

Newsletter

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Dear Parents & Students

Prayer

O Lord, guide and influence all that is happening in my mind and heart during this day: all my thinking and longing and fearing; my moods and feelings and ever-changing attitudes. Direct and influence all this to your great service and to my growth in the Spirit. I pray with Mary and the whole Church. Amen.

“God is everywhere, all around us, constantly reaching out to us, even in the most unlikely situations. When we know this, and with a bit of practice, we can pray anywhere!”

PRINCIPAL MATTERS

Staff News

It is with pleasure that we welcome Miss Jolene Spreadborough to the position of Aboriginal Education Assistant, commencing 31 August. Jolene comes to us with significant experience in education. She will be a tremendous asset to our school.

We also welcome Mrs Ashleigh Jones back from maternity leave. Ashleigh is returning four days a week for the remainder of the year. The extra day will be filled this term by Mr Andrew Davy, who had been replacing Ashleigh while she was on leave.

Achievements

Nicholas Kay (Year 11) continues on his successful path in basketball. Nick has been selected as a ‘shadow’ player in the National All Schools team. This is an outstanding achievement.

Brooke McAlister (Year 11) has been announced as a finalist in the 2009 Property Planning Competition run by the Namoi Catchment Management Authority.

Swine Flu

A letter was sent home to all families on 3 August outlining the most recent information provided by the NSW Health Department. There have not been significant numbers of staff or students affected by the flu at this stage. We are, however, endeavouring to prevent its spread by encouraging good hygiene practices and using antiseptic wipes at computers. New soap dispensers containing antibacterial soap have been fitted in toilets.

Mary MacKillop

The whole school celebrated the 100th Anniversary of the death of Blessed Mary MacKillop during Week 2, culminating with a liturgy on Friday 7 August.

The Feast of St Dominic

We celebrated the Feast Day of one of our founding orders, the Dominican Sisters, with a whole-school Mass in three churches across Tamworth on St Dominic’s Day. The charism of the Dominican Sisters is a valued part of the college. Appreciation was expressed to the Sisters on behalf of the school community when they joined staff for morning tea last week.

Walkathon

The annual McCarthy Walkathon supporting the Children’s Missions was held on Friday 7 August. This was a great day for our school community, as staff and students walked together for 14km to raise funds for children in need. Not only is it a major charity fundraising event, but it builds awareness of the plight of families in undeveloped countries and also builds school spirit and pride. Community support was excellent. Thank you to all families who sponsored students for the event. A total of \$12,500 was raised. Mr Luke Adams is again to be congratulated on his efforts in organising another very successful Walkathon.

Cybersafety

On Wednesday 12 August, Mrs Sally Sparke and Mrs Susan Barrett attended a training day on cyber safety. This training will assist the school in preparing policies and programs for the prevention and management of cyber bullying and improve general awareness of implications of inappropriate use of technologies.

Mrs Kate Rayment – Principal

RELIGIOUS EDUCATION

Village Space

Recently the school had the privilege of hosting a group called ‘Village Space’, who work for Catholic Missions. They are a group of actors who re-enact situations of social injustice in the world. This year their focus was on climate change and its impact on many poor countries in the world. Years 7, 10 and 11 attended a performance as well as primary schools from within Tamworth and surrounding areas. The feedback was very positive and students should be more aware of this topical issue as a result of their experience.

It was fitting that the Walkathon followed later that week as a fundraiser for Children’s Missions, an arm of Catholic Missions. It was a great day and will benefit Children’s Missions enormously.

Mrs Carol Wheaton and Mrs Cate Allen – Religious Education Coordinators

PASTORAL CARE

Welcome

We welcome Tristan Studdy to Year 10 and Dannielle Ross to Year 7.

Condolences

Our prayers and sympathy are extended to Eliza Quinn and her family following the death of her grandfather.

Exam Anxiety

A seminar was held for those students who suffer from exam anxiety. Strategies for reducing anxiety before exams and during exams were discussed. This seminar will be repeated as a number of interested students could not be present. Date to be announced by Mrs McGregor.

Theme for the Week

The topic for Week 2 was Self Help Learning. Students were encouraged to follow 4 steps:

- i) SELF – do everything you can to learn/solve problem/complete task
- ii) RESOURCES – check notes, text reference, internet
- iii) COLLEAGUES – work with the people sitting near you (remembering care, courtesy, respect, responsibility and class expectations)
- iv) TEACHERS – after the first three steps, ask for help.

"Food" was discussed in Week 3. A survey showed that 76% of the students in Years 7 - 11 had breakfast on Monday. Well done to those students. Special commendation to Homeclasses CGR, DBM, DCG AND MPC who all had breakfast. The alarming result is that 24% did NOT have breakfast. This means, in educational terms, that approximately one quarter of the school would not have learnt as well as they could. They would have been punching below their weight in English, batting below their average in Maths and not working to their ability in Science. In health terms it means that one quarter of the students are not looking after their bodies as well as they should.

Adolescents are encouraged to eat a variety and a sufficient quantity of nutritious foods, including vegetables, fruits, lean meat, poultry or fish and reduced fat dairy foods. They should also choose water as a drink and limit fat, sugar and salt intake.

Studies show that good adolescent nutrition results in correct growth, energy regulation, improved concentration and learning, improved behaviour, improved health and immunity, protection against adult diseases including many cancers and heart conditions, protection of teeth and gums, and development of good life habits which are then likely to be passed to the next generation.

High Energy Drinks

In line with our healthy food policy, carbonated high caffeine drinks are not permitted at school.

Mrs Julie McGregor – Pastoral Care Coordinator

CURRICULUM MATTERS

Year 12 Trial HSC exams are now complete. While this time is very stressful for all involved, it is a good measure of two year's work and effort. I encourage all students to use the remaining time to work closely with their teachers and revise and refine the work and skills of Year 12. A final report for Year 12 students will be available in Week 9.

We are fast approaching the Year 10 School Certificate trials being held in Week 7. Students can view past papers and complete practice questions on the Board of Studies site www.boardofstudies.nsw.edu.au

The first line pattern for Year 11 2010 is now due. Please remember that this is not a final pattern and that we are trying to meet the needs of as many students as possible.

Mrs Sally Sparke – Assistant Principal

CAREERS NEWS**Careers in Sport Day**

Ten senior students and I attended the Inaugural Careers in Sport Day, organised by Careers Network Inc, held at Calrossy. Over 250 students from the region heard from a range of guest speakers about the variety of careers available, new courses available at UNE and those on offer at TAFE.

Guest Speakers

Representatives from UNE and the Defence Forces will be visiting the school on Thursday 27 August to speak to students.

Resumes

Year 9 students in PDHPE are learning the valuable art of writing a good resume that will give them the skills to gain either part-time jobs or full-time positions when they seek them.

TAFE Apprenticeship Workshops for Year 10

TAFE is holding three information workshops for students interested in apprenticeships and traineeships in various areas. Parents are also invited to attend. Application forms are available from me.

Year 12 and university applications

Year 12 students will receive their copy of UAC 2010, instructions on how to apply as well as copies of early entry scheme applications on Monday 24 August. I will also give information on the UNE Open Day on Friday 4 September.

Defence Technical Scholarships for 2010

Applications for scholarships worth \$2000 in Year 11 and \$3000 in Year 12 are currently open for students who are considering an apprenticeship in the Defence Force. Students need to be doing a VET subject and Maths. Students currently in Year 10 and 11 need to see me to apply.

ADFA Education Award

Students in Year 11 are encouraged to see me about applying for these scholarships which are due on 31 August.

Mrs Susan Barrett – Careers Advisor

HSC DRAMA PERFORMANCE NIGHT – TUESDAY 25 AUGUST

Family and friends are invited to come along and see a showcase of work by the 2009 HSC Drama class. This is their final school assessment for Drama. They will complete their practical Drama exam on 7 September. Their pieces will be marked by visiting examiners.

On the night, the group will present their mandatory group performances and several students will perform individual theatrical performances. There will also be a staged reading from a student who has completed a scriptwriting project and a screening of a film project.

All are welcome. The students really appreciate the support and feedback.

Miss Sarah Easterman – Drama teacher

YEAR 8

It has been a very busy return to school for Term 3 with many school events being held. Earlier this week, students in Year 8 were all given some very important documents for this term. These included the Term 3 Calendar, Assessment Outline along with the Elective 2010 booklet and selection sheet. Assessment Tasks are well underway and I hope students are making the necessary adjustments to reach their goals set for Semester Two.

Elective Choices 2010

It is extremely important that students think carefully about their selections for next year. I would encourage students to look at selecting two academic based subjects and two subjects of interest. It is essential that both students and parents are aware that the subject selection process will involve a lengthy procedure and students WILL NOT be notified of their elective subjects until they return to school in 2010.

Miss Ginaya Wieland – Year 8 Coordinator

YEAR 9

Students are well into the 'swing' of the events of the term associated with their learning. Many major assessment projects are underway or have been finalised. Students have just completed their Science Research Project (SRP) and an assessment task in Mathematics this week. Other assessment items will occur as the term progresses. The Term Calendar was issued to each student in Homeclass last week and is an excellent tool for aiding in organisation and planning at home.

Love Bites Program

The *Love Bites* program that Year 9 students were involved in recently was a major focus of our Pastoral Care program. Student feedback has been very helpful and I thank the students for the way they conducted themselves during the program. The presenters from CAMHS noted how respectful, friendly and well behaved the students were. The students in the first session were able to discuss positive and negative aspects of relationships, be informed of the different type of abuse in relationships and view a case study of an unhealthy relationship. In the second session, other confronting issues were discussed such as the definition of sexual assault and discussion of scenarios in groups, the issue of consent and the legal aspects of associated with the use of technology were covered. The last session was basically a creative expression of some of the themes of the day in Music and Art. We hope to publish some of these artworks and rap music in future newsletters.

Some of the comments from the students' evaluations were:

'The movie on the relationships was very good and put things into perspective. It shows how lucky we are in our relationships and you wouldn't expect bad things to happen.'

'I liked the section on relationships because it shows how life really can be a hard journey to conquer.'

'It's a good idea to do this program because it's stuff that we need to know.'

Presently I have forty parents on my email contact list. Most parents have commented on the usefulness of this means of communication. Please email me at s.stuart@mccarthy.nsw.edu.au if you would like to be on this contact list.

Mrs Sharon Stuart – Year 9 Coordinator

YEAR 10

Welcome to Tristan Studdy from Gunnedah who enrolled in Year 10 last week. We do hope that Tristan has settled in and enjoys his time here at McCarthy.

As we enter Week 4 of the term, Year 10 students are working very well in class and planning ahead in preparation for the Trial School Certificate which will be on 7 and 8 September. At a Year Meeting last week, all students received a Term Calendar with important dates of up and coming assessment tasks for the term. Students also received a form to complete in relation to their subject selections for 2010 and I ask that these be returned to the office by Thursday 20 August (today) please.

I encourage all students to continue to work well in class and do lots of revision in preparation for the trials.

Mrs Libby Molony – Year 10 Coordinator

YEAR 11

Each Year 11 student has been given an assessment booklet that states due dates and content of assessment tasks. I encourage all students to use resources made available to them and seek help if needed. Most students are working well but a small number of students are still not working to the best of their ability. I remind students who are contemplating leaving school after Preliminary Year to contact the Careers Advisor Mrs Barrett for options.

Thank you to those Year 11 students who participated in the Walkathon last week. Their presence displays a commitment to our school motto of service to others.

Young Drivers Expo

The Young Drivers Expo will be held at the TRECC on Wednesday 26 August. A letter outlining the arrangements for the day was sent home. Please contact the office if you did not receive it. I wish to remind parents that no student will be permitted to leave the TRECC during the day. Students will return to school in time to catch busses home. This is a wonderful opportunity for students to participate in such a worthwhile program. Thank you to our four Drama students who are participating in the performances throughout the day.

Year 11 members of the SLC will be attending the *Battle for Australia* ceremony on 2 September where they will recite the *Ode of Remembrance* and lay a wreath.

Year 11 Exams

Students should be studying in preparation for their Preliminary Yearly Exams which are from the 24 September – 2 October. Students should be working in class across ALL subjects including any subject that they may be dropping at the end of the term. A report will be issued after exams and it is vital that this reflects the student working to the best of their ability. I would encourage parents to talk seriously to students who are not fulfilling their subject requirements and encourage them to be organised with tasks and arrive on time to school.

Construction work placement takes place in Week 6 and I wish each of them well.

Congratulations to Brittany McVicar and Aleena Slade on being part of the Horse Sports team that won 1st place last week at the St Nicholas School Horse Sports Day. Well done girls.

I ask parents to forward their email address as an alternative contact. Please do not hesitate to contact me if needed.

Mrs Jane Burt – Year 11 Coordinator

Clothing Pool extra opening hours



The Clothing Pool will be open from 12 noon – 2.00pm each day of the last week of Term 3 in readiness for summer uniform purchases. It will also be open from 12 noon – 2.00pm each day of the first week of Term 4 plus Saturday 24 October.

The Clothing Pool operates on a voluntary basis and is opened each Wednesday from 12.30pm – 1.30pm. It is situated in the Administration Block. Students are permitted to buy clothing during their lunch break on

Wednesdays.

If you have uniforms to be sold at the Clothing Pool, **please label** them individually clearly with name, contact address, item, size, price and phone number. Tags/pins are available from the front office. If an item is not labelled we will assume that it is a donation.

For further information or appointments ph: 0425312873

RTA & Joblink Plus are offering FREE two hour workshops that will help parents in supervising learner drivers. These workshops will offer practical advice on how to help your learner driver become a safer driver.

Joblink Plus will be conducting the next FREE Parent Workshop at 7.00pm

Tuesday 1 September
at the Tamworth Community Centre,
Darling Street.
Bookings are essential ph: 6764 6688

SPORT

CCC Soccer – Coffs Harbour

McCarthy's Open Year 10 Boys and Open Girls soccer teams travelled to Coffs Harbour on Monday 3 August for the State Knockout competition. Their opponents in the quarter final round were St Patrick's, Murwillumbah for the boys and Holy Trinity, Lismore, plus John Paul College, Coffs Harbour, for the girls.

Unfortunately, the McCarthy teams were not overall winners on the day, but they certainly played with great spirit and commitment. The boys were 4 – 0 down at half-time, but fought back in the second half with goals to Nathan Robinson and Felix Bruno (2). However, this was not enough to win the game.

Open Year 10 Boys – Jorge Kassis, Nathan Robinson, Felix Bruno, Steven Dorsett, Ricky Whitney, Isaac Kerklaan, Troy Stibbard, Brandon Taylor, Tom Foote, Mark Sfier, Kaine Philpott, Nick Foster, Harrison Hunt and Roman Jurd.

Our girls had a nil all draw with Holy Trinity, Lismore, and were very unlucky not to have scored. The match against John Paul College, Coffs Harbour, saw our girls under strength with Dimity Truman coming off early after suffering an ankle injury. John Paul College finished the game as comfortable winners.

A special thank you to Adrianna Rindo and Tegan Hile who joined the team at the last minute. Also, thank you to Dimity Truman for her ongoing time and effort in assisting with the girl's teams.

Open Girls – Beth Gooch, Tegan Hile, Dimity Truman, Aix Wade, Mia Bruno, Meagan Williams, Liz Utting, Courtney Elsley, Liz Doherty, Claudia Bruno, Bronte Pennfather, Alice Read and Adrianna Rindo.

Mr Dave Coupland - Coach

St Nicholas School Horse Sports

Ten McCarthy students attended the inaugural St Nicholas School Horse Sports on Friday 7 August at the Tamworth Junior Riding Club grounds at Hallsville. Congratulations to the McCarthy team who won the Perpetual trophy for the Highest Point Score for Secondary Schools on the day and Ben Collett from Year 8 was awarded the Senior Champion Rider on the day receiving a sash.

Students competed in both riding and sporting events. All students won ribbons both in the rider classes and sporting events.

Age champions/highest points scores were:

- Ben Collett 14 years boys
- Carly Wilkes 14 years girls

Runner-up point scores winners were:

- Rebecca Bromfield 14 years girls
- Brittany McVicar 16 years girls

Students that competed: Emma Trickey, Carly Wilkes, Ben Collett, Rebecca Bromfield, Anna Camilleri, Olivia Dillon, Jessica McKenzie, Phoebe George, Brittany McVicar, Aleena Slade.



Mrs Julie Kellahan

PARENT INFORMATION

Coming Up

At the next McCarthy Association we will be discussing uniforms, so if you are interested in coming along to have your say and be a part of the discussions we would love to see you there.

Country Music 2010

Country Music accommodation bookings are starting to roll in for the 2010 festival. Deborah Lamont-Catterall will be coordinating the bookings for 2010 and can be contacted via email at the following address: mccassociation@mccarthy.nsw.edu.au

What's new ...

Reminder that the *Bullyfree* DVD is now available for parents to borrow. Please see the office staff if you wish to view it. Don't forget the parent information packs are also available. These contain very useful information for parents and children on issues affecting the youth of today.

Next Meeting...

Our next Meeting will be Tuesday 15 September at 7.00pm in the staff room. A light supper will be provided.

Tracey Carrington ph: 6765 2927 - Publicity Officer for McCarthy Association