

Newsletter

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Dear Parents & Students,

Prayer

A Lenten Prayer

Almighty and Everlasting God,
 You have given the human race
 Jesus Christ our Saviour as a model of humility.
 He fulfilled Your will by becoming Man
 and giving His life on the Cross.
 Help us to bear witness to You
 by following His example of suffering
 and make us worthy to share in His Resurrection.
 We ask this through our Lord Jesus Christ, Your Son.
 Amen. (<http://www.catholic.org/prayers>)

Reflection

This year, Pope Francis has asked that the 2016 Lenten season “be lived more intensely as a privileged moment to celebrate and experience God’s Mercy” (Misericordiae Vultus, 17). In the Jubilee of Mercy, Pope Francis’ invites us to enter our Lenten observances with a more intense focus on the Corporeal works of mercy as a means of extending God’s mercy to others and in so doing we make God’s mercy a reality, “[a first-hand experience]” for others. The Corporeal works of mercy include feeding the hungry, clothing the naked, visiting the sick and imprisoned, sheltering the homeless and burying the dead.

For those of you who would like to explore the deeper meaning of Lent this year I would like to recommend the following website of the United States Conference of Catholic Bishops; <http://www.usccb.org/prayer-and-worship/liturgical-year/lent/>

PRINCIPAL MATTERS

Last week we celebrated Ash Wednesday. This was done as a whole school through ritual that explained the meaning of Ash Wednesday and its significance to our Catholic faith. Ash Wednesday is the first day of Lent. It takes place 46 days before Easter Sunday. It is meant to be a day of reflection whereby we consider what needs to change in our lives if we are to be “fully” Christians. Lent is a season that reminds us to repent and get our lives centred, our priorities straight, and our hearts clean.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolise the dust from which God made us. As the ashes are placed onto a person’s forehead, they are accompanied with the following words: “Remember that you are dust, and to dust you shall return” or “Repent and believe in the Gospel” or “Turn away from sin and be faithful to the Gospel.”

The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with holy water and are scented by exposure to incense. While the ashes symbolise penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance. The ashes are signs that we have sinned, and that the difference between the good in us and the bad in us is sometimes frightfully thin. It is recognition that we often fall short of the faith we claim. We have sometimes treated people as things and we have sometimes treated things as if they were as valuable as people. Lent is also meant to be a season of hope and with ashes on our foreheads and hope in our hearts, we go forth to love and serve. For by God’s grace in Christ, we do not have to stay the way we are, with God’s grace we can all change.

Lent is a great time to spend some individual time with your children. It is a good time for conversation around what they feel about themselves and the challenges that they may face to become a good person. Often these conversations are avoided because they can be confronting to young teenagers. However, they can often be conversations that open into the sharing of real feelings and issues that may have been suppressed for some time. Such conversations can often offer hope and understanding in situations that some young people may not have the knowledge or skills to resolve and see as hopeless.

Twilight Swimming Carnival

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 MacKillop House in securing a great “last-gasp” win (by 3 points!) over the ever-competitive Dominic based on dedicated participation, particularly in the relays (double points!). For those who attended there was a wonderful exhibition of House spirit, especially from the Year 12 students and notably from a good proportion of the new Year 7 students. Well done to all involved.

Leaders of Learning

As I wrote last week, one of the key strategic goals for 2016 is to support the growth of teacher capacity to enhance comparative learning gain for all students. Contemporary research about growing teacher capacity would strongly suggest that teachers perform

Diary Dates

19 Feb: HSC English Study Day
 23 Feb: Year 7 RE Presentation
 29 Feb: Year 7 Camp
 7 March: Catholic Schools’ Week
 7 March: Year 7 Vaccinations
 8 March: Year 11 Property Planning Day
 10 March: Diocesan Swimming Carnival – Moree
 10 March: HSC Music Workshop
 12 March: Open Day
 15 March: Board & Association AGMs
 16 March: John Coutis Presentation
 16 March: Diocesan U15 Rugby League
 16 March: Year 9/10 Touch Carnival
 22 March: Year 7/8 Science & Engineering Challenge
 23 March: Year 9/10 Science & Engineering Challenge
 25 March: Good Friday
 28 March: Easter Monday
 29 March: Warramalaya Retreat

best in collaborative contexts. In that light we are growing the capacity of six of our staff at a Leaders of Learning Workshop in Armidale later this week. These expert staff will receive some of the latest instruction in skills that relate to the transformation of Curriculum, Assessment, Instruction and Teacher Development. This experience is another example of the fine work our staff are doing as instructional leaders to support and enhance the academic growth of our students.

Board and Parents Association Annual General Meetings – March 15

The Annual General Meeting for the Board (5.30pm) and Parents Association (7.00pm) will be held on Tuesday March 15. 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 we are indebted to the wisdom and hard work of current members. Please feel welcome to attend the Parents Association Meeting at 7.00pm in the staffroom. If you are interested in Board membership please contact the College to access contact details for the Board Chair – Mr Adam Green.

Enrolments for Year 7 in 2017 close April 8 2016

McCarthy Catholic College extends an invitation for students seeking enrolment into Year 7 in 2017. The only round of Year 7 applications for this year will close on Friday 8 April. **Fully completed application forms** and the **\$100 application fee** need to be lodged at the College on or before **Friday 8 April**. Mrs Libby Molony will visit the Catholic primary schools over the next few weeks and issue Year 6 students with an enrolment package. Interviews will be conducted throughout Term 2. **Open Day** will be held on **Saturday 12 March** from 10.00am until 1.00pm.

Contact the office on 6761 0800 for an application pack and/or more information.

Mr Geoff McManus – Principal



RELIGIOUS EDUCATION

The early weeks of 2016 have seen two liturgical firsts for McCarthy Catholic College. The first of these was the Opening School Mass which we celebrated on Friday 5th February. The Mass of the Holy Spirit was concelebrated by Father Joe and Father Joseph in the college Hall and for the first time the McCarthy community experienced celebrating the Eucharist together as a united group. On Ash Wednesday, once again as a whole school community, we marked the beginning of Lent with the Liturgy of the Word and Distribution of Ashes. Eight staff placed blest ashes, which came from the burning of last year's Palm Sunday, on the foreheads of our students. I would like to extend to Fathers Joe and Joseph our sincere thanks for their support in making these two liturgical experiences possible. The year group Masses continue with Year 12 last week and Year 11 this week.

Vinnies

The first meeting this year was supported by approximately thirty students from Years 7-12. The students agreed that their goal this year was to better all previous fundraising records. On Shrove Tuesday they raised a total of \$340.00 compared with last year's \$285.00. I would like to commend the students for their efforts, generosity and teamwork.

Sisters of St Joseph

Saturday 19 March 2016 is the Feast of St Joseph. On this day the Sisters of St Joseph celebrate 150 years since their foundation in Penola South Australia in 1866 as a result of the dream of Mary MacKillop and Fr Tenison Woods. The Sisters invite you to join with them in giving thanks to God for the countless blessings that have come to Australia and beyond as a result of the ministry of the Sisters in small country places and larger cities.

Mass will be celebrated in a number of centres throughout NSW on this Feast of St Joseph. Priests and Religious, Associates, family, friends, ex-students and current students of the Sisters are invited to join the Sisters in the celebration of Mass followed by refreshments.

Mass will be celebrated at St Patrick's Church, West Tamworth at 11.00am on Wednesday 13 April. RSVP ph: 46771477 or 0418674452 or email julie.simpson@sosj.org.au

Mrs Cate Allen – Religious Education Coordinator

ASSISTANT PRINCIPAL

The recent Swimming Carnival was not only a showcase of sporting talent; it was wonderful to see such proactive leadership from the senior students in attendance. The House Captains were inspirational and ably supported by other Year 11 and 12 students.

On Monday 15 February, Olivia Dillon and Matilda Shumack represented McCarthy and laid a wreath at a service commemorating the Sandakan Death Marches in ANZAC Park. The girls were accompanied by Mrs Kate Woolaston.

There are a number of late afternoon bus students who walk to Coles to make purchases. This year all students who wish to do this must provide a parental letter granting permission for this to occur. The letter should be addressed to Mr McManus and can be returned via the school office. The school will then issue a Coles pass which students will be required to show to teachers upon return to school.

Mrs Sally Sparke – Assistant Principal

PASTORAL CARE

SLC Induction

I congratulate the following students for their election onto the Student Leadership Council for 2016:

Year 8: Grace Maloney, Imeshi Dayaratne, Jim Zell, Hamish Sparke

Year 9: Grace Salter, Briannah Donaldson, Izack Fuller, Samuel Halcroft

Year 10: Sophie Littlejohns, Lily Darcy, Scott Flanagan, Connor McRae

Year 11: Emily Donaldson, Katherine Sleiman, Nevada Mansfield, Angus Lang, Jack Awad, Daniel Glasson.

These students were presented with their SLC badges at assembly this week. I look forward to working with the students.

Head Lice

There has been a report of head lice from students over the past week. Could you please discuss the following with your child:

- * Do NOT share items such as combs, hair brushes, clips, hats and accessories.
- * Report any signs of head lice to Year Coordinators.

Elevate Education

Year 11 and 12 students attended this worthwhile presentation last week.

Some positive feedback from students included:

"I found it so interesting and I now understand the procedure for studying."

"Practice papers play such an important role when preparing for exams."

"I learnt some useful study techniques."

"The young presenter made the whole presentation enjoyable and I loved the way he explained the use of Memory Techniques."

To find out more on Elevate Education go to www.elevateeducation.com

Vaccinations

The first of the 2016 vaccinations will take place on 7 March for Year 7 students only.

- Varicella vaccine (chicken pox) one dose;
- dTpa vaccine (diphtheria, tetanus and pertussis – whooping cough) one dose;
- Human Papillomavirus (HPV) first dose of a 3-dose schedule.

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 by Monday 29 February. Please note: students who do not return the completed signed forms will NOT be vaccinated.

It would be appreciated if you could assist us by ensuring your child wears sports uniform, has breakfast and has water.

Mrs Libby Molony – Pastoral Care Coordinator

PARENT INFORMATION

Welcome to all families to Term 1 2016 from the McCarthy Association. A special welcome to all new parents/guardians.

Our Annual General Meeting will be held on Tuesday 15 March. We look forward to seeing you for a fun filled evening of camaraderie and friendship in parenting. Please join us at 7.00pm in the school staffroom (located at the end of the administration block).

Wine and Cheese Night

You are invited to attend the McCarthy Association Wine and Cheese Night in March. More details to follow.

TEACHING AND LEARNING

The start of Term 1 has been an active one with students finalising their subject choices for Preliminary year and Year 9 students are settling into their elective choices. Over the coming weeks as assessment schedules are published, I will be encouraging the students to think about their learning and the choices they make in order to maximise their experiences in the classroom and beyond. I sincerely hope that students value learning and as they journey through this year, enjoy the opportunities that arise to learn, grow and improve. Students can try out new ways to learn and revise, or do things that they have not attempted before, such as play an instrument in front of an audience, speak in front of a crowd, create a textile piece or even raise money for a charity. School is a great place to be and I encourage all students to have a go!

This term will certainly be a busy one for Year 12 students. As well as covering new topics, doing homework and completing assessments, students also need to set aside time to go over work from last term. It is essential that students spend time revising their work, firstly within a few days of learning the information, then later on; time must be spent studying the material on a regular basis in order to commit it to long term memory. Many subjects have Half-Yearly Exams in their assessment schedule. In order to adequately prepare for these, please encourage your son or daughter to set some time aside for revision. We understand that there are ongoing assessment tasks to complete, but in order to reach their potential, students will need to commit extra time to their study.

Last year, it was published that we will be moving to electronic distribution of reports for 2016. Could I please remind families to update your details with our administration staff so that all reports are sent to the correct email address. Our first Interim Report will be sent in Week 10.

Mrs Raelene Maxworthy – Teaching and Learning Coordinator

CAREERS NEWS**Year 12**

At the end of Week 2, it was very pleasing to see over fifty Year 12 students come to a lunchtime Careers Forum in the PAC which presented an overview of what happens and when it occurs this year for Year 12.

Over the next few weeks I will be ensuring all Year 12 students are subscribing to Careers Alert emails and to Job Jump so they can be fully informed about courses, guest speakers, excursions, scholarships and jobs. I will also begin the process of interviewing all Year 12 students over the first two terms of this year.

Year 11

"Eye opening and overwhelming!!" These were the words of some of the twenty-nine students who accompanied Mr James Vella and myself last week as we travelled to Wollongong and





Sydney to visit six universities in three days. They attended lectures and demonstrations on various topics as part of the University of Wollongong Discovery Day along with one thousand other students on the Monday, stayed overnight on campus at Macquarie University's Dunmore Lang College and had tours of Macquarie University, UNSW and University of Sydney as well as brief visits to UTS and Notre Dame University. We are very grateful to the University of Wollongong and Dunmore Lang College for sponsoring our visits and enabling students to broaden their horizons to learn more about university, student life and the courses and careers that are possible in the future.

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

LIBRARY

Library display for lovers of books



CANTEEN

Volunteer Advertisement

Casual Work Available – Employment Guaranteed

Where: McCarthy Catholic College Canteen

When: weekly, fortnightly, monthly, once a term

Hours: flexible, preferably 9.30am to 1.30pm

Experience: everything you need to know will be learnt within a short space of time.

Salary: "A La Carte" lunch, plenty of tea or coffee and best of all, friendship and a good chat.

Bonus: your child or children will be happy to see you in their favourite place - school! You get to spoil them by making them a free lunch on the day that you work and you get to meet new people and make good friends within the school community.

Applications close: NEVER.

Help appreciated. If you can offer a day, a month, a term or even a few hours to help us serve our hungry teenagers, we'd love to hear from you. Please contact Raelee Balderston in our College Canteen by phone 67610856 or email rbalderston@mccarthy.nsw.edu.au as soon as possible. You will be included on our roster and an orientation pack will be sent home to you. Thank you in anticipation.

Mrs Raelee Balderston – Canteen Supervisor

SPORT

Swimming Carnival

The annual McCarthy Catholic College Swimming Carnival was held on Thursday 11 February at Scully Pool. Although the participation of students who were at the carnival was tremendous, it is very disappointing to see that many students use the carnival as an opportunity to take the day off school, leave or sign out from the College during the school day, or leave before the end of the carnival.

I would like to again congratulate all students who were present for their participation and enthusiasm, and the staff at McCarthy who do an amazing job at the carnival in their various roles.

A special mention must go to our Year 12 cohort who ensured that their last swimming carnival at the College was a memorable one. Well done.

Congratulations to the following students who were Age Champions:

Girls

- 12 years Tahlia Fox
- 13 years Daisy George
- 14 years Eloise Turner
- 15 years Lyndell Boschma
- 16 years Molly Johns
- 17+ years Abby Rae

Boys

- Joe Mitchell
- Hamish Sparke
- Edward George
- Jake Mitchell
- Morgan Pennefather



House results were as follows:

MacKillop: 593, Dominic: 590, Edmund Rice: 363, Chisholm: 318.

Again, thank you to all who attended this year's carnival, and congratulations to all our age champions.

The Diocesan Swimming Trials will be held in Moree on Thursday 10 March. Students who placed first or second in any championship race will be eligible to swim at the Diocesan trials. A list of these students will be on the Sports Noticeboard in the coming week, and a meeting will be held to confirm students who wish to compete. Please ensure your child monitors the daily notices for these announcements.

Mr Matt Feltrin – Sports Coordinator

Cricket

Jye Paterson and Toby Whale played in the winning First Grade Cricket One Day Grand Final for Bective. Jye captained the Central North Under 16s Cricket team to a win against Southern in the Bradman Cup (the Under 16s Country Championships). From this carnival Jye was selected to captain the Country purple side at the Country Challenge in Sydney from 11 - 15 April.