



WHAT'S ON AT MERICI #YearofYouth #SpreadingJoy

Term 3 Weeks 8 and 9 (Monday 10 September-Sunday 23 September)

WHOLE SCHOOL ACTIVITIES

Merici College School Board

After our recent call for parents/guardians to nominate for the two positions on the School Board, it is with great pleasure that we congratulate our new Board members Kylie Howlett and Louise Georgiadis as the successful nominees.

"I am very pleased to be selected to be a part of the Merici College Board. Our family moved to Canberra from Brisbane in January and our daughter Isabella Collison started in Grade 9 this year. I am working with the Federal Government, my husband has a Financial Services company and our son has just started his first year at ANU. We are an active family, enjoying mountain biking, hiking and rock climbing. As you can see – Canberra is a great fit! I am looking forward to being an active member of the Board and working collaboratively to ensure the opportunities made available and values instilled in our girls, sets the scene for how they will live the rest of their lives. Kylie Howlett"

"I am very happy to be on the College Board. I am the mother of Maria in Year 7, as well as Sofia and Leon who are at St Vincent's Primary School in Aranda. I am an Accountant and previously a member of the St Vincent's Primary School Council. I am also active in my community, volunteering regularly at Anglicare in Jamison, helping with learning support and canteen at the primary school as well as organising many fundraising activities. Louise Georgiadis"

We very much look forward to working with Kyle and Louise.

Jackie Keighery – Board Chair and Loretta Wholley – Principal, Merici College.

Year 8, 9 and 10 2019 Electives

This week, Year 7 and 8 have been addressed by staff regarding the electives on offer for 2019 and the process to nominate preferences. Year 9 will have their electives talk during Flex on Monday, Week 8. A new online platform, **Web Preferences** will be utilised, so please be aware there is a new process.

No hard copy submissions of elective preferences are required, student choice confirmation and parent approval will be completed online. As part of the online process, students will need to indicate their electives preferences and nominate a parent/guardian email address for the selections to be sent to for final approval. Students are able to nominate more than one parent/guardian email address on the form if required. It is only after parent/guardian approval has been granted, the process is completed. Please encourage your daughter(s) to have a conversation with you in advance in regard to their elective choices.

Please note the following key dates:

- Thursday 6 September –Year-group specific follow-up information regarding electives options and process emailed to parents/guardians and students
- Friday 7 September – Individual **Web Preferences Access Guides** emailed to students (with individual username, password, weblink and steps to complete subject selections)
- Monday 10 September – 2.00pm, **Web Preferences** opens for electives selections
- Monday 17 September – 5.00pm, **Web Preferences** closes for electives selections

If you have any further questions, please contact Virginia McLeod, Head of Junior School at virginia.mcleod@merici.act.edu.au.

Overseas Arts Tour for Students in Years 9-11 Information Evening (Tuesday 11 September 6.00pm)

On Tuesday 11 September there is an information evening regarding an overseas Arts tour to Europe in 2019. This is for parents and students currently in Year 9/10/11 who will be studying an Arts (Art/media/photography/dance/drama) subject in 2019. The Information evening commences at 6.00pm and will be held in the CRLC.

Bridge Benefit Dinner (Saturday 15 September)

Merici College is holding a Bridge Benefit Fundraising Dinner which will be held on Saturday 15 September in the Merici College Bridge Restaurant commencing at 6.00pm for a 6.30pm start. Please follow the link <https://merici.news/event-created/bridge-benefit-fundraising-dinner> to find ticketing information.

Parent/Teacher/Student interviews – Tuesday 25 September and Thursday 27 September

Parent-Teacher-Student interviews will be held on Tuesday 25 September and Thursday 27 September from 4:00pm – 6:30pm in the Auditorium. Our booking system, Parent-Teacher Online (PTO)* will open on Tuesday 18 September at 1.00pm for parents to make appointments. A general email providing PTO booking instructions will be sent to parents on Friday 14 September. Teachers with any specific recommendations, concerns or commendations that they would like to discuss with you will request an interview and this will be indicated to you when you log into PTO.

Semester 2 interviews also provide an opportunity to make an appointment with your daughter's Pastoral Care teacher. This will be an opportunity to discuss progress across all subjects and provide an avenue to address study skills, organisation or pastoral/social concerns.

If you are unable to attend either evening, it is recommended that you request further contact through the PTO system in the first instance and, if unavailable, make contact with the Studies Coordinator of the subject to make an alternate arrangement.

** Because we are using an online service for the booking of these interviews we will disclose the student's name, parent's name and teacher's name to the service provider. The information will be provided to the service provider in an encrypted and secure manner and will only be used to arrange the booking of these student/parent/teacher interviews. If you have any queries about this matter, please feel free to contact the Principal.*


Family/Student Information

Have you changed your street address, email details, contact telephone numbers? Please let us know as soon as possible so that we can update our school details. Email changes to attendance@merici.act.edu.au.

Study Skills Handbook

Merici College continues to subscribe to the "Enhanced Learning Educational Services (ELES) Study Skills Handbook". This web-based program contains 43 modules of highly engaging tasks, designed to improve the study habits of your daughter/s in which the approach taps into students' affinity with technology to create a new and effective way to improve study skills.

How to access the Study Skills Handbook:

There is a short cut on the College Moodle page – Look for the Blue circle with a tick  or go to www.studyskillshandbook.com.au

- Username: mericicollege
- Password: 24achieve

Please follow the link <http://merici.college/go/study-skills> to find more information on the Study Skills Handbook and what students can do.

Parent Online Advice September Newsletter

The *Perimeter Guardian Parent Advice Online Safety* information newsletter focuses on technology issues that concern parents. Please follow the link <http://merici.college/go/parent-online-sept> to find the latest special advice regarding Private Calculator and Monkey.

Canberra Metro Update

Did you know that wearing headphones can prevent you from hearing an approaching LRV?

- Pay attention and stay alert at all times around light rail – LRVs can move quickly and quietly. Earphones, and other distractions like reading, texting, taking photos or selfies can put you at risk.
- Always look both ways before crossing at intersections and crossings. LRVs can approach from either direction and at any time.
- Never play on light rail tracks.
- Ride directly across the tracks at a right angle to avoid your scooter or bicycle wheels getting stuck in the groove.

Please follow the link <http://canberra-metro.com.au/safety> to find more information on safety tips. For all traffic notifications please visit <http://merici.college/go/canb-metro-sept>,

NEWS FROM OUR SCHOOL COUNSELLORS – EXAM STRESS!

For young people studying and preparing for exams, there can often be a big sense of pressure. We often use 'stress' and 'pressure' interchangeably, but they are quite different. Pressure can be a time where we have a lot to do, but this can be a positive and motivating experience, and help us move forward and grow. Stress on the other hand can feel negative and can make it harder for us to complete tasks and study.

Some signs you may be feeling stressed are:

- Not speaking as regularly with close friends and family
- Feeling moody and low
- Having trouble making decisions
- Feeling overwhelmed
- Lack of motivation to do anything
- Difficulty getting to sleep or waking up
- Frequent headaches or backaches
- Feeling sick or nauseous
- Fidgeting, nail biting, grinding your teeth etc .



If you're feeling stressed it's OK! A certain amount of stress is understandable during exams. There are lots of resources here at school and at home to be able to better help you manage your stress. Everyone has their strategies and techniques that work for them, so you might have to try a few different things before you find what works for you.

Here are some tips that can help you with exam stress:

- Figure out and stick to a sleep and bedtime routine, this will help you get a good nights sleep and give your brain time to recharge
- Reward yourself when you've achieved a study goal
- Allow yourself time to relax – try out activities like deep breathing, meditation or listening to music
- Have a quiet space where you study
- Make a plan of what you want to work on or study each session – break that down into small tasks and only focus on one task at a time
- Ask for help – if something isn't making sense, or you can't get your study routine down ask a friend, a teacher or your parent what worked for them
- Talk to someone – if you feel like the stress is piling up then talk to a friend, a teacher or your parent – or come over to the counselling office and have a confidential chat with us

On the morning of exams try and be prepared before hand – have your clothes, stationary, books etc organised the night before. Eat a nice breakfast in the morning. If you feel yourself getting worried before the exam spend some time focussed on your breathing – keep it slow and even.

Remember you've got this!

Take your time to read through the exam paper, underline questions and key works if you want to. Work out a time budget for the questions in exams and try and have time at the end to re-read.

Remember to reward yourself after the exam! Congratulate yourself!

If you've got any questions or worries or you'd just like a chat feel free to email the counsellors at counsellors@merici.act.edu.au

Maddison Kennedy and Naomi Walton, Merici School Counsellors

YEARS 7, 8 AND 9 NEWS

Year 7 IH/IMS Excursion (Tuesday 11 September)

The Year 7 IH/IMS excursion to the Cotter Dam will be held on Tuesday 11 September. This is a key experience for the students in conducting fieldwork and observations for Geography and Science. Please follow the link <http://merici.college/go/ih-ims-excursion> to find more details in the permission note.

Year 9 History (Wednesday 12 September)

All year 9 students taking History in second semester will be going on an excursion to the Australian War Memorial on Wednesday 12 September, with a focus on the First World War. Families with current or historical defence force links are encouraged to discuss those with their daughters before our visit.

Year 9 Urban Challenge (Wednesday 24 October-Friday 26 October)

Please follow the link <http://merici.college/go/urban-challenge-2018> to find information regarding the Urban Challenge that your daughters will be participating in later this year. It is expected that you, as parents, complete the online form to register your daughters. The Challenge is in Sydney on 24-26 October.

Below are some key dates:

Consent Form* Due: Now Due

Urban Challenge Deadline for Merici Documentation: Wednesday 12 September

Urban Challenge Talk to Girls: Monday Flex 17 September

Urban Challenge Talk to Parents: Monday 17 September 5.30pm Merici Auditorium

Confirmation for Opal Cards: Monday 15 October

Final Meeting during Flex for Year 9: Monday 22 October

Urban Challenge: 24 – 26 October 2018

* The consent form is generated from the Urban Challenge Website after you have completed your registration form.

YEARS 10, 11 AND 12 NEWS

Year 10 Geography and History Excursion (Monday 17 September)

Monday 17 September is a day out for all Year 10 students. Geography students will be participating in a field trip. Year 10 History students will be exploring the Australian War Memorial with a focus on the Second World War and Australia's participation in subsequent conflicts. Families with current or historical defence force links are encouraged to discuss those with their daughters before our visit. Details will be provided to students through their History/Geography class.

Performance for Year 10 students (Tuesday 18 September)

On Tuesday 18 September, all Year 10 students will attend a performance by visiting artist Brett Hunt, "Dusted Off". This amazing show, a combination of drama and song, explains Brett's personal connection with the Vietnam War. The performance begins at 9.00am.

Year 12 Literature Excursion (Tuesday 18 September-Wednesday 19 September)

Year 12 Literature students will be going on an excursion to the Museum of Contemporary Art, the Sydney Theatre Company and the State Library of NSW on Tuesday 18 and Wednesday 19 September.

Year 10-12 Dance Students – Ausdance (Wednesday 19 September)

On Wednesday 19 September, Year 10-12 Dance students will be performing at the Ausdance Youth Dance Festival at Canberra Theatre. Specific information will be distributed to students via their Dance teacher, Mrs Laird or Mrs Pearce. Tickets to the evening performance are available from the Canberra Theatre.

Year 11 and 12 Modern History Excursion (Thursday 20 September)

Year 11 and 12 Modern History students will be going on an excursion to the National Library of Australia on Thursday 20 September.

Year 10 Social (Friday 21 September)

The 2018 Year 10 Social will be held on Friday, 21 September at Merici College from 6.30pm to 10.30pm. Please follow the link <https://merici.news/event-created/year-10-social-0> to find ticketing and event information. Payment for the Social will only be available between Monday, 13 August and Friday, 14 September (Weeks 4 - 8). Please ensure your daughter's House Coordinator has the paid receipt by the end of Week 8, Friday, 14 September.

Year 12 Student and Parent Formal 2018

It is with great excitement we are writing to you to save the date for the Merici Student and Parent Formal 2018. Please follow the link <https://merici.news/event-created/merici-student-and-parent-year-12-formal> to find more information.

CAREERS NEWS

To find the latest Careers Newsletter, please follow the <http://merici.college/go/careers-earlysept>

iC NEWS

The iC began a Book Amnesty this week. This is in response to completing the stocktake and discovering just under 200 books missing from the shelves. I have asked all students to clear out lockers, bedrooms, book shelves and return any books with a Merici Barcode, either textbooks or library books. No questions asked, just place them into the return shoot, we would love them all to be returned. Your support in this is greatly appreciated.

On Monday 17 September (Week 9) we welcome the author, Belinda Murrell for a visit. She will be presenting an author talk to the Year 7's during Flex and conducting a Writers Workshop to a selected group of young writers. This is a very exciting opportunity and we look forward to meeting her.

Yours in literacy
iC staff



SPORT

To stay updated on all sporting activities, please ensure your daughter checks our Sports Moodle page and/or Twitter @MericiSport.

CO-CURRICULAR NEWS

Dance Troupe at Floriade (Saturday 15 September)

On Saturday 15 September the Dance Troupe and some other dance students will be performing at Floriade on Stage 88 at 2.00pm – 3.00pm. All welcome to come along and support the girls!

Music at Floriade (Friday 28 September)

Students will be performing at Floriade on Friday 28 September. Parents are welcome to attend. Performance on Stage 88 from 10.15am-11.00am. Please follow the link <http://merici.college/go/floriade-permission> to find the permission note.

Strings Ensemble Performance at Goodwin Homes (Friday 19 October)

Musicians in the String Ensemble have been invited to perform at Goodwin Care. Instruments will be transported to and from the venue. Students, with teacher supervision will walk to and from the venue. It is very fitting that Merici College students are involved in such an outreach activity. Please follow the link <http://merici.college/go/strings-goodwin> to find the permission note.

Snowsports News – Students selected for Australia Snowsports Championships!

Two of our girls received an invitation to compete at the Interschools Australian Snowsports Championships to be held in Perisher Valley on Wednesday 5 September to Thursday 6 September – and both are attending. They are Iona Bayliss in Seiwa and Kasey Kelley from Penola.

Both are competitive and accomplished young snow-boarders and are part of our Merici Snow Sports Team. Both do themselves and the Merici College Community great pride by simply qualifying for this prestigious event.

Good luck to both of these terrific young women in their respective division/events in Snow Board Giant Slalom and Boarder Cross. Especially from all on the Merici Snowsports Team, “gling gling gling” the cowbells are ringing for you both. *Mr Heim and Mrs Davis*

OTHER NEWS

Ainslie Gungahlin Bears Baseball Club Come and Try Baseball (Saturday 15 September)

2018-19 Registration Day will be held on Saturday 15 September 11.00am-1.00pm, Majura Oval, Angas Street, Ainslie. Further information ainsliebasektballclub@hotmail.com or 0410680461.

Seminar: Raising Kids & Teens in a Screen World (Monday 24 September)

Please follow the link <http://merici.college/go/raising-kids-seminar> to find more information about this seminar to be held at St Edmunds College, Monday 24 September, 7.30pm-9.30pm.

Resourceful Adolescent Program for Parents (RAP – P)

This program is suitable for parents and carers of children attending primary school Years 5 and 6 and secondary school students attending Years 7—12.

RAP – P will help you:

- Help your teenager to develop a healthy self-esteem
- Help your teenager to gain independence while still feeling safe and part of the family
- Manage your stress so you can do your best job as a parent
- Prevent and manage conflict with your teenager
- Promote harmony in your family

The course is offered 3 hours per week over a 3-week period. Dates are Mondays 10, 17 and 24 September 2018 at 6.00pm—9.00pm, 57 Hicks Street, Red Hill. Cost: \$100 (Concessions available, includes light supper and course materials). Bookings essential, telephone 1800 068 698.

Woden Holiday Chess Coaching Clinic 2018

Date: Tuesday 2nd October, 2018, 9:00am – 3:00pm

Where: Canberra Academy of Chess - Unit 4, 32 Dundas Court Phillip

<https://canberraacademyofchess.com.au/woden-holiday-coaching-clinics-2018>

Woden Saturday Fun Chess Tournament October 2018

Date: Saturday, 6th October 2018, 1:00pm - 4.00pm

Where: Canberra Academy of Chess - Unit 4, 32 Dundas Court Phillip

<https://canberraacademyofchess.com.au/tournaments/woden-saturday-fun-tournament-october-2018>

Canberra Chess Challenge 18 (Melba Copland)

Date: Sunday, 14th October 2018, 9:00am - 1:00pm

Venue: Melba Copland Secondary School Corner Copland Dr & Verbrugghen St, Melba

<https://canberraacademyofchess.com.au/tournaments/canberra-chess-challenge-18>

UPCOMING EVENTS (Term 3 Week 10 and Term 4 Week 1)

French Study Tour (Saturday 22 September-Wednesday 10 October)

Balgo House Day (Monday 24 September)

Parent/Student/teacher Interviews (Tuesday 25 September and Thursday 27 September)

Term 3 ends (Friday 28 September)

CYSMA Ignite Conference (Thursday 27 September-Sunday 30 September)

Term 4 begins (Monday 15 October)

Year 7 2019 Information Night (Wednesday 17 October)

Year 8 Catch the Wave Retreat (Wednesday 17 October)

Year 11 English Orals (Friday 19 October)