

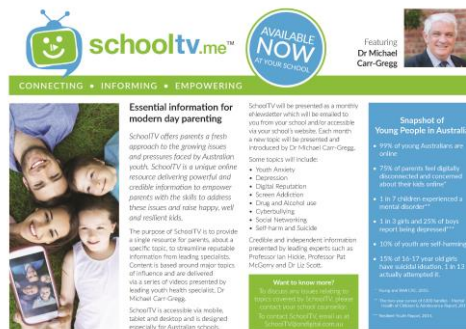
WHAT'S ON NEWSLETTER

Term 2 Week 10 and Term 3 Week 1 (Monday 27 June – Sunday 24 July)

IMPORTANT INFORMATION

SchoolTV

We hope our families are finding SchoolTV a helpful resource. The purpose of SchoolTV is to provide parents and carers with up to date and credible information on issues affecting teenagers and their well-being. You can access SchoolTV here, <https://merici.act.schooltv.me/category-latest-newsletter>.



COUNSELLORS CORNER

A Message from our Counsellor

Phew! What a busy term we have had!

Congratulations to all students for making it through a tricky term of high workloads, competing deadlines for assessments, exams, and some very cold weather. It has been a pleasure to be a part of the Merici community this term and I am very excited for the semester ahead.

The school holidays are an important time to relax, reset and recharge your batteries after a busy period. Much like you wouldn't allow your phone battery to get below 10% charge – we too need to be aware of our inner state and take a little bit of time to replenish our energy and charge our social and emotional battery.

For students and families who might need some additional support over the school holiday break, I have listed a few references that you might find of benefit.

For Students :

- [MindMap](#) support young people to navigate Canberra's mental health system and find mental health services, supports and resources (12pm-11pm/7 days)
- [headspace online mental health service](#) speak with professional counsellors over the phone or webchat (9am-1am/7 days)
- [13YARN](#) (13 92 76, available 24/7) Aboriginal and Torres Strait Islander Support crisis support phone line
- [Kids Helpline](#) (1800 55 1800, available 24/7)
- headspace [How to stay healthy over the holidays](#)
- Reach Out [Ways to chill for cheap](#)

For Parents :

- Headspace factsheet [Keeping healthy over the holidays - for friends and family](#)
- [Reach Out Parents](#) has information for parents and carers on a range of topics.
- [Raising Children](#) has tips and advice around a range of topics that can assist parents in supporting young people.
- Beyond Blue has some tips on [supporting healthy home and habits](#) and [how to talk about mental health](#) if you are wanting to start a conversation with your young person
- ReachOut has a [One-on-one support service](#) which provides free coaching to parents and carers of teenagers.
- Parentline ACT provides telephone counselling to parents and carers. Call 02 6287 3833, Monday to Friday 9am-4pm

It is important to note that school counselling is not a crisis service but should you feel your daughter may benefit from school counselling when school resumes, please speak with your daughter's House Co-ordinator or email me on counsellors@merici.act.edu.au.

I wish you all a very relaxing and wholesome holiday break and look forward to seeing you all back next term.

Ms Hannah Johnson

COVID Exposure Information

A gentle reminder to families regarding exposure to COVID-19. Please access this link, [Information for people exposed to COVID-19 - COVID-19 \(act.gov.au\)](#) for all information.

WHOLE SCHOOL ACTIVITIES

End of Semester Reports

On Friday 1 July, Semester 1 reports will be released through SEQTA. Students will be able to see their reports through SEQTA Learn and parents will be able to access them through SEQTA Engage. Reports will no longer be emailed like in previous years.

If you have not registered your SEQTA Engage for parent access, please go to the school website to register your account.

The reports are a culmination of your daughters learning across semester 1. If you have any questions or concerns about your daughters report, please email the teacher of the subject. Our email addresses all follow the pattern of firstname.surname@merici.act.edu.au

Key Dates

Term 2 ends (Friday 1 July)

Term 3 begins for Staff (Designated PD Day, Monday 18 July)

Term 3 begins for Students (Tuesday 19 July)

YEARS 10, 11 AND 12 NEWS

Year 10 Transitions Forum (Monday 27 July – Friday 1 July)

The Transitions Forum is an important week for Year 10 students. During the forum your daughters will consider how to make decisions, reflect on what is important in life, hear about a few different careers, learn about the job market, prepare for senior study and much, much more. Students are not expected to wear uniform during this week except for the day of excursions on Wednesday.

Lunch will be provided on Monday and Friday. Students will be required to bring their own recess for the week as well as lunch on Tuesday, Wednesday, and Thursday.

The days have been specifically organised into different areas:

- Monday: a full day presentation, 'Day of Hope' with Glenn Gerrey from the Hopeful Institute, Sydney. He concentrates on goals and motivation and in the past, he has had our students on the edge of their seats with his inspirational words.
- Tuesday: students will be given presentations on -
 - IB Diploma Programme/BSSS Program
 - University degree pre-requisites and recommendations
 - Extra- curricular academic activities available in Senior College
- Wednesday: students choose two institutions that they would like to visit. The options are: Canberra Institute of Technology, Australian National University, Australian Catholic University, University of Canberra, ADFA. Students will be sent an online form to submit their preferences
- Thursday: All students will be doing independent work on Personal Project
- Friday: The final day of the Year 10 Transitions forum is dedicated to the Year 10 Retreat, which will be run by Ms Tolfree

Please click [here](#) to find the Transitions Forum Booklet. The consent form for academic visits to different institutions on Wednesday 29 June can be found [here](#) for electronic lodgement.

CAREERS NEWS

Applications For The 2023 National Youth Science Forum (NYAF) Year 12 Program now open!

The NYSF Year 12 Program is a digital and in-person program that gives students a broader understanding of the diverse study and career options available in STEM.

In 2023, the NYSF Year 12 Program will run from **10 to 24 January**. Students will have opportunities to:

- participate in tours of science and technology facilities, and learn about cutting edge research;
- engage with industry partners and research providers;
- learn about university and STEM career pathways;
- mix with other like-minded students from all over Australia; and
- network with former NYSF participants to further increase understanding of STEM-related study and career experiences.

Early bird applications (lower application fee) close 24 July! Avenues for funding include Rotary Endorsement, self-fund, and Access and Equity Scholarships.

Apply now: <https://www.nysf.edu.au/programs/year-12-program/>

University of Canberra DiscoverFAD Short Courses

The DiscoverFAD high school program includes short courses for Year 9-12 students and is presented by the Faculty of Arts and Design to give students a taste of their future as a creative professional. The courses are run during the school holidays in July. Please click [here](#) to find more information.

IB NEWS



Event	Date	Audience	Information
Personal Project Workshop 9	Friday 24 th June	Year 10 students	Students will be learning about preparing and writing up their final report

Personal Project Exhibition Committee

Congratulations to the following Year 10 students who will be forming the Personal Project Exhibition Committee, representing their Year 10 cohort, and leading the organisation of our showcase of student work which will take place in Term 4.

- Lindsay Holmes
- Brooke Mason
- Lily Nutt
- Charlotte Turner
- Angelina Rose
- Sophie Tonkin
- Madeline Ween
- Ella Hawkes
- Caelan Edghill
- Michelle Ha
- Gwendolyn Haggan



Approaches to Learning (ATLs) in Creative and Performing Arts



MYP unit: The Universal Language of Performance

Skill cluster: Creative thinking skills

Specific Skill: Create original works and ideas; use existing works and ideas in new ways

Year 7 and 8 Performing Arts Students have had the opportunity to combine their newfound skills in Dance, Music, and Drama through the creation of an original Drama Performance.

Students had to choose a traditional fairy-tale but use their creative thinking hats to reimagine this storyline, with a modern twist to create an original work. Students had to use their knowledge of dramatic elements to create an entertaining performance, which also included elements of Dance and Music. Students were challenged to think outside the box, with performances including the Three Little Pigs using Pigstagram, Cinderella filming Tiktoks and Little Red Riding Hood spreading COVID.



SUSTAINABILITY NEWS



Good news!
Our Terracycle Bottle Caps Zero Waste Box is now FULL.

Thanks for your contributions!
Save your lids for next year.

iC NEWS

The iC will be closed at 3:30pm on the last day of term, Friday, 1 July. In readiness for the winter holidays, we have two great displays in the iC, *New Books* and *Books to Film*. A collection of books perfect to snuggle up with and get lost in the worlds within. Encourage your daughters to come in and collect some holidays reading.

The use of Overdrive or Sora continues to be a popular platform for e-books. For those families who have not yet discovered the e-book collection they can follow the instructions below and try it out during the upcoming holidays.



The collection contains novels, non-fiction, audiobooks and is available 24/7 from any device. It can be accessed through the [Merici SEQTA](#) home or by downloading the Sora app onto your IOS or Android device. Books can also be read offline on a laptop accessing Sora through soraapp.com.

1. Download the Sora app (free from the App store)
2. Search for a school (type in): ACEN Member Collection
3. Choose our school from the drop-down menu: Merici College
4. It will redirect you back to the Merici Login
5. You can then borrow three items at any one time



Just as a gentle reminder, the return of Semester 1 textbooks would be greatly appreciated.

Happy Reading!
iC Staff

DEFENCE NEWS

Year 7 and 8 Birrigai Excursion

Please keep an eye on your email inbox as the Year 7 and 8 Birrigai excursion consent forms are on their way! This excursion is usually held in Term 1 with Defence students from other schools. However, Birrigai has only just reopened for 2022 and we've secured a spot in Term 3 as a *Merici Only* excursion. It's a very popular and fun excursion designed to build friendships with other Defence students. Families will be emailed the consent forms this week.

Who: 17 students spots are available. It is open to Defence Family students at Merici College, in Years 7 and 8. Please note that the first 17 consent forms received will join the excursion.

When: Thursday 21 July, Week 1 Term 3

What: One day excursion to Birrigai Outdoor School, departing 9am, returning 3pm on the Merici bus. Outdoor activities available can include Crate Climb, Abseiling, Giant swing, Flying Fox and a vertical play pen.

The excursion costs \$65 per student. You can email your consent and payment slip to kate.friend@merici.act.edu.au or drop it into the Defence Office near Room 222.

CO-CURRICULAR NEWS

Gold Duke of Edinburgh's Award Hike

During the school holidays from the 11-14 July, students from Merici and Marist College will combine for a four -day Gold Duke of Ed hike. Students will be responsible for planning a majority of the journey, which will take them through some beautiful scenery along the Great North Walk, from Berowra to Sydney. If you would like further details about the Award, which targets young people between the ages of 14-25 years, please contact Jackie Males (jackie.males@merici.act.edu.au).

ACT and Regional NSW Interschools Snow Sports Championships (Monday 18 July to Thursday 21 July)

On Monday 18 July, 29 students shall depart Merici College to compete in the ACT Regional NSW Interschool Snow Sports Championships, to be held at Perisher Valley Ski Resort. This region is renowned for providing the highest standard of competition. Students will depart from the auditorium carpark at 6.30am on Monday 18 July on the Goanna bus and return at approximately 8.30pm on Thursday night, 21 July. They are joined by Diana Davis and Adrian Heim, as well as a team of enthusiastic parents offering their support and encouragement as team managers and ski course volunteers. Students who are catching the College bus will need to meet in the auditorium carpark no later than 6:00am so that there is time to load luggage and depart at 6:30am promptly.

Water Polo High School Competition

Are you interested in playing Water Polo? This competition aims to give players an avenue into the sport that is social and beginner friendly. It will also be a great opportunity for students to be introduced to Water Polo as a sport option to your daughter if they have an interest in aquatics.

No previous Water Polo experience is required, as long as students can confidently swim 25m freestyle they can participate.

Location: AIS, Belconnen

Day: Friday

Time: 6.00pm - 8.30pm

Dates: Week 3 - Week 9, Term 3 2022

August – 5, 12, 19 26

September – 2, 9, 16

Cost: \$140 per player (does not include pool entry)

Divisions: Years 7 - 8 & Years 9 - 12

If you are interested, please reply to Susan Anderson, susan.anderson@merici.act.edu.au by COB, Monday 27 June. More information can be found [here](#). A team will only be entered if we gauge enough interest and commitment.

Volleyball

If you are interested in playing volleyball for the Spring Competition, please click [here](#) to find all the information, including the link to register.

If you have any questions, please contact Ms Zedde Carlia.zedde@merici.act.edu.au or Mrs Anderson susan.anderson@merici.act.edu.au .

Registrations close Friday 1 July but we would really appreciate if this could be done sooner so we can have the teams entered, order uniforms and prepare for the season.

Please note that Term 3 commences on Tuesday 19 July for all students as Monday 18 July is designated PD day for all staff so there will be no training on Monday 18 July. The first game will be held on Tuesday 19 July.

Please note: We ask that before completing forms and committing your daughter to volleyball that you are aware of what this commitment entails. Teams will train on Monday afternoons in the school gym. It is an important part of developing teamwork, commitment and awareness of responsibility and parents need to reinforce this. Your daughter will be marked off each week as to whether she attends or does not attend. If she misses three (3) trainings, parents will be contacted. Games will be Tuesdays.

Times for training may change.

3.30-4.30 for years 7/8 (to be confirmed)

4.30-5.30 for years 9/10 (to be confirmed)

5.30-6.30 for years 11/12 (to be confirmed)

OTHER NEWS

Festival of Family Life (Sunday 26 June)

All welcome to a *Festival of Family Life* this Sunday 26 June at St Christopher's Cathedral & St Christopher's Pastoral Centre, Manuka.

Celebrating the [World Meeting of Families 2022](#) and Pope Francis' theme: Family Love: a Vocation and a Path to Holiness

- 11am Mass with the Archbishop
- 12pm Free Luncheon & "Family Expo"
- 1pm all ages activities & workshops: from toddlers playgroup to reflections for seniors and everyone in between
- 2pm finish

Registration free at <https://bit.ly/WMF26June>

Enquires 0429 192 869

CATHOLIC ARCHDIOCESE OF CANBERRA AND GOULBURN
SUNDAY 26TH JUNE 11AM – 2PM

10th World Meeting of Families
FAMILY LOVE: A VOCATION AND A PATH TO HOLINESS

REGISTER AT [HTTPS://BIT.LY/WMF26JUNE](https://bit.ly/WMF26JUNE)

- 11.00am Mass at St Christopher's Cathedral with Archbishop Christopher
- 12.00pm Free Brunch & Mini Expo with Archbishop in St Christopher's Pastoral Centre
- 1.00pm Faith & Fun Sessions (children, teenagers, adults, seniors) based on the theme of 'Family life a pathway to holiness'
- 1.45pm Closing Prayer & Song in Parish Centre
- 2.00pm Finish

Enquiries email lara.kirk@cg.org.au or text 0429 192 869

ACT Winter Holiday Cricket Camps, AAS Cricket Coaching

The team at AAS Cricket Coaching are excited to announce our upcoming ACT Winter Holiday Cricket Camps. Catering to ages 6-16, our school holiday cricket programs include access to:

- A structured & enjoyable program with a wide variety of cricket drills, activities and games
- A fun, team-based learning environment
- Coaching covering all aspects of the game including batting, fast & spin bowling, fielding, running between wickets and wicketkeeping
- Technical, tactical & game sense tuition
- Qualified & experienced coaches

To secure your spot, head to:

<https://form.jotform.com/220782895538874>

AAS CRICKET COACHING

WINTER HOLIDAY CRICKET CAMPS

CAMP 1: JULY 6-8
9:00am - 3:00pm after-hours care available*
Reid Oval Old Eynon St & Limestone Ave

CAMP 2: JULY 13-15
Suitable for ages 6-16 (contact within the program to be age-appropriate)

What's included?

- A structured & enjoyable program with a wide variety of cricket drills, activities and games
- A fun, team-based learning environment
- Coaching that covers all aspects of the game including batting, fast and slow bowling, fielding, running between wickets, and wicketkeeping
- Technical, tactical & game sense tuition
- Qualified & experienced coaches

For more info, please contact Holly Hatford-Smith on 0400125342 or activesports@outlook.com

CapitalClinic
Specialty Services

SCAN ME

Please note that clinic size is limited to ensure an appropriate player to coach ratio. Players will be grouped according to age and skill level.

All programs will be held at Reid Oval (corner of Euree Street & Limestone Avenue) from 9:00am - 3:00pm each day. After hours care may be available for an additional charge on request.

For any enquiries, please contact Holly at activeallsports@outlook.com or telephone 0400 125 342.

Holiday Happenings



UPCOMING EVENTS (Term 3 Weeks 2 and 3)

Academic Awards (Monday 1 August)

Bridge Restaurant (Wednesday 3 August 12.30pm)

Antigone Drama Performance (Saturday 6 August)