WHAT’S ON AT MERICI
Term 1 Weeks 6 and 7 (Monday 7 March – Sunday 20 March)

WHOLE SCHOOL ACTIVITIES

Catholic Schools Week – Sunday 6 March – Saturday 12 March
Catholic Schools Week (CSW) will be held 6 to 12 March. The main aim of CSW is to build community awareness about the strengths and distinctiveness of Catholic schools. The theme for 2016 is ‘I Belong. You Belong. We Belong.’ which aligns with the Catholic Church’s strong focus on supporting refugees and asylum seekers and the need for a compassionate global community and complements our College Pastoral Care theme “Love and Mercy” which ties with the Catholic Church’s celebration of the Extraordinary Jubilee of Mercy, which centres on pardon, strength and love. In this Year of Mercy, Pope Francis is calling on all Catholic communities to extend mercy to those in need, particularly refugees fleeing hunger and war.

The week also ties in with International Women's Day which is celebrated on Tuesday 8 March. The theme for International Women's Day this year is ‘Make it Happen’ and represents an opportunity to celebrate the achievements of women while calling for greater equality. A special dinner has been organised for this event which will be held on Wednesday 9 March. We have been overwhelmed with reservations. Please note payment of $50.00 per person is due by this Friday, 4 March. Payments can be made by contacting the Finance Office on 6243 4107.

We have planned many wonderful activities during the week Monday 7 March to Friday 12 March. On Tuesday 8 March in Pastoral Care, all students and staff will receive a commemorative lapel pin with our 2016 theme of Love and Mercy. Students and staff are also invited to display a purple item to show their support of International Women’s Day.

On Wednesday 9 March and Thursday 10 March, music and dance students will participate in the Combined Catholic Schools Music Festival to be held at the Canberra Theatre Centre. This event brings together seven Catholic Colleges supporting the CSW theme, I Belong, You Belong, We Belong.

For more information on Catholic Schools Week please visit the Catholic Education Office website at http://cg.catholic.edu.au/.

Merici Science Series Talk – Assoc Prof Jodie Bradby – Monday 7 March (4.00pm)
An invitation is extended to all parents, students and staff to attend a talk on Monday 7 March at 4.00pm by Associate Professor Jodie Bradby, from the Research School of Physics and Engineering at the ANU.

Last year Jodie was the national Women in Physics lecturer for the Australian Institute of Physics and has a strong commitment to promoting women in engineering. She will be talking about her research into making diamond-like materials that form at extreme temperatures and pressures.

Please follow the link http://tinyurl.com/h3wv43j to find an information flyer and a complete list of Science Series Talks to be held during Semester 1. Refreshments will be served in the Canteen prior to the talk, from 3.40pm. Please rsvp to kathryn.white@merici.act.edu.au before Monday 7 March.
Canberra Day Public Holiday – Monday 14 March

Bridge Restaurant – Wednesday 16 March
The Bridge Restaurant will be open for lunch on Wednesday 16 March from 12.30pm – 1.40pm. Merici students are only permitted to eat between 1.00pm-1.40pm (timetabled lunch period). Families are welcome to come at 12.30pm and children can join them at 1.00pm. Please contact Reception on 6243 4100 to make a booking.

Finance Office - Cashier’s Box Payments and Cash Register Opening Hours
Need to make a payment to the Finance Office? The preferred option is to use the Cashier’s Box as payments can be put in the box at any time that the school is open. Payment envelopes are located next to the Cashier’s Box in the Reception area.

Cashier’s Box payments are suitable for payments using cash, credit card or cheque. Simply fill in the envelope details, include cash and signed notes if applicable and post in the box for processing. If you need to make a payment in person, please note that the Finance Office cash register will only be open at lunchtime 1.00pm – 1.20pm.

Counselling at Merici College
This year we welcome Nicole Boucher to our team of counselling services at Merici College. Nicole joins Sarah Foley in counselling work with students that is confidential and covers a wide range of concerns such as stress, anxiety, low mood, relationship difficulties, family change, grief and loss, bullying and occasionally screening for developmental issues. They also do some referral to other services if psychological assessments are required. As School Counsellors they are mandated reporters and as such, are required to report to relevant agencies where there are serious risks of harm to a student.

To access our services students can email us directly at Counsellors@merici.act.edu.au. If you wish to discuss a referral for your daughter, you can discuss your concerns first with your daughter’s House Co-ordinator or we can be reached by phone on 6243 4126 (Sarah) or 6243 4122 (Nicole).

Nicole Boucher - School Counsellor/Social Worker (MSW)
I have just commenced working at Merici College as a School Counsellor after completion of my Master of Social Work at the Australian Catholic University in Canberra. Prior to this position I spent two years working for the Domestic Violence Crisis Service as a Crisis Worker. This involved me assisting people affected by domestic or family violence through crisis counselling, safety planning and other support as required. I previously worked as a Registered Nurse and am a mother of three children, two of whom are teenagers.

I have a strong interest in working with people to optimise their emotional and mental well-being, hence my return to university to study social work at a mature age.

During my studies I spent time counselling students at both Daramalan and St Mary MacKillop Colleges. I enjoy working with adolescents at this pivotal time in their lives, assisting them to move towards adulthood with increased self-understanding, resilience and emotional and mental wellbeing. I look forward to working with students of Merici College in my capacity as School Counsellor.

Sarah Foley - School Counsellor and Registered Psychologist
Hello! My name is Sarah Foley. I am a School Counsellor and Registered Psychologist here at Merici College. I have an Honours degree in Psychology, a Masters in Counselling and am mother to two (mostly) delightful teenagers.

I have been counselling with Catholiccare in various Catholic Primary and High Schools around Canberra for ten years and have been based at Merici for three years. I enjoy living my faith through serving the community at Merici College and am passionate about the well-being of children, young people and families.

I use a person centred framework in my work with students and have an eclectic style informed by Cognitive Behavioural Therapy, Solution Focused Brief Therapy and Mindfulness.

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**INFORMME Me**

In Week four of this term the confidential online reporting system known as Informme was formally launched at Merici. Merici has partnered with the Clarus Group to deliver this application, which is designed to support the social and emotional wellbeing of your daughters and facilitate more communication with parents and students.

A short presentation to students, followed by a Q&A session took place in the flex period. The following clips were included in the presentation. They outline the basic operations of Informme, particularly from the students’ point of view.

Please take the three minutes (or less) to gain an understanding of how this system is being delivered at Merici College, and feel free to contact your daughters House Coordinator or any member of the leadership team directly with questions about any aspect, including security, confidentiality or well-being. All reports come through to Mrs Trazel Scott, Deputy Principal Development and Heads of School, who then disseminate to relevant House Coordinators and support networks where necessary.

https://www.youtube.com/watch?v=pPzNTjzBBP0  
https://www.youtube.com/watch?v=AGwd2EO_3VY

Your daughters have already begun using the application to support their peers and notify us of any concerns. Your input, questions and comments will also play a vital role in the constant improvement of the reporting system, so we welcome any and all feedback.

**Study Skills Handbook**

In 2016, the Pastoral Care program will have three key focus areas:

1. Love and Mercy  
2. Mindfulness  
3. Academic Welfare Tracking

During the Academic Welfare Tracking sessions students will have the opportunity to access an online study skills handbook at www.studyskillshandbook.com.au.

Username: mericicollege  
Password: achieve24

This handbook contains a number of units one of which is the benefits of mindfulness for student which links two of our key focus areas for Pastoral care in 2016. We encourage both students and parents to access this wonderful resource throughout the year. Please follow the link http://tinyurl.com/j4lbbjx to find the latest newsletter.

**YourTutor**

Can’t find a good tutor? With YourTutor, the best come to you, in minutes.

Helping students complete their homework and study is a challenge for many parents - finding the time and the expertise isn’t easy. YourTutor provides a unique, on-demand homework help service to help your kids develop classroom confidence and reach their academic potential. How can we help?

**Essay Reviews** - Students submit written drafts for review and get detailed feedback on how to improve them, including tips on essay structure, language choice, punctuation, spelling and grammar.

**Personal Online Tutoring** - Students connect to an online tutor when they get stuck on a question, any time from 3pm - midnight. We will match them with a curriculum-trained expert tutor who specialises in the subject they need help with. Our tutors will spend as little or as long as it takes to work through the problem. Students must apply their own critical thinking, expertly guided by the professional teachers and tutors online.
The school is making parents aware of YourTutor as an option, to help with after-hours study, for confidence, support for parents, and learning improvement.

Every family at the school is entitled to $30 in YourTutor credit, Term 1 only. You can use this free trial for an online tutoring session or an essay review up to 2,000 words.

2. Enter your details to claim your free trial.

Thousands of Australian students are already using YourTutor to get ahead in their education. Let us help your children achieve their best results in 2016.

YEAR 7, 8 and 9 NEWS

Year 7 Immunisations – Tuesday 15 March
The first round of Year 7 immunisations will be held on Tuesday 15 March. For more information please visit http://www.health.act.gov.au.

Year 7 Camp – Wednesday 16 March – Friday 18 March
The Year 7 camp will run for 3 days and two nights, with one night staying at Kianinny Cabins, Tathra, and the other night in tents in the Mimosa Rocks National Park. The camp will take place from Wednesday 16 March until Friday 18 March. Please follow the link http://tinyurl.com/gnj4sxr to find more information and the consent form.

CAREERS NEWS
Please follow the link http://tinyurl.com/ocmazvk to find the latest Careers Newsletter and information on CIT Information and Enrolment sessions and Charles Sturt University My Day.

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

DEFENCE NEWS

Defence Community Organisation Family Day – Saturday 5 March (11.00am-2.00pm)
The Defence Community Organisation is hosting a family day to welcome Defence families in the Canberra Region. The event will be held on Saturday 5 March from 11.00am-2.00pm at the ADFA Gymnasium and AFL Oval. Please follow the link http://tinyurl.com/golrtss to find more information.

MUSIC NEWS

C4 Combined Catholic Colleges Concert – Thursday 10 March
Tickets on sale at the Canberra Theatre Centre and can be purchased by contacting the ticketing office on telephone 6275 2700 or online at https://canberratheatrecentre.com.au/bookings/purchasing-tickets/.
Rehearsals for the concert will be held on the following dates:

- Wednesday 9 March  -  All day Rehearsal at Merici College
- Thursday 10 March  -  Tech Run & Dress Rehearsal - Canberra Theatre
- Thursday 10 March  -  Performance - 7:00pm

Please follow the link http://tinyurl.com/jpd2laj to find the permission note for dance performers.

Tickets on sale at the Canberra Theatre Centre and can be purchased by contacting the ticketing office on telephone 6275 2700 or online at https://canberratheatrecentre.com.au/bookings/purchasing-tickets/.

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**MERICI IT NEWS Q AND A**

*Question:* My daughter's Microsoft 'Word' has stopped working properly on her laptop. What can I do as an alternative?

*Response:* Fortunately, your daughter has access to Word Online through Merici.

- To access it, your daughter logs into Moodle -> go to Services -> click on Merici OneDrive O365 (Office 365).
- Go to OneDrive -> upload the Word file to be edited -> click on the file to display it.
- Click 'Edit Document' and choose 'Edit in Word Online'.

Your daughter is now able to continue with her word processing online.

**iC NEWS**

Our Co-curricular groups start Week 6: Cosy Café on Monday and Book Club on Tuesday, at lunch times. Students are most welcome to join either of these groups. They just need their lunch, a good book on Mondays and book recommendations on Tuesdays.

Happy Reading!

*iC Staff*

**SRC AND SOCIAL JUSTICE NEWS**

**DonateLife Walk – Thank you to our participants**

Over 500 members of the Merici community gathered at Lake Burley Griffin early on morning of Wednesday 24 February for the 10th annual DonateLife Walk in order to raise awareness for organ and tissue donation. The DonateLife walk was a huge success with over 8000 Canberrans attending, and an incredible experience for the whole Merici Community. “We found the walk to be a worthwhile event for an amazing cause, giving us the opportunity to discover, decide and discuss.” *Julia Heather, Maddi Noakes and Julia Page, Year 11 students.*


**2016 Blood Donation campaign**

Merici College is kicking off its 2016 Blood Donation campaign and defence of the ACT Schools Challenge Cup through a series of regular blood donations. To facilitate this, courtesy buses from school to the Donor Centre in Garran have been organised for our students. The donor buses booked from Merici College for Terms 1 and 2 are as follows:

- Wednesday 16 March, 1.00pm
- Wednesday 23 March, 1.00pm
- Wednesday 2 May, 1.00pm
- Friday 3 June, 10.30am
- Monday 6 June, 1.00pm
- Tuesday 7 June, 1.00pm
- Friday 10 June, 10.30am

If you are 16 years and over and weigh more than 50kg, you are eligible to donate. Please check the SRC noticeboard or the Australian Red Cross Blood Service website for further eligibility requirements at [http://www.donateblood.com.au/](http://www.donateblood.com.au/). Please note this service is available to students only. For further details or to book a place on a courtesy bus please contact SRC and Social Justice Facilitator, Ms Sonia Conte at [sonia.conte@merici.act.edu.au](mailto:sonia.conte@merici.act.edu.au). Thank you for your continued support of this initiative.

Follow us on [@MericiC](http://twitter.com/mericiC), [@MericiSport](http://twitter.com/mericisport), [@MericiCanberra](http://twitter.com/mericicanberra), [@MericiMusic](http://twitter.com/mericiMusic)
**CO-CURRICULAR NEWS**

**Duke of Edinburgh Silver Award – Thursday 17 March (3.30pm) – Sunday 20 March**
The Duke of Edinburgh Silver Award Hike will be held on 17-20 March. This hike in Ben Boyd National Park near Eden is for students in Years 11-12 who are completing their Silver awards. Students will depart from school on Thursday afternoon and return to Canberra on Sunday afternoon. If you are interested in attending please collect and return a permission note. If you have any questions please contact David Rodda, email david.rodda@merici.act.edu.au.

**Merici Dance Troupe at St Joseph’s Primary School, O’Connor 60th Anniversary Fete – Saturday 19 March (3.00pm-7.00pm)**
Our Dance Troupe will be performing at the St Joseph’s Fete in O’Connor on Saturday at 4.00pm. All welcome to come along and support our dancers.

**CONGRATULATIONS**

**Royal Canberra Show Results**
Congratulations to Merici College Year 9 and 10 Sustainability Classes who were awarded:

1st Prize – Collection of any vegetable 4 kinds (capsicum, beans, eggplant, tomatoes)
2nd Prize – 3 zucchini not more than 200 mm; 3 capsicums; 3 cucumbers; 6 beans.
3rd Prize – any other vegetable (Lebanese eggplant)

We also congratulate the following Textiles and Fashion students who received awards:

<table>
<thead>
<tr>
<th>Lauren Paterson 1st Prize, Patchwork Quilt, Student Champion</th>
<th>Ally Howe, 3rd Prize, Shirt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erin Smart, 3rd Prize, Patchwork Quilt</td>
<td>Ashlee Jakim, 3rd Prize, Dress</td>
</tr>
<tr>
<td>Catherine Stevens, 3rd Prize, Patchwork Quilt</td>
<td>Julia Dawson, 2nd Prize, Cushion Cover</td>
</tr>
<tr>
<td>Alyssa Coulston, 1st Prize, Dress</td>
<td>Sophie Coulter, 1st Prize and Student Award, Pyjamas</td>
</tr>
<tr>
<td>Faith Cooper, 1st Prize, Dress</td>
<td>Isabella Kettle, 2nd Prize, Pyjamas</td>
</tr>
<tr>
<td>Anna Sergi, 1st Prize, Printed Dress</td>
<td>Ashleigh Harris, 2nd Prize, Soft Toys 4 Seasons</td>
</tr>
<tr>
<td>Ashleigh Harris, 2nd Prize, Blue Dress</td>
<td>Bella Peresan, 1st Prize, Reserve Champion, Cushion Cover</td>
</tr>
<tr>
<td>Anna Sergi 2nd Prize, Jumpsuit</td>
<td>Ashlee Jakin, 2nd Prize Cushion Cover</td>
</tr>
<tr>
<td>Isabella Kettle, 2nd Prize, Shirt</td>
<td>Lily Coleman, 3rd Prize, Cushion Cover</td>
</tr>
<tr>
<td>Maddison Noakes, 2nd Prize, Shirt</td>
<td>Georgia Pozzebon – Encouragement Award</td>
</tr>
<tr>
<td>Alyssa Coulston, 3rd Prize, Shirt</td>
<td>Isabella Kettle, Encouragement Award</td>
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**Students awarded Young Women in Public Affairs Award**
Selected young women between 16 and 19 years of age are chosen for the ‘Young Women in Public Affairs Award’ by the Zonta International Foundation. This award is decided on the basis of demonstration of active commitment to volunteerism, experience in local government, student government, workplace and volunteer leadership achievements. One of the criteria to be nominated as an awardee is based on the nominee’s knowledge of the Zonta International Foundation, its programs and commitment to advocating Zonta International’s mission of advancing the status of women worldwide.

We would like to congratulate two of our Year 12 students, Avneet Bakshi and Maddison Bourke, who have progressed to the next level after being shortlisted from the region. For this achievement Avneet and Maddison have been awarded with prize money of $100 to be presented to them at the annual fundraising festival hosted by Zonta International on Friday 1 April 2016.

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OTHER

**Palm Sunday Rally for Refugees**
This year, the Merici College community will be supporting the Palm Sunday Rally for Refugees. The rally will be held on Sunday 29 March at 1.00pm and departs from Garema Place in the city. Families are most welcome to come along and accompany our students. For those students with no parental supervision, a permission note is required to be completed. Permission notes are currently being finalised. An email will be sent to all parents and students advising when these notes are ready for collection from Mr Andrew Blakey.

For more information on the rally please visit the website [http://tinyurl.com/zavb384](http://tinyurl.com/zavb384) or contact Mr Blakey on email andrew.blakey@merici.act.edu.au.

**Empower U Program**
Since 2001 Tomorrow Youth International has been running Personal Development and Life-Skills program for tens of thousands of teenagers in six countries. Due to increased demand the organisation have made the decision to bring again the highly acclaimed Empower U program to Canberra University in March of 2016. For more information on the program please follow the links [http://tinyurl.com/z2xtpu5](http://tinyurl.com/z2xtpu5), [https://vimeo.com/123161749](https://vimeo.com/123161749) and [https://vimeo.com/121759528](https://vimeo.com/121759528) to find two short videos and reports on students talking about their program experience and program information.

**St Joseph's School, O'Connor 60th Anniversary Celebrations – Saturday 19 March (3.00pm-7.00pm)**
Calling all past students and families! Come and join in the fun of our 2016 Fete and help us launch our 60th Anniversary Celebrations.
When: Saturday 19 March 2016
Where: St Joseph's School, Boronia Drive, O'Connor
Time: 3pm to 7pm

**WANT TO SHARE?**
We love to hear about your amazing daughters and their achievements. Feel free to connect with us to share any good news by sending an email to Ros Parisi, ros.parisi@merici.act.edu.au.

**UPCOMING EVENTS (Term 1 Weeks 8 and 9)**

- North Gungahlin 12 & Under Swimming – Monday 21 March
- ACT 13 Y & O Golf – Monday 21 March
- Cricket Girls Year 7/8 – Monday 21 March
- ACU Lunchtime Senior Information Session – Tuesday 22 March
- UC Lunch – Senior Information Session – Wednesday 23 March
- Easter Reflection – Thursday 24 March
- Good Friday – Friday 25 March
- Easter Saturday – Saturday 26 March
- Easter Sunday – Sunday 27 March
- Easter Monday (Public Holiday) – Monday 28 March
- ANU Lunchtime Senior Information Session – Tuesday 29 March
- Bridge Restaurant – Wednesday 30 March
- Poetry in Action – Friday 1 April

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