butterfly, he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shrivelled wings.

The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shrivelled wings. It never was able to fly. What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been. We could never fly.

Author Unknown

PRINCIPAL MATTERS

The Twilight Swimming Carnival held last week presented a prime example of the wonderful community spirit that lives and breathes at McCarthy. While elite swimmers were given the opportunity to shine in front of their peers, other students received the intrinsic reward of contributing to their House team by participation. I commend the effort of the Student House Leaders and Mr Matt Feltrin for their untiring and enthusiastic efforts to coordinate and deliver a wonderful community experience for all that attended. Congratulations to Chisholm House in securing a strong win based on dedicated participation and great House spirit!

At the Assembly on February 25, I had encouraged the students to strive for personal excellence and 'playing big' rather than 'playing small'. The context of my exhortation relates to a passage from 'A Return To Love' (1992) by Marianne Williamson –

"Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others."

Certainly those students who attended the swimming carnival made that effort to 'shine' and play big. Well done!

Diary Dates	
5 Mar:	HSC Music Workshop – Armidale
6 Mar:	First Friday Mass St Nic's 7am
6 Mar:	Moonbi Horse Sports
7 Mar:	Open Day 10am – 1pm
9 Mar:	Catholic Schools' Week
11 Mar:	Vaccinations (Year 7)
11 Mar:	Surviving Your Adolescents Evening
12 Mar:	Forensic Science Presentations
12 Mar:	Diocesan Swimming – Moree
17 Mar:	Cybersmart Presentation
17 Mar:	Yrs 7/8 Science & Engineering Challenge
17 Mar:	NW Property Planning Day
17 Mar:	Health Careers Expo
17 Mar:	Board & Association Meetings
18 Mar:	Year 8 English Performance
18 Mar:	Yr 9/10 Science & Engineering Challenge
20 Mar:	Diocesan U15 Rugby League – Tamworth
24 Mar:	Reconciliation
24 Mar:	Warraymalaya Retreat
24 Mar:	Association Wine and Cheese Night
26 Mar:	Diocesan Touch - Inverell

In a similar manner and more importantly, I encouraged the students to take that effort into the classroom. As most teenagers seem to focus on their self-image and what their effort in class may look like to others, the courage to let their light shine is a challenging, but exceptionally rewarding thing to do. As our most recent PAT testing would attest, the effort that some students are putting into their academic work is reaping measurable improvement. So, the irresolvable will to 'play big' and strive to achieve in the classroom is truly the main game at McCarthy when that type of attitude is adopted. I encourage students to keep working hard with their teachers to improve!

Board and McCarthy Association Annual General Meetings – March 17.

The Annual General Meeting for the Board (5.30pm) and Parents Association (7.00pm) will be held on Tuesday March 17. I strongly encourage current members to stand for office bearer positions as they become available this month. The enormous commitment that the current executive have dedicated to their roles is to be commended. As a community, McCarthy Catholic College is indebted to the wisdom and hard work of current members. Please feel welcome to attend the McCarthy Association Meeting at 7.30pm in the staffroom. If you are interested in nominating for Board membership please contact the College to access contact details for the Board Chair – Mr Adam Green.

Round 1 Enrolments

A reminder that Round 1 enrolments for Year 7, 2016 close on Wednesday 1 April.

Catholic Schools Week 8 – 14 March

The theme for Catholic Schools Week 2015 is "Educating for Today and Tomorrow". The theme ties in with the 50th anniversary of the Declaration on Christian Education, *Gravissimum Educationis*. The document recognised the continuing need for the Church to support parents in the education of their children.

Catholic Schools Week is about strengthening relationships between all those who have a stake in our schools – students, staff, families, priests, parishioners and members of the wider community – by showcasing what happens in our classrooms every day.

May your God go with you.

Mr Geoff McManus – Principal

RELIGIOUS EDUCATION

Liturgy

McCarthy marked the beginning of the Lenten season by attending Ash Wednesday Mass in the four parish churches in Tamworth. Staff and students assisted with readings, altar serving and the distribution of ashes as a reminder of our immortality and need to believe the good news of the Gospel. I would like to take this opportunity to thank the priests for their ongoing support.

Lenten Group

Our Lenten group on Wednesday evenings from 7.00pm – 8.30pm continues to grow each week. Our reflection and discussion on the Sunday readings have been both prayerful and enriching. With four weeks of Lent remaining, I invite and welcome any parents who would like to come along and take up this opportunity for prayer and reflection as part of their Lenten observance.

Caritas

The official launch of Caritas took place at our assembly on 25 February. Mr Brian Sullivan introduced his guest, Mr Aemon Sharkey, a young man from Ireland, who has dedicated his life to working for Caritas. Aemon spoke to the students about making a difference in the world. At present our fundraising efforts, which include Shrove Tuesday Pancake sale, the BBQ at the swimming carnival and donations during Mentor Group, have reached \$1000.00.

Vinnies

On Wednesday 25 February, the St Agnes Conference held their first social gathering for the year, a film and pizza night. The evening was designed to help the St Agnes Conference members get to know one another better and to welcome new members to the group. The executive organised some get-to-know you activities at the beginning of the evening before settling in to enjoy a film together. The evening was attended by twenty-five students from Year 7, Year 10, Year 11 and Year 12.

Mrs Cate Allen – Religious Education Coordinator

ASSISTANT PRINCIPAL

Last week we held our 2015 Swimming Carnival and it was a very successful community building event. Congratulations to all students who contributed to the accumulation of House points through attendance and participation. Congratulations particularly to the winning house, Chisholm. Earlier in the term Chisholm House were awarded a bonus 50 points for their singing of the National Anthem. In the assembly prior to the carnival, MacKillop's team spirit saw them add 50 points to their total, following their team chant. Well done to MacKillop leaders and patrons.

We have now completed PAT testing in Years 7-11. The initial data suggests that school results continue to improve, a tremendous boost to our academic drive. Student results from the tests will be used to determine future initiatives and interventions, as well as being foundational to planning. Additionally Mrs Briony Martin and myself recently attended a workshop run by Dr John DeCourcy. Each year the DeCourcy report analyses the HSC data for 125 Catholic schools across the state. The report helps to frame important questions that support improved pedagogy.

Mrs Sally Sparke – Assistant Principal

PASTORAL CARE

Condolences

Our thoughts and prayers are with Emily Klepzig and her family following the passing of her grandfather and Joshua Hawrylcw and his family following the passing of his grandmother.

Elevate Education

Last week, Year 11 and 12 students attended the very informative Elevate Education seminar. I encourage you to ask your child about the sessions and overall presentation of the seminar.

Surviving Your Adolescents - Learn how to manage and let go of your 11-22 year old.

This FREE course covers:

- What is normal adolescent behaviour.
- How to manage teen risk-taking.
- The Four Cardinal Sins (what not to do).
- The relationship between parent-teen communication and adolescent safety.
- The four ways to improve your relationship.
- How to respond to emotional blackmail.

When: Wednesday 11 March from 5:30pm - 8:30pm

Where: McCarthy Catholic College, room A4.

Registration: Phone the Family Relationship Centre Centacare on 6738 7200 before 4 March, numbers are limited.

Vaccinations

The first of the 2015 vaccinations will take place on 11 March for Year 7 students only. Please note change of date.

Year 7:

- Diphtheria, Tetanus and Pertussis (Whooping Cough) as a single dose;
- Varicella (Chickenpox) as a single dose;
- Human Papilloma Virus (HPV) in a 3-dose schedule.

All students are to wear sports uniform and have a good breakfast.

Year 11 and Year 12 (date to be advised):

- Measles, Mumps, Rubella as a single dose as part of a catch-up vaccination program for students who are not fully protected.

Information packs have been sent home. Please read and carefully complete ALL required sections of the permission forms which are to be returned to Mentors.

The Cybersmart Outreach – Internet Safety Awareness Presentation

To help students stay safe online, McCarthy is hosting a Cybersmart Outreach – Internet Safety Awareness presentation on Tuesday 17 March. McCarthy is committed to helping students develop appropriate behaviours when using digital technologies, both at school and home. The presentation is non-technical and covers the ways children use the internet and emerging technologies, potential risks for children online such as cyberbullying, identity theft, inappropriate contact and tips to help children stay safe online. Parents are invited to attend the presentation at 5.30pm in the PAC. Please RSVP to school by Monday 9 March.

Theme for the Week

Our theme in Week 4, “How Have I Started”, asked students to assess their progress so far. Do they have all necessary equipment, is it labelled and accessible? At home, how are they managing their time and work space? In and out of class, what are they doing to improve their learning? Are they using the additional resources on offer, eg Study Club, Maths help, Mathspace?

In Week 5, our theme “Care” encouraged all to do as Jesus did and care for others. Kindness given encourages kindness in others.

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

Mrs Libby Molony – Pastoral Care Coordinator

PARENT INFORMATION

McCarthy Association Annual General Meeting

Our next meeting is our AGM on Tuesday 17 March, 7.00pm for 7.15pm, followed by the monthly meeting. All positions will be declared vacant - President, 2 x Vice Presidents, Secretary, Treasurer and Board Representative. A nomination form for these Executive committee member positions is included with this newsletter. Please return this to the school office no later than 10 March.

Camper Trailer Raffle

This year the McCarthy Association will be raffling a MDC Extreme Explorer V3 Camper Trailer plus inclusions valued at \$10,000. Tickets are \$2.00 each and will be drawn on Thursday 17 September 2015. The ticket books are available at the office for students to collect. Proceeds will go to the refurbishment of toilet blocks and purchasing of outdoor furniture. Please see flyer attached.

Wine and Cheese Night

You are invited to attend the McCarthy Association Wine and Cheese Night on 24 March. Please see flyer attached.

G'DAY USA 2016

A McCarthy student group will be travelling to the USA in January 2016. This tour provides a wonderful experience to our students including such activities as staying with an American family and attending an American school. Our student group will be meeting on Wednesday 10 March at the school library. New group members and interested students are welcome to attend. For further information please contact Mrs Fiona O'Neill or Mrs Suzanne Perfrement at school.

TEACHING AND LEARNING

Last newsletter, I discussed what you could do as a parent in regards to your child’s homework space. By now, I trust your family has worked out where the best place to complete homework for each of your children.

Another key to homework success is to ensure there are healthy snacks available. Lunchtime finishes at twenty past one at McCarthy and dinner is still a long way off by the time most students arrive home. Replenishing with low sugar and low fat food will help with your child cope with their work at home. Now, not many of us have time to create Grape Caterpillar Kebabs however, we can manage this:



Ideally homework snack foods should be ‘easy’ because you don’t want the kitchen in a mess before dinner. ‘Healthy’ so that your child is not hyped with processed sugar, unable to concentrate as well as overloaded with unnecessary kilojoules. The snack should also be ‘dinner friendly’. Although pre-packaged snack foods are convenient, they are higher in cost as well as being more processed, which is less beneficial for growing bodies. Naturally water is the ideal drink rather than soft drink and fruit juice. There are plenty of suggestions available on the internet if you are struggling with ideas.

Ms Suzanne Day – Teaching and Learning Coordinator

CAREERS NEWS

Regional Universities Roadshow



McCarthy hosted the Regional Universities Roadshow on Wednesday 18 February. Year 12 students from McCarthy, as well as students from other local schools, attended presentations by University of New England, Charles Sturt University and Southern Cross University on what is involved in going to university, the benefits of university study and basic things to consider such as cost, accommodation, scholarships, exchange programs and much more.



Year 11 University Discovery Excursion



At the beginning of Term 1, seventeen Year 11 students travelled to the University of Wollongong to attend their Discovery Day along with over 1500 other senior students. This was followed by guided tours of four Sydney universities: Macquarie, UNSW, UTS and the University of Sydney. Students had the chance to hear about aspects of university life, see what these universities offer in terms of courses and accommodation and also to spend two nights at different colleges which offer accommodation for university students. As well as the tour guides, we were also able to catch up with various ex-students of McCarthy at



these places. These students were wonderful ambassadors of our school and all gained insights, information and some have now changed the directions and goals they will be pursuing after the HSC. Thank you to Mr Hobbs for accompanying us and being our chauffeur.

Lunchtime Presentations

Guest speakers from the Defence Force will be visiting the school in early March to speak to interested students. There will be talks on Early Entry Schemes and HSC Bonus Points coming up for senior students. Students will be given more details about these soon.

Work Experience

Several students have already applied to do work experience this year. We have had one student, Emily Torode in Year 11, already complete a week working with Australian mammals at Taronga Zoo in Sydney. We have another student going to Western Plains Zoo and one doing work experience with the Australian Navy at Nowra later this term as well as one doing work experience in the April holidays with a local electrician. For more details about the school's Work Experience Policy and the procedures involved, please go to the Work Experience section on the school's Careers website:

<http://mccarthy.nsw.edu.au/careers/work-experience/>



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

ENGLISH



McCarthy Catholic College hosted the 2015 Year 12 English Study Day on Friday 20 February. Barbara Stanners, a renowned HSC text author and teacher, presented a workshop on the Discovery Area of Study. As this concept has not been examined prior to this year, the study day doubled as professional development for teachers as well. Both St Mary’s and O’Connor High Schools joined with the McCarthy students and teachers for the first time, making the presentation a Diocesan wide event. The study day gave students the opportunity to listen to a lecture style presentation as well as the opportunity to practise their writing skills in a number of student centred activities scattered throughout the day. The cost of the study day also included a student workbook, giving students vital information to assist them to achieve success in Paper 1 of the English HSC Examination.

Federation Cup Debating

All three McCarthy teams were successful in winning their debates on Thursday 12 February and 26 February. Congratulations to all students who participated as they presented thought-provoking arguments and lively rebuttal.

Year 8: Sophia Anderson, Ryan Thompson, Abigail Kelly, Jonathon Abra and Alana Noonan.

Year 10: Katherine Sleiman, Emily Thompson, Karie Mayman and Isabelle Turner.

Year 12: Bridget Galvin, Vindhya Dayaratne, Teanna Haywood and Lauren Challens. Pippa Herden substituted for Teanna Haywood.

The third round will be contested at Cowper Boys’ School at 7.00pm on 5 March (tonight). The final will be conducted at Calrossy Anglican School on 26 March. Family and friends are invited to come along and support the Year 8, 10 and 12 Debating Teams.

Mrs Katrina Sullivan - English Coordinator

MUSIC

Music Rehearsal Schedule

McCarthy offers many musical ensembles that students can participate in. They rehearse in the PAC/Music Rooms as follows:

Monday Day 1: Lunch String Ensemble and Saxophone Quartet

Tuesday Day 2: before School Jazz Band, Lunch Drum Group

Thursday Day 4: before School Concert Band/Orchestra, Lunch Junior Band

Friday Day 5: Lunch Vocal Ensemble

Monday Day 6: Lunch String Ensemble

Tuesday Day 7: before School Jazz Band, Lunch Drum Group and Brass Ensemble

Thursday Day 9: before School Concert Band/Orchestra, Lunch Junior Band

Friday Day 10: Lunch Vocal Ensemble.

Please speak to the Music teachers if your child is interested in participating.

DRAMA NEWS

Exciting times ahead for Jaydon Merrick, who plays the role of young King John in James Goldman's play *The Lion in Winter*. The play is set in 1183, as the British monarch prepare for Christmas, and is being performed at Tamworth's Capitol Theatre Friday 20 – 29 March. I encourage you to support our local theatre and attend the performance.

SPORT

Swimming Carnival

The Swimming Carnival was held at Scully Park Pool on Thursday 26 February. There was wonderful House spirit and participation on the day. Congratulations to Chisholm House who finished the day with 728 points. Edmund Rice was the winner of the Participation Award and Dominic won the Cup Cake Challenge.

1st place: Chisholm 728 points, 2nd place: MacKillop 707 points, 3rd place: Dominic 605 points, 4th place: Edmund Rice 515 points.

Congratulations to the following students who were Age Champions:

Girls

- 12 years Mikaela Short
- 13 years Eloise Turner
- 14 years Josie Chick
- 15 years Molly Johns
- 16 years Annie Hobson
- 17+ years Tarryn Rizzi

Boys

- Owen Bennett
- Benjamin Fox
- Edward George
- Jake Mitchell
- Jayden Gimbergh
- Morgan Pennefather



Ron George Cricket

McCarthy played Farrer 1 on 23 February. McCarthy won the toss and scored 4/206 with Jye Paterson top scoring with 114, Keytan Hislop 43, Toby Whale 15 and Lachlan Glasson 15. In reply, Farrer scored 7/130 with Alex Cook 1/0, Matt Hughes 1/12, James Austin 1/13, Toby Whale 1/13 and Lachlan Glasson 1/13.

NSWCCC Cricket

Jye Paterson and Toby Whale travelled to Auburn on Monday 16 February for NSWCCC Cricket Selections. Jye captained the Northern CCC team, and elected to bowl first. The team bowled Metropolitan 1 out for 134, with Jye taking two wickets. Toby and Jye then opened the batting, with Toby scoring 30 and Jye 31. Unfortunately the team lost by 12 runs. Both boys played well on the day. Jye was chosen in the NSWCCC side and returned to Auburn to contest the selection trials for the NSW All Schools’ team this week.

NSW Triathlon Championships

Ella and Sophie Heeney competed at the combined NSW All Schools’ and NSWCCC Triathlon Championships at Eastern Creek on 26 February. Congratulations to Sophie who won the gold medal in the NSWCCC 17+ competition and 4th overall in the All Schools’. Ella won a bronze in the NSWCCC 15/16 competition and 9th overall in the All Schools’. Jayden Gimbergh, Morgan Pennefather and Daniel Morris competed in the Triathlon team event placing 5th in the NSWCCC competition and 13th overall in the All Schools’.

Netball Registration

All player forms and payments for registration fees and uniforms are to be handed in on one of the following registration days during lunch time at the McCarthy hall.

- Monday 9 March: 12.40pm – 1.20pm
- Tuesday 10 March: 12.40pm – 1.20pm
- Wednesday 11 March: 12.50pm – 1.30pm
- Thursday 12 March: 12.40pm – 1.20pm.

Hockey

Harper Galvin travelled to Newcastle on 14 and 15 February for trials for selection in the NSW Under 15's Hockey team. Harper was selected and will travel to Hobart for the National Championships from 11 to 19 April. Congratulations to Harper. Ehren Hazell was selected in the Under 18 Blue second team.

Swimming

On 21 and 22 February, Mikaela Short competed at the 2015 NSW Country Swimming Championships at Homebush. She won a bronze medal in the 100m butterfly and 100m freestyle, a silver medal in 100m backstroke and a gold medal in 50m backstroke, where she broke the record (33.13). Her time was 32.71.



McCarthy Association Election of Office Bearers for 2015

NOMINATION FORM

Position: _____

Nominee: _____

Nominated by: _____

Seconded by: _____

I accept nomination:

Signed: _____ **Date:** _____

Contact Phone Number: _____

Please return this form in an envelope marked “McCarthy Association Election Nomination 2015” to the office of the school by no later than Tuesday 10 March 2015 which is 7 days prior to the Annual General Meeting for 2015.



You are invited to attend the McCarthy Association Wine and Cheese Night

- When:** **Tuesday 24th March 2015**
- Where:** Staff room – directions at the front of school
- Time:** 6.30pm for 7.00pm – 8.00pm
- RSVP** **Monday 23th March 2015**
 By email to admin@mccarthy.
 Or phone 6761 0800
 Or drop the slip below to the office

As the Parent body of McCarthy, the Association welcomes you to our first social night for 2015. It's the first opportunity for all new parents to McCarthy to meet and say 'hello' and for you to get to know who the committee is. It's always comforting to recognise a face either at school, or doing the groceries!

Over a glass of wine or juice, you can find out what the Association is all about and the calendar of events for 2015.

We hope you can join us.

Please note: This is a parent only social function

✂ _____

Yes I will be attending the McCarthy Association Wine and Cheese night on **Tuesday 24th March 2015.**

Name: _____

Number attending: _____

Contact number: _____

McCarthy Catholic College Association

\$10,000 fully equipped Camper Trailer

to be drawn on Thursday 17th September 2015

McCarthy Catholic College Association

RAFFLE

TICKETS \$2

WIN

MDC - EXTREME EXPLORER V3 CAMPER TRAILER

- On road costs
- 1 x Swing out kitchenette including sink and fold out bench
- 1 x Sealed Aluminium Toolbox
- 1 x 85 Litre Water Tank, with Hand pump on Kitchenette.
- 1 x Brand new Spare Tyre and Tyre Carrier
- 1 x Gusseted Stone Guard with Quality Mesh & Bungee wrapping

Other inclusions:

- Weber BBQ • Rope lighting • Cutlery • 16pc Crockery set • Kettle • Table and chairs
- 2 x Gas cylinders • Gasmate 2 burner gas stove and grill • Coleman rechargeable Lantern
- Fridge Freezer 65L Companion • Fridge stand • Bunk beds • 2 x self inflating Mattresses
- 1 x Queen mattress • 2 x jerry cans • Portable Clothesline • Porta potty • Double pop up awnings

Total price valued at **\$10,000**

RAFFLE DRAWN ON THURSDAY 17TH SEPTEMBER 2015

Dear Parent's / Guardians,

Our major raffle for 2015 is a fully equipped Camper Trailer valued at \$10,000 including all onroad costs. We hope as many families support this raffle as all monies raised will go towards the refurbishment of the students' toilet block and more outdoor seating. You can request to collect a raffle book from the school office, each book has 10 tickets and each ticket sells for \$2.00.



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: