Dear Parents, Friends, Staff and Students,

“No work can be more productive of good to society... than the careful instruction of women.”  CATHRINE MCAULEY.

Term 2 is in full swing and students are busily completing assessments in the lead up to the half yearly reporting period.

Compulsory Parent/Student/Teacher meetings for Years 7-11 are being held on the Wednesday 24th and Thursday 25th June. This is a wonderful opportunity to meet with your daughter’s teachers and gain information regarding her progress and strategies to help her improve. Reports for students will be sent home in the coming weeks in time for you to review your daughter’s progress prior to Parent/Student/Teacher Days. I look forward to meeting parents and care givers on these days.

McAuley staff will be involved in a Staff Spirituality Day on Friday, 26th June. This day provides the opportunity for staff to deepen their understanding of their mission and vocation as leaders and educators in Catholic education. Thank you to parents for your continued support of us as we engage in this important work. This will be a pupil free day at school.

Thank you to parents who have responded to the invitation in our last newsletter to give feedback on our sports uniform. If you would still like to contribute please follow this link, Click to access survey form. Our main aim in reviewing our sports uniform is to ensure quality and comfort as well as affordable pricing.

McAuley girls have achieved amazing things over the last few weeks. Congratulations to the following students:

- Our musicians and singers involved in the Captivate Program leading to the Captivate Showcase evenings. Chloe Obreza, Isabella Losco, Meghan Gannon and Kaitlyn Loo have been selected as soloists.
- Aimie Tromp, Erika Lucas, Hayley Farrugia, Ella Tauroa, Hannah Smith, Olivia Andree-Evarts, Kate Brown, Simandeep Luthra, Erin Bratrovic, Georgia Tauroa, Emma Grant, Tara Mendoza-Kehlet, Madeline Hemmings, Alannah Power and Pragaa Ganesh. These girls are competing in the NSWCCC Hockey Championships up in Grafton.
- Girls representing NSWCCC at the NSW All Schools Swimming Carnival Olivia Andree-Evarts, Ella Tauroa and Jasmine James-Howard.
- We also have four students representing the PDSSSC at the NSWCCC Cross Country Carnival, Olivia Morales, Sinead Elliott, Jasmine James-Howard and Maddi Finch.

As you can see life doesn’t stand still at McAuley! I thank our teachers too who make these opportunities possible for our students. Their dedication and enthusiasm is inspiring.

Regards

Ms Laetitia Richmond
Principal
Year 8 Reflection Day

On Wednesday, 13th May the Year 8 students from Catherine McAuley went to St Patrick’s Cathedral, Parramatta to take part in their Reflection Day. The theme of the day was ‘Self-Image’. The day was run by the NET Team, (National Evangelisation Team). The highlight of the day was when we learnt to connect with Jesus and feel special in our way and not to worry about what other people think of you. We also attended Mass at the Cathedral, which offered us a special experience to connect with God.

We thank all our teachers who came along with us and made it possible for us to enjoy the day and we also thank the NET Team: Marianne, Andrew, Harmony, Justin, Gemma-Lee and Christa, for a great experience allowing us to connect with others and teaching us many more things we didn’t know. The whole day was a great and worthwhile experience.

The quote we remember from our Reflection Day is: "What God gave you is much more beautiful than what you want, or what people tell you to be."

Laura Zingwe, Marian Mgasary and Gursheen Chahdha
Class 8RE6

Other reflections about the day from students in 8RE6:

“This whole experience enabled each of us to grow and learn more about ourselves and everyone around us through the aspects of ‘self image’ and our relationship with Jesus. The stories and encounters shared by members of the team were each inspiring and moving in their own way.”

“We learnt that everyone is special and that God made us in His image, meaning that we should see ourselves as beautiful and are worthy to live on this earth because we all have a purpose.”

Year 8 students join together for their Reflection Day at St Patrick’s Cathedral, Parramatta.
Years 7, 8 and 9 Study Skills Seminar
On Wednesday, 27th May, Dr Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) presented study skills sessions to Years 7, 8 and 9. This is an annual program, where each year group is provided with new, age appropriate information to support their independent learning.

In the Year 7 session, students evaluated their approach to secondary school so far and identified areas for improvement -- setting up positive habits for success. Students looked at how to be more organised and how to use their diary as an effective planning tool. Year 7 students were also introduced to the concept of study notes and the three steps to studying effectively in high school.

Year 8 students reviewed the diary planning principles and looked at the concept of completing two half hour blocks of schoolwork each night, keeping schoolwork and personal time separate. Each night, homework should be the first priority, then students were encouraged to work on assessments and then if there is still time left they should focus on independent learning: reading ahead in the text, doing extra questions or research and making study notes. Year 8 also examined the study techniques they normally used and chose some new techniques they could try this semester.

The Year 9 session focused on identifying individual student learning styles to determine if students were a visual, auditory or kinaesthetic learner (or perhaps a combination of these). Students then examined what this meant in relation to the effectiveness of the study techniques they used. You may like to ask your student what their learning style is! Year 9 is encouraged to complete the checklist of their general study skills in terms of their approach to time management and organisation.

Parents are encouraged to review and discuss the handout from the session with students and identify practical changes they can make to improve their approach to learning. The Study Skills Tips for Parents website (http://studyskillstopitsparents.com/) provides additional advice for parents needing more information. The skills of resilience, persistence and self-discipline are probably the most important skills that parents need to nurture in their daughters.

All secondary students and parents at our school also have access to an informative and comprehensive study skills website to help students develop their skills. Go to www.studyskillshandbook.com.au and enter the username: mcauley and the password: 189results and start improving your results today! Additional handouts referred to during the session are available on the ‘Things to Print’ page of this site. Also visit the ‘Highlights’ page (under the More menu) for easy access to the most popular sections of the site.

Ms Debbie Grigson
Assistant Principal
(Pastoral Care/Administration)

Absence from School due to Family Holidays

Please note that the NSW Education Act (1990) sections 22 & 23 clearly states that attendance at school is compulsory until the age of 17 years. Therefore, the school cannot condone nor make special provisions for students taking leave for family holidays during school term time. This includes the provision of supplementary or alternative classwork, online tasks or alternative assessment.

As stated in the Assessment Handbook,

“If a student is absent for an in class assessment task due to a family holiday then a zero mark will be awarded for that task, it is not an acceptable grounds for an illness/misadventure appeal. If a student is able to submit a task before they leave or email the assessment through to their class teacher and appropriate KLA Coordinator on the due date whilst away, no penalty will apply. The school will not provide alternative assessment tasks for students who are absent from school due to a family holiday.”

Miss Michelle Ribeiro
Director of Studies
Nepal Earthquake Appeal

Catherine McAuley is responding to the devastation in Nepal through prayerful support and a bucket collection. Starting last week during lunchtime students have moved through the playground collecting loose change from students. In Homeroom last week students viewed a PowerPoint provided by Caritas Australia on the facts relating to the impact of the earthquake and last Tuesday the SRC led their Homeroom in a special prayer for Nepal. Last Friday our weekly 8:10am Mass in the Chapel was offered especially for the people of Nepal.

All money raised by Catherine McAuley will be donated to Caritas Australia.

Staff and Student News

Representatives from the Mercy Works program called Mercy Connect visited the school on Tuesday, 12th May to tour the school grounds and meet with students. Two volunteers from Mercy Connect, Ms Judy Cahill and Ms Kathy Moran, will be coming to the school once a week to tutor students of refugee backgrounds.

The Mercy Connect program is a volunteer program which Mercy Works launched in 2008. As stated on the Mercy Works website it “recruits, trains and supports volunteers to assist school students and their families settle in Australia…for students adjusting to a new language, different social rules and educational practices, school can be a daunting place”.

The volunteers from Mercy Connect offer guidance to students as they settle into Australian schools. The program currently has 64 volunteers who work in 25 schools.

Year 11 students Agob and Diane gave a tour of the school to Ms Cahill, Ms Moran and Mercy Connect Coordinator Ms Julie Flynn.
New VET Course in Nursing

A new initiative between The Parramatta Catholic Education Office, Notre Dame University and AusSIP (Australian Schools Industry Partnership) has seen the introduction of a new VET course in Nursing being available for students. Catherine McAuley currently has three students undertaking the two year course which will see them receive a Certificate III in Allied Health Assistance at the end of their two years.

The two year course is geared towards nursing and acute care but would be of interest to any student interested in a career in the health industry such as nursing, paramedics, medicine, etc.

Renee and Nicole are two of the Catherine McAuley Year 11 students completing the new course. Renee plans to go on and study midwifery after school whilst Nicole is keen to find a career somewhere in the health services sector perhaps as a paramedic or nurse.

Our students travel to Nepean Hospital at Kingswood once a week where they work closely with the nursing staff and have an opportunity to gain a significant amount of clinical experience and knowledge. From 2017 the training facilities will move to Westmead Hospital which will be very handy for McAuley students. The course counts towards the Higher School Certificate and ATAR mark with a final exam at the end of Year 12. Students who pass both this exam and who gain a minimum of Band 4 in English will then qualify for a place in Notre Dame University to complete the course as a degree.

Renee says she is interested in becoming a midwife because there are not many careers where you have the opportunity to bring new life into the world. “Delivering babies is not something many people get to do and I think it is one of the wonders of the world”, she says. This year as part of her VET course Renee has been placed onto a ward at Nepean Hospital where the patients are all on the do not resuscitate list. Renee says most of the patients on her ward are older people with heart conditions or those who have recently had heart surgery and although at times it can be daunting it has confirmed for her that this is what she wants to do. “It has certainly opened my eyes but has made me confident that I am on the right path”.

Nicole has been placed onto the day surgery ward and says she is enjoying the interaction with staff who are always willing to help the students achieve the best they can. She enjoyed the first clinical skills placement the students completed where they learnt how to handle patients such as how to manually move them, clean them and feed them. The students also looked at hygiene practices. Next year the students are able to choose what ward they are placed onto and Nicole is hoping she might be placed onto the children’s ward. Nicole says she has a passion for anything to do with health services and her favourite subjects at school have been ones which looked at health and the human body so she is very much enjoying the new VET course.

If any student would like more information on this VET course or in fact any VET course on offer at the school they should see Mr Gary Barton, VET Coordinator, who is at the school every Wednesday or can be emailed at gbarton@parra.catholic.edu.au.

Year 10 Pastoral Care Day

Year 10 students enjoyed their Pastoral Care Day on Friday, 15th May and student Johanna Jones has written the following report.

Year 10 students gathered eagerly for our very last Pastoral Care Day with Mr Chris Doyle from Karis Ministries. Every year so far each of us has taken something from Chris’ time with us and Friday was no different. One prominent message was to count your blessings, to be thankful for all the people around us and experiences we share and to be grateful for the world we have. Empowerment through small acts of kindness lifted all our spirits, along with singing, dancing and bucket loads of laughter.

We also need to remember that the world is far from perfect and every single one of us has a unique way to contribute, to make our little planet fair and just. From clever ways of portraying the future of women’s rights to humorous songs about marriage equality, it raises awareness and stirs your own emotional response of what is fair. The day brought us together, closer to people we didn’t know too well, and even closer to the people we do. And it was all for the better.

Johanna Jones
Year 10

Big Science Competition

The Big Science Competition was held on Thursday, 21st May and we had 170 students take part. This competition is a 50 minute competition consisting of 30 multiple-choice questions which students compete at school. The competition challenges students who think critically and allows them to solve scientific problems using everyday examples. The questions are aligned to the Australian Curriculum – Science and is another way of extending students who have an interest in Science.

The school will receive our results later in the year.
Late last month the Year 8 History students were visited by a man named Ben who taught us about medieval life, weapons they used and famous things that happened in medieval times. We heard about the crusades and about famous kings such as Richard the Lionheart and William of Normandy. We were able to see real weapons similar from the time such as swords, arrows, axes and spears. Students were able to re-enact scenes from history like battles and the joining of clans. Some students were chosen to wear the clothing, like chainmail, helms - traditional clothing for a fighter in the crusades and tunics. There were also opportunities to try on the dresses that traditional medieval women would wear.

It was entertaining to watch students act out historic scenes. The students wore the clothing that fitted the role and if they were playing someone with a weapon then those students got to handle a weapon. They also participated in mock fights with Ben demonstrating how the fighting technique was used. We looked at many of the major events of the medieval period such as the fall of Rome, the Vikings, the black death and the Anglo-Saxons.

We all enjoyed looking at the armour close up and picking up the weapons. This incursion was very entertaining and we were able to grasp what Ben was talking about because of the way he so clearly explained things and demonstrated what he was talking about.

Caitlin Ardill and Isabella Whittaker
Year 8
SALSA Health Snippets

Our Year 10 PASS students have been trained in the SALSA program (Students As Lifestyle Activists) which is a peer-led program that aims to motivate students to eat well and be more physically active. They are currently leading our Year 8 students through the four week program.

SALSA HEALTH SNIPPETS

SALSA (Students As Lifestyle Activists) is a peer-led program that aims to motivate students to eat well and be more physically active.

KIWI SMOOTHIE
(2 servings)

Place in a blender:
1 banana
1-2 kiwifruit
1 pear
1 orange

Blend and enjoy!

You might like to add some water to make the smoothie more liquid.

BLEND & WIN!

Upload a photo of you making this smoothie on Instagram for a chance to win a $50 grocery voucher! When posting your photo, simply:

Include the hashtag:
#SALSAcookingcomp15

Follow @studentsaslifestyleactivists

Terms & Conditions at:
tinyurl.com/studentsaslifestyleactivists

Fighting Winter Sniffles the SALSA Way

Winter is nearly here! With a drop in temperature and humidity, along come the sniffles. There are a number of things we can do to reduce the chances of getting sick.

Exercise in the fresh outdoor air and eating more fresh fruit and vegetables containing vitamin C is a fantastic way to fight off winter bugs.

Physical activities you can enjoy include cycling, walking, swimming or a game of soccer.

DID YOU KNOW?

Kiwifruit are amazingly good for you and are also packed with fibre and a lot of vitamin C. They were originally called Chinese gooseberries and came from China.

Have you visited eatforhealth.gov.au?

It is jam packed with healthy lifestyle info and tips including how to eat healthy on a budget, ideas for the school lunch box and lots of healthy recipes. Check it out:
The 15th - 19th June (Term 2 Week 9) will see Catherine McAuley hold our first ever Homelessness Awareness Week, in support of the St Vincent de Paul Society and their work with the homeless in our area.

Mrs Sandra Vassallo, Vinnies Van Coordinator, and our Year 12 Vinnies Van students will be organising the week which will consist of a blanket drive, where all students can bring in any preloved (or new) blankets which will be washed and donated to those in need of them this winter, and on Friday 19th June at lunchtime a number of fundraising stalls will be set up in Mercy Square for students to purchase items or participate in activities for gold coin donations.

The Homelessness Awareness Week will also feature a Winter Sleep Out with our senior students and staff sleeping out at school for a $20 (or more) donation with all proceeds going to Vinnie’s Van.

Students will be designing posters to raise awareness of homelessness and putting them up around the school during the awareness week. Any families who might have a preloved blanket that is no longer needed are encouraged to donate it to the blanket drive where it will be taken out with the Vinnie’s Van and given out when needed. Our Year 12 students go out with the Vinnie’s Van once a month which sees our school join with Parramatta Marist and visit the homeless. Food and warm drinks are offered and so will any donated blankets. Donated blankets can be left in the crate outside Student Reception during Week 9.

Golf Tuition

Our students once again have had the opportunity to participate this term in golf tuition at Oatlands Golf Course as part of the Thursday afternoon sporting activities. The students are enjoying learning new skills under the guidance of the golf professional and they are all showing improvement each week.

There are many benefits to be gained by learning and playing golf on a regular basis and Oatlands offers an excellent junior development program for girls who are interested in pursuing the sport on weekends. For more information you can go to the club’s website.

Golf is offered to students in Years 8 and 9 each term as part of the Thursday afternoon sports program.

Ms Mary Altair
PDHPE Coordinator
Welcome to Careers Corner, an information spot in the newsletter which will appear from time to time with careers related news items.

Representatives from The Australian Business Academy will be visiting Catherine McAuley on Tuesday 2nd June at lunchtime in the Forum. They offer a range of courses from Business Administration to Graphic Design, Travel & Tourism and more. See: www.aba.edu.au

The Western Sydney Careers Expo is on 18th - 21st June. Over 100 tertiary providers will be available from universities to private colleges and many more. It will be held at Sydney Olympic Park and entry is $10. Students in Years 10, 11 and 12 are strongly encouraged to attend. Visit the website www.westernsydneycareersexpo.com.au for more information.

Students in Year 10 will have a Careers Workshop with Mrs Chahine in Weeks 7 and 8 during a PDHPE lesson. This is in the lead up to subject selection for next year.

Mrs Amanda Chahine
Careers Adviser

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Music students from Catherine McAuley will be performing as part of the 2015 Captivate Showcase season which will take place at Nagle College, 58a Orwell Street, Blacktown South beginning at 7pm from Monday, 15th June to Thursday, 18th June.

Our Music students will be performing in the Chamber Choir, Combined Choir and Wind Ensemble. This is a very exciting event and a great opportunity for students to showcase their talents in the Performing Arts at a combined schools event.

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The Catherine McAuley Hip Hop and Senior Contemporary Dance Troupes will be performing as part of the 2015 Captivate Dance Showcase season taking place at 7pm, Thursday 11th June at Nagle College.

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The ‘Best Of’ Showcase will be held on Friday, 19th June at the Joan Sutherland Performing Arts Centre, Penrith from 7pm. This performance will feature the highlights from the music, dance and drama showcases. Students from Catherine McAuley will represent the school in the following ensembles:

- CAPTIVATE Chamber Choir
- CAPTIVATE Wind Ensemble
- CAPTIVATE Concert Band
- CAPTIVATE Combined Choir

Tickets for this performance are available through the venue box office: www.thjoan.com.au and are $15 (adult), $10 (concession) and $40 (family pass).

This is a very exciting opportunity for the Performing Arts students at Catherine McAuley. The students will learn new repertoire and participate in a combined schools event which is always a fantastic experience. We look forward to the Captivate Showcase concerts and the celebration of the creative talent and achievement of the students at Catherine McAuley.

Ms Therese Jackson
Music Teacher

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Fencing Students

Congratulations to our fencing students who participated in the Schools Representative Girls Sabre Team Fencing Competition held at Marrickville earlier in the month. Sinead Elliott, Year 8, Yu Jin Choe and Madelaine Montrose, Year 9 and Talita Kingi, Year 10 all took part.

It was the first time any of these students had fenced in a sabre competition before and they were up against some very experienced and tough opponents. The sabre competition differs from the épée and foil in that it is possible to score with the edge of the blade and for this reason the movements and attacks in a sabre event are very fast.

After the team having some sound losses in the first few bouts they began to develop their skills and knowledge and greatly improved. The team fought valiantly in their final match losing 44 to 45 which placed them 4th overall.

Well done girls on a great effort and thank you to team coach Mitch and former student (Class of 2014) Siobhan Elliott for marshalling and coaching when Mitch was called away to referee another match.
School Fees are now due.

If you have paid, thank you.
Otherwise, can you please contact the school to settle your account.
125th Anniversary Celebrations
Saturday 13th June 2015

Reunion Mass
2:00 - 3:00pm - Our Lady of Dolours Catholic Church

Open House
3:00pm - 5:00pm - Mercy Catholic College Chatswood

Reflect and Reconnect
We welcome all Mercy ex-students and ex-teachers to attend our celebratory event

RSVP: mccchatswood125years@gmail.com

Visit for further details.
BITE BACK - a national wellbeing and Positive Psychology website created by the Black Dog Institute.

BITE BACK is all about amplifying the "good stuff" in life. They've just launched their 6 Week Challenge to BITE BACK.

The 6 Week Challenge is about encouraging young people to discover what they're passionate about and then providing the tools needed to make the most out of it.

See www.biteback.org.au/competition to sign up for the challenge.

Then once a week for 6 weeks you will be emailed a new set of instructions and info to continue on this challenge to reduce stress, improve focus, and expand potential.

Final sign up date is Thursday 18th June 2015 4 PM

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Starting in Term 3, 2015

COOL KIDS PROGRAM™ FOR CHILDREN

A program created and owned by Macquarie University Centre for Emotional Health. The Program is designed to provide children with tools to manage anxiety, increase resilience and adopt healthier thinking patterns.

The Cool Kids™ Program will begin Thursday 16th July, 2015 from 5.00 - 6.30pm, then weekly for 10 weeks.

Presented by our experienced team of Child Psychologists

FOR 8-12 YEAR OLDS

Clear and practical skills to overcome anxiety
Boost your child’s confidence!
Cognitive Behaviour Therapy Program

LIMITED SPACES AVAILABLE!

Call today for enquiries or to register
Talk to your GP about Medicare rebates
1B Grove Street North Parramatta
9630 0559