



WHAT'S ON AT MERICI #BuildingFutures

Term 1 Weeks 4 and 5 (Monday 24 February-Sunday 8 March)

WHOLE SCHOOL ACTIVITIES

Academic Awards Semester Two 2019 (Monday 24 February)

Academic Awards for Semester 2, 2019 will be presented to students on Monday 24 February. The ceremony commences at 11.20am, please be seated by 11.15am. A letter of invitation for parents of students receiving awards has been emailed. Current Year 11 students received their awards at the Year 10 Awards Ceremony in late 2019. We look forward to seeing awardees from current Year 8, 9, 10 and 12 groups. This is a wonderful opportunity to celebrate your daughter's achievements from 2019. Year 7 students will receive awards for Semester 1 achievements at the beginning of Semester 2.

Car parking for the event is available in the car park next to the oval and the student car park off Henty Street. Parents need to follow parking signage on Wise Street, Henty Street and Helemon Street. Parents are urged NOT to park on nature strips, school crossing zones or in a dangerous position (i.e. too close to intersections) as parking inspectors may be out and about and parking infringements will be issued for any vehicle that does not comply with the above.

Light refreshments will be served after the ceremony in the New Quad at the conclusion of award ceremonies. RSVP essential to ros.parisi@merici.act.edu.au as soon as possible.

International Baccalaureate Middle Years Programme (MYP) Assessment and Reporting Workshop (Tuesday 25 February)

This session is aimed at new families in Years 7-9 who would like to learn about the MYP and assessment criteria and will be held in the CRLC on Tuesday 25 February 6pm-7.15pm. This is a hands-on workshop and you are invited to attend with your daughters to engage in some activities that explain the MYP Assessment criteria, provide a brief overview of the MYP philosophy and explore how assessment tasks are used to make evidence-based judgements of learning.

Please rsvp to Ros Parisi at ros.parisi@merici.act.edu.au stating the number of people who will attend. Information will be available via our website after the evening to those families unable to attend or for more information about the IB at Merici please contact Natalie.Fairfax@merici.act.edu.au.

Ash Wednesday (Wednesday 26 February)

Ash Wednesday is the first day of the season of Lent. On Wednesday 26 February blessed ashes will be marked on our foreheads in the form of a cross. The smudge mark made by the ashes is a visible reminder of the commitment we enter into during Lent and of the forgiveness and strength which is the gift of Jesus to each of us.

During the season of Lent we are challenged to reconcile ourselves to God. But the place to begin is to reconcile ourselves with one another. We need to fast. Perhaps we will be fasting from the hurts and grudges we bear against one another, the anger we allow to simmer away under our false smiles, the rumours we allow to go round and round, the finger-pointing we participate in, the inability to love ourselves and each other with forgiveness. We are encouraged to forgive ourselves, to forgive one another and to accept God's forgiveness in our lives so that we may live peacefully.

As members of the Merici College community we commit to raise money for Caritas Project Compassion and offer hope to the millions of families who fight for justice, peace and survival every single day. It is an ongoing demonstration of the faith, love and generosity of our Catholic congregation, all in the name of justice and peace.

Distribution of Ashes:

Staff (parents and students welcome) - Chapel at 8.25am

Students - PC time House meetings after Recess

Lunch - for all those yet to receive their ashes

Bridge Restaurant (Wednesday 26 February)

The Bridge Restaurant will be open for lunch on Wednesday 26 February from 12.30pm – 1.30pm. Please telephone our Hospitality team on 6243 4130 to make your booking.

An Evening with Dr Justin Coulson (Monday 2 March 6.30pm-8.30pm)

Dr Justin Coulson, one of Australia's most respected parenting authors and speakers, will be visiting Merici College on Monday 2 March. As a psychologist, and a father of six girls, he will be sharing his insights into what is really going on in the minds of our teenage daughters, how are they feeling and how we can stay connected with them. He will also be talking about his new book, Miss-Connection. Justin's presentation will be held in the auditorium from 6.30pm to 8.30pm, \$5.00 per person. Please follow the link <https://www.trybooking.com/BINLZ> for bookings. We warmly invite our Merici families, as well as our wider community to come along. Due to the content, the presentation is "M" rated.

Moderation Day #1 (Tuesday 3 March)

Please note that Year 7-10 students will have a Pupil Free Day on Tuesday 3 March. Year 11 and Year 12 students are required to attend an AST Practice.

Co-curricular Activities Expo (Thursday 5 March 12.44pm)

Merici offers a wide range of sporting, cultural, community service, creative and outdoor activities for students. All students are encouraged to become involved in these activities. A program of social and pastoral events is also provided to strengthen the community and house spirit within the college.

An Activities Expo will be held on Thursday 5 March at lunch time in the indigenous garden. The Expo provides students with the opportunity to investigate and enrol in any of the activities. Activity facilitators will be present to answer any questions that students may have. Please follow the link <https://www.merici.act.edu.au/building-futures/cocurriculars> to find a list of our co-curricular activities.

Parent Online Advice 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-newsletter> to find the latest newsletter covering *Frysbe* which is an app where young people can chat with strangers from around the world, share photos and 'make new friends', as well as *Txting* which is an app that allows young people to 'Chat with Strangers' anonymously.

YEARS 7, 8 AND 9 NEWS

Year 7 Camp

The 2020 Merici College Year 7 Camp will be held in Tathra on the Far South Coast of New South Wales. The venue is Hobart Beach Campground, Bournda National Park. The camp will take place from Wednesday 11 – Friday 13 March, three days and two nights.

The Camp is supervised by Merici staff and activities are undertaken by fully trained outdoor educators from Coastlife Adventures. Coastlife Adventures is a privately-owned Outdoor Education and Recreational Business established to provide safe, quality experiences to a large range of groups. In addition, a select number of the student Transition Team will accompany the Year 7 students and staff. Please follow the link <http://merici.college/go/1c> to find the permission note

YEARS 10, 11 AND 12 NEWS

Year 12 English Excursion (Friday 21 February)

Ms Barnsley's Year 12 English class will be attending the performance of 'A Midsummer Night's Dream' at Glebe Park at 5:45pm on Friday 21 February.

CAREERS NEWS

To find the latest Careers newsletter and information, please visit <https://www.mericicareers.com/>

DEFENCE NEWS

Open Arms – Veterans & Families Counselling

Open Arms – Veterans & Families Counselling (formerly WVCS) is Australia's leading provider of high quality mental health assessment and clinical counselling services for Australian veterans and their families. Please follow the link <http://merici.college/go/open-arms> to find the Program schedule for the ACT and NSW groups.

SPORT

Merici College Sports Update

It would be wonderful to see as many girls as possible committing to at least one Co-curricular Sport at the College. For more information about Sport at Merici College please email emma.kennedy@merici.act.edu.au.

Merici College Weekend Netball - Final call out

Registrations close tomorrow! It is not too late to be a part of our inclusive netball community. Everyone can play. No experience is necessary. Grading is this Saturday. If you are unable to attend please notify the Netball Committee. More information at <http://merici.college/go/2020-winter-netball>.

Each team will require a coach and a manager. If you are interested in volunteering for these positions, please contact mericinetball@gmail.com.

Merici College Hockey- Come and Try Day Saturday 22nd February

We were unable to get enough players to field an Under 13's or Under 15's hockey team. If your daughter would like to play hockey with her Merici College peers we have created a partnership with the University Juniors Hockey Club. Players will all train on Monday evenings with each team allocated 1 hour per week on the Powell Field at the Hockey Centre, Lyneham between 5.30pm and 7.30pm. Please register through their website, <https://www.revolutionise.com.au/unijuniors/home/>

*Hockey ACT are running their annual Come and Try Day at the Lyneham Hockey Centre on **Saturday 22 February from 9.00am – 12.00noon**. This is an opportunity for girls who haven't played, to have a go at hockey. When you arrive at the Hockey Centre, make sure you let the HACT representatives that you want to visit the Uni Juniors table and let them know that you are from Merici and interested in playing in a combined Uni Juniors / Merici team. Rebecca Foster will be there as a point of contact for Merici College from 9.30am-11.30am.*

Merici College Rowing

Congratulations to the Merici College Rowing team for their outstanding performance at the Regatta on the weekend. If your daughter is interested in rowing you can contact Capital Lakes Rowing Club - Catherine Bowyer catherinebowyer@gmail.com.

Merici College Volleyball

Registrations have now closed for Years 8 and 10-12. We still have room for more players in Years 7 and 9. Mr Blakey will contact players regarding grading.

Merici College Winter Basketball

Registrations for Winter Basketball will open on March 2nd. The competition starts in Term 2 (2 May) and games can vary from Friday through to Sunday depending on the division entered. Training times will depend on the availability of the coaches, students and facilities. Each team will require a coach and a manager. If you are interested in volunteering for these positions please contact Emma Kennedy via email emma.kennedy@merici.act.edu.au

Tennis- Wednesday/Thursday afternoon

Canberra School of Tennis will be running tennis lessons after school every Wednesday and Thursday afternoon. Please contact Mark Walton to enrol in these sessions. Ph: 0408486191 or Email : csot@grapevine.com.au.

Fitness Club- Will commence Wednesday of Week 4. 7.30am-8.30am in the Merici College Gymnasium. Contact Natalie Fairfax more information natalie.fairfax@merici.act.edu.au

Merici Swimming Club- This club is for fun and fitness and we will travel via the Merici College bus to the Dickson Swimming Pool from 3.30-4.30pm of a Wednesday whilst the weather permits. Contact emma.kennedy@merici.act.edu.au for more information. This will commence on Wednesday 26 February.

Swimming Carnival Results

Congratulations to all students who competed in both the competitive and novelty events. There was certainly an abundance of community spirit and everyone had an enjoyable day. It was wonderful to see so many girls participating in all of the events and our senior girls leading by example. A big thank you to all the parents, students and staff members who helped make the day a success.

Please follow the link <https://merici.news/news/2020-swimming-carnival-results> to find the results.

Interschool Sports/Gala Days

These are the sports that run as a one-off Gala Day. Students can trial for these teams prior to the event and should check their emails for notifications about this.

Upcoming Gala Days - Trials for the activities below will be held in the following weeks.

| TERM 1 | Sport | Week | Teacher | Day | Date |
|-----------|----------------------------------|---|------------------------------|-----------|----------|
| March | HS Beach Volleyball | 6 | Mrs Kennedy | Wednesday | 11 March |
| | Rugby 7's | 6 | Mrs Kennedy Mr Withers | Friday | 13 March |
| | Softball | 6 | Mrs Wholley | Friday | 13 March |
| | North Basketball | 7 | Mr Nemeth | Tuesday | 17 March |
| APRIL | AFL 9/10 Girls | 9 | Mr Mickleburgh | Thursday | 2 April |
| | Touch Football | 9 | Mrs Kennedy Mrs Wood | Friday | 3 April |
| | Combined High School Swimming | 10 | Mrs Firman and Mrs Blakey | Wednesday | 8 April |
| | AFL 7/8 Girls | 10 | Mr Mickleburgh | Thursday | 9 April |
| | | 7 April MERICI ATHLETICS CARNIVAL-WEEK 10 | | | |

Lunchtime Activities

- Tuesdays - Personal challenges in the Gym
- Wednesdays - Handball in the New Quad
- Fridays - Rugby 7's training with the ACT Brumbies Development Officers
- Week 4 - Year 7 Interhouse Multi Sports Competition in the Gym

50 REASONS WHY PARENTS SHOULD ENCOURAGE THEIR CHILDREN TO PLAY SPORT

| | | | | |
|--------------------------|--------------------------------------|--------------------------------|--------------------------------------|--------------------------------|
| INCREASES CONFIDENCE | BUILDS FRIENDSHIPS | BUILDS CHARACTER | IMPROVES SELF ESTEEM | IMPROVES MEMORY |
| REDUCES OBESITY | DEVELOPS RESILIENCE | TEACHES RESPECT | IMPROVES MOOD | DEVELOPS CREATIVITY |
| REDUCES ANXIETY | REDUCES STRESS | REDUCES DEPRESSION | TEACHES LIFE LESSONS | PROMOTES FAIR PLAY |
| IMPROVES BODY IMAGE | BOOSTS BRAIN POWER | DEVELOPS FOCUS | IMPROVES ACADEMIC PERFORMANCE | PROMOTES SOCIAL INTERACTION |
| TEACHES LIFE LESSONS | IMPROVES BRAIN FUNCTIONING | IMPROVES SLEEP | IMPROVES DECISION MAKING | DEVELOPS AUTONOMY |
| DEVELOPS STRONGER BONES | DEVELOPS STRONGER JOINTS | HELPS TO CONTROL WEIGHT | INCREASES ENERGY LEVELS | INCREASED ATTENTION |
| IMPROVES QUALITY OF LIFE | TEACHES CHILDREN ABOUT VALUES | IMPROVES COGNITIVE FUNCTIONING | IMPROVES POSTURE | BUILDS STRENGTH |
| IMPROVES BLOOD FLOW | IMPROVES FITNESS | TEACHES TEAMWORK | IMPROVES LEARNING | REDUCES FATIGUE |
| IMPROVES BREATHING | HELPS CHILDREN TO LEARN FROM FAILURE | IMPROVES REFLEXES | HELPS CHILDREN TO ACHIEVE GOALS | HELPS TO DEVELOP COPING SKILLS |
| IMPROVES IMMUNE SYSTEM | TEACHES CHILDREN ABOUT WINNING | TEACHES CHILDREN ABOUT LOSING | HELPS CHILDREN TO EXPERIENCE SUCCESS | CHILDREN HAVE FUN |

When:

- ★ Every MONDAY
- ★ Beginning 2 March

Where:

Mt Stromlo Forest Park
 Criterion, Off
 Opperman Ave, Stromlo

JUST-STARTING-OUT:

4pm to 5pm
 (New to Rollerskiing and
 Laser Biathlon)

DEVELOPMENT / MASTERS:

5pm - 6.30pm
 Competent at rollerskiing

DATES:

Monday 2 March
 9 March
 16 March
 23 March

BIATHLON A.C.T.



Coaching by -
 Darcie Morton,
 Biathlon ACT High
 Performance & 2016 Youth
 Winter Olympian

Biathlon ACT Roller Skiing and Laser Biathlon Mini Champs to Masters Monday

Cost:

- Discounted Package Program \$100
- Discounted Package for Siblings \$75
- Weekly drop-in \$35

#MoveItAUS #findyour30

"Children should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day." *Sport AUS*

Laser Biathlon equipment provided

Registration and further details

<https://www.nswbiathlon.com.au/events/61610/>

Rollerskis, boots, poles
 can be provided



LANGUAGES

Language Buddies Program

The aim of the Language Buddies Programme is to provide extra assistance for students who are finding learning French, Italian or Chinese challenging. The Language Buddies Program is available from students in Years 9, 10, 11 and 12 for students in the junior years. Language Buddies sessions take place on the following days in Penola Flex and the program will begin in Week 4 at lunchtime.

Mondays: Italian

Tuesdays: French

Fridays: Chinese

Students may meet at the above lunch time (12:54pm-1:24pm). If the above time does not work, students can work out alternative meeting time. Tutoring takes place ONCE a week.

Please complete the relevant application form at <http://merici.college/go/languagebuddy> if you are interested to be a tutor or would like to receive tutoring. Return the completed forms via the PC rolls, or return a scanned copy to jen.baines@merici.eact.edu.au (LOTE Coordinator).

SUSTAINABILITY NEWS

Effects of Waste

Did you know that 99% of the items we buy end up being thrown out within six months, and that the average Australian produces 1.5 tonnes of waste per year?! With all the trash humans generate each year, it's no surprise that the environment is suffering. However, there is an easy and effective way to address this issue: proper waste management.

The YELLOW bin: ALL rigid plastic containers, all cans, trays and foil; all glass bottles and jars and all cartons.

The BLUE bin: ALL paper and cardboard

The RED bin: for everything that is not paper or mixed recycling



More information at https://www.tccs.act.gov.au/_data/assets/pdf_file/0006/1368627/English-181300-Recycling-tips_v3.pdf

MISSION AND COMMUNITY

St Vincent de Paul Annual Doorknock Appeal

St Vincent de Paul advises that the Annual Doorknock Appeal has been cancelled for 2020. St Vincent de Paul made this decision in light of the current bushfire and air quality situation in Canberra. Vinnies will be running some fundraising stalls at shopping centres and Bunnings BBQ instead to help raise money for the bushfire appeal. If volunteering opportunities arise, these will be advertised. St Vincent de Paul apologises that the Doorknock has been cancelled; they just want to make sure the health and safety of all its wonderful volunteers is looked after.

DonateLife Walk 2020

On Wednesday 26 February the DonateLife Walk (<https://www.giftoflife.asn.au/>) is taking place in Canberra. The purpose of the walk is to promote increased organ and tissue donation awareness. One donor can transform the lives of up to 10 people and significantly improve the lives of many more. Please note that although some Merici staff will be in attendance, this is not a Merici organised or supervised event. Students are to make their own way to and from the venue and parent supervision is strongly advised.

Thousands of Canberrans are expected to take part in the walk to show their support for this cause. The event is organised by Gift of Life and sponsored by the Australian Government's Organ and Tissue Authority which promotes the national reform program in this sector (<https://donatelifegov.au/>).



[DonateLife | Organ and Tissue Authority](https://donatelifegov.au/)

donatelifegov.au

Organ and Tissue Authority

Gift of Life's DonateLife Walk this year will start at and return to Rond Terrace, Lake Burley Griffin, Southern end of ANZAC Parade (northern foreshore of Lake Burley Griffin Parkes ACT). Two simultaneous walks will be held, the standard bridge-to-bridge walk around Lake Burley Griffin as well as a shorter option around Commonwealth Park. Both courses are paved and wheelchair accessible. Participants should gather at Rond Terrace at 6.45am with both walks starting at 7am sharp from the same start point. All participants must register online which includes completion of the Participants Waiver: <https://www.giftoflife.asn.au/register-for-gift-of-life-s-donatelifewalk-2020#formanchor> .

Please refer to the Gift of Life information flyer at <http://merici.college/go/giftoflife> and the website for further details (<https://donatelifegov.au/>).

[DonateLife | Organ and Tissue Authority](https://donatelifegov.au/)

donatelifegov.au

Organ and Tissue Authority

Where can I park?

If travelling by car, the map below indicates your parking options. Please allow plenty of time to arrive at Rond Terrace by 6:45am.



Please be aware that the Canberra Visitor Information Centre and surrounding area at Regatta Point is anticipated to be undergoing construction works during February 2020. The Centre and other public facilities surrounding it may not be accessible to the public on 26 February. The DonateLife walk is a good opportunity to discuss your thoughts on tissue and organ donation with your family and friends and to register your donation decision on the Australian Organ Donor Register at www.medicare.gov.au or www.donorregister.gov.au (donations cannot go ahead without the consent of family).

[Australian Organ Donor Register - Services Australia
www.donorregister.gov.au](http://www.donorregister.gov.au)

The national register where you record your organ and tissue donation decision.

[Australian Government Department of Human Services
www.medicare.gov.au](http://www.medicare.gov.au) We deliver social and health payments and services.

For further information please contact Amy Connellan, Head of Mission and Community, amy.connellan@merici.act.edu.au.

Swimming Carnival Bake Sale - Thank you!

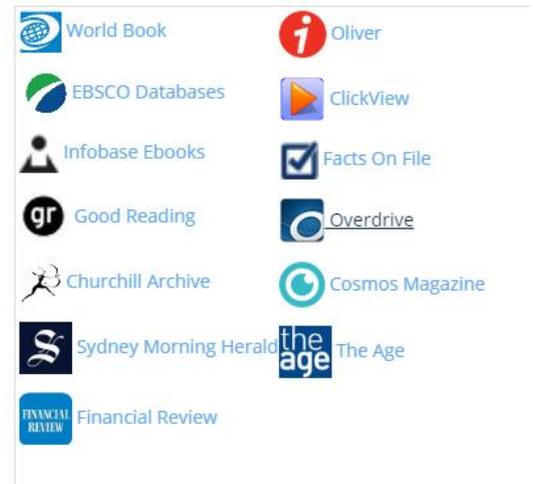
A big thank you to the students, parents and guardians who so generously donated goods for the Vinnies Bake Sale at the Swimming Carnival. Over \$400 was raised in support of Vinnies which has unfortunately had to cancel the Annual Doorknock Appeal due to the fire and smoke situation. Thank you for supporting this wonderful cause.

iC NEWS

During the upcoming weeks students will begin their assessments. It is not unusual for students to feel a little overwhelmed, not knowing how to start the task or where to find relevant and reliable information. The Information Centre (iC) has a wealth of quality information that can be accessed through books and online. Encourage your daughter to visit the iC to browse the shelves. Also, to access the iC services online through Moodle for database access. The databases available include the catalogue *Oliver*, Facts on File, World Book, ANZ Reference Centre and ClickView.

The iC staff are available before school, lunch and after school to assist individual students to find the best information to meet their research needs.

Yours in research,
iC staff



OTHER NEWS

UPCOMING EVENTS (Weeks 6 and 7)

Public Holiday – Canberra Day (Monday 9 March)
Year 7 Camp (Wednesday 11-Friday 13 March)
International Women’s Day Cocktail Party (Thursday 12 March)
Bridge Restaurant – (Wednesday 18 March 12.30pm)