



# WHAT'S ON NEWSLETTER

Term 3 Weeks 8 and 9 (Monday 5 September – Sunday 18 September)

## IMPORTANT INFORMATION

### Counsellor's Corner August 2022 - Vaping

High school is the place where most teens want to make new friends and fit in with those around them. They will do anything to get involved in a friend group by portraying a specific image. They will do a variety of things to be liked and vaping seems to be one of the biggest sources of peer pressure for teens today – they may even vape just to take a nice picture. #doitfortheagram

Friends can be the strongest influence when it comes to risky behaviour, such as vaping.

Read full article [here](#).

### Catholic Education Commission of the Archdiocese Appointment Vacancy

Archbishop Christopher Prowse is seeking Expressions of Interest for appointment to the Catholic Education Commission of the Archdiocese from members of the Archdiocesan Communities whether parishes or schools across the Archdiocese.

The Catholic Education Commission (CEC) is a ministry of the Church of the Archdiocese committed to authentic Catholic education centred in God's love for each person as revealed in Jesus Christ. The CEC supports and advises the Archbishop in regard to his responsibilities for Catholic schools in the Archdiocese.

Members are appointed by the Archbishop to four year terms and are drawn from key groups within the Archdiocese: parents and parishioners, principals, members of the clergy, Catholic agencies within the Archdiocese. A wide range of skills and attributes are sought to enable the Commission to fulfil its mandate.

In the coming period some members of the Commission will conclude their terms. The Archbishop is seeking to appoint up to two new members from the beginning of 2023 and further members from mid-2023.

Any enquiries and Expressions of Interest should be directed to the Chair of the Commission, Dr Patrick McArdle, Patrick.mcardle@cg.org.au. The Expression of Interest should include a brief statement outlining the applicant's interest and relevant experience together with a curriculum vitae. Closing date for Expressions of Interest is Friday 14 October 2022.

## Staff News

- Gillian Dingley: Long term Student Services Officer is currently on Long Service Leave and has made the decision to retire at the end of her leave. Gillian will be missed significantly.
- Kate Calley, PE Coordinator (acting), will begin her maternity leave at the end of Week 8. We wish her the best.

## SchoolTV

### A SPECIAL REPORT: Building Belonging Post Pandemic



SPECIAL REPORT

### Building Belonging Post Pandemic



Having a sense of belonging involves more than simply knowing other people. It is also focused on gaining acceptance, attention and support from others, as well as having the opportunity to provide the same to other people.

When the pandemic interrupted our lives and changed the way we live, this meant that suddenly many of our young people's main sources of

connection with peers and extended family members was removed overnight without warning.

As human beings, we have a basic emotional and biological need for connection. It provides us with feelings of identity, security, support, acceptance and community.

Students who have a sense of belonging will experience these feelings which in turn supports their academic, psychological, and social development. When young people come together again after a period of instability, there is a period of adjustment. Whilst the rules of the group may be established, acceptance remains paramount and can therefore mean some behaviours become far from rational, making it difficult for their brain to focus on things, such as learning. All these factors combined, leave young people open to being vulnerable. It can sometimes tempt them into making choices or becoming involved in situations they might not ordinarily consider.

As a result of the pandemic, there are still many young people struggling to connect and regain their sense of belonging. This Special Report provides guidance to families who find themselves in this situation.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

Here is the link to your special report:

[https://merici.act.schooltv.me/wellbeing\\_news/special-report-building-belonging-post-pandemic](https://merici.act.schooltv.me/wellbeing_news/special-report-building-belonging-post-pandemic)

## WHOLE SCHOOL ACTIVITIES

### Seiwa House Day (Monday 5 September)

Seiwa House Day is Monday 5 September. Students will be celebrating the House's origins with the Sisters of the Good Samaritan. Students are encouraged to wear blue accessories, ribbons, socks, and of course, we will celebrate with cupcakes!

### Pupil Free Day (Friday 9 September)

As previously advised, September 9 September will be a pupil free day. Please click [here](#) to find a letter from Ross Fox, Director of Catholic Education regarding this designated planning day. The planning day/ pupil free day is for Years 7-10 students. Please note that these two pupil free days **do not** apply to Year 11 and 12 students (BSSS and IB) who are required to attend to meet the hour requirements for their courses.

### Bridge Restaurant (Wednesday 14 September 12.30pm)

The Bridge Restaurant will be open Wednesday 14 September at 12.30pm. Please email [bridge@merici.act.edu.au](mailto:bridge@merici.act.edu.au) for all bookings. Visit [www.bridge.restaurant](http://www.bridge.restaurant) for more information and sitting times.

### Claim the Date: P&F Twilight Christmas Family Picnic (Friday 18 November 5pm)

Our P&F Committee is very excited to extend an invitation to all our Merici family and friends to attend the Merici College Twilight Christmas Family Picnic to be held on Friday 18 November from 5pm-8pm. The picnic will be held in the indigenous garden and oval.

We are reaching out to community members for assistance in any donations that you may be able to provide for our Christmas Hampers. We would welcome gift vouchers, goods, services, any items that can be added to hampers (such as products, jams, kitchen items, picnic, BBQ items, wine, chocolates etc.). In appreciation of your support, you and/or your business will be acknowledged and your logo displayed on our school website and social media platforms. All funds raised from the raffles will be donated to the Vinnies Christmas Appeal. We would like to acknowledge and thank families who donated items last year which were not raffled due to the cancellation of the picnic. These items have been stored and will be used this year.



Please do not hesitate to contact Ros Parisi, [ros.parisi@merici.act.edu.au](mailto:ros.parisi@merici.act.edu.au) for any further information. Donations can be dropped off at the Front Office.

## YEARS 10, 11 AND 12 NEWS

### AST Exams for Year 12 Tertiary Students (Tuesday 6 September and Wednesday 7 September)

Year 12 Tertiary students will be undertaking the AST on Tuesday 6 September and Wednesday 7 September. This is an exciting and important series of tests for them which they have been preparing for over the past 18 months of senior school.

Schedule of exams is below:

Day 1: Tuesday 6 September

- 7:45am: Breakfast provided to the students in the Canteen
- 8:40am: Students enter Auditorium
- 9:00am: Short Response Test begins
- 11:10am: Test Concludes
- 12:25pm: Student enter Auditorium
- 12:55pm: Multiple Choice Test begins
- 3:35pm: Test concludes

Day 2: Wednesday 7 September

- 8:00am: Breakfast provided to the students in the Canteen
- 9:15am: Students enter Auditorium
- 9:30am: Writing Test begins
- 12:00pm: Test Concludes

Students do not need to wear uniform and are encouraged to wear comfortable clothing. Further specific details about the test can be found on the BSSS website.

Please remember that it is very important to attend- illness or misadventure that prevents you sitting the exam on either, or both, days must be explained with a medical certificate 24 hours after the sitting date, and you will be rescheduled for the second sitting of the test on the 18<sup>th</sup> and 19<sup>th</sup> October. Sleeping in, or having a driving lesson that day, for instance are not valid reasons for missing the AST.

Students who are not able to attend the AST on either day must contact Mr Gerard Ryan (AST Coordinator) on [gerard.ryan@merici.act.edu.au](mailto:gerard.ryan@merici.act.edu.au) as soon as possible on the day. Please contact Mr Ryan if you have any other queries.

### Classes for Year 12 Accredited Students during AST

Year 12 Accredited students are to attend their normal classes all day on Tuesday 6 September and until lunch time on Wednesday 7 September. They may then go home at lunch time.

### Psychology Excursion (Wednesday 14 September/Thursday 15 September)

Senior Psychology students will have the opportunity to participate in an Escape Room experience as part of their learning about cognition. This will occur during their Week 9 Psychology double lesson (Wednesday 14 September/Thursday 15 September). Please keep an eye out for further details and permission notes.

### Year 10 High Tea (Friday 16 September)

Please click [here](#) to find an invitation for your daughter to attend the Merici College 2022 Year 10 High Tea. The High Tea will be held on Friday 16 September at the Kamberra Function Centre, 595 Northbourne Ave, Lyneham ACT 2602.

The cost of the event is \$50 per person. Bookings can be made here <https://www.trybooking.com/CBSBF>. Please indicate any special dietary requirements your daughter may have when completing the online booking sheet. Bookings close on Friday 9 September.

Please note that this event is for Year 10 Merici students only.

The dress code is 'smart casual' and most girls like to dress up. The occasion is not a Formal and there is no requirement for formal dress. We encourage students to avoid expensive trappings and to forgo expensive beauty and hair treatments.

Students who are attending the High Tea are **not** required to attend school in the morning and are to arrive at the function centre at 12.00 noon.

**Please note that students who do not attend the High Tea, are expected to attend classes from 8.45am and are to remain at school until 3.07pm.**

The event will conclude at 3.00pm and parents are required to collect their daughters from the venue.

## iC NEWS

### Book Week Thanks!



Book Week has been a resounding success this year. It was so much fun to be able to celebrate all things books.

The cake decorating competition has shown us the amazing talent within our school community, *My Neighbour Totoro* made by Grace Shum was this year's outstanding winner. *Shaun the Sheep* by Zahra Verrydt, *Where the Wild Things Are* by Bronte and Matilda Ross and *Bob the Minion* by Catie Harding were impressive too.

The activities run by the Book Week Committee at lunchtimes were well supported by many students. We had a Scavenger Hunt and Lunch Trivia and ended the week with so many of our Merici Community getting involved in the Dress Up Parade. The winning costumes went to; Savannah Speirs, Audrey Malins-Bond, Liesbeth Fittler-van Tilburg, Poppy Bandle, Danae Henriquez Campos, Eliza Thomson, Sienna Misner. Best Trio were Amelie and Charlie Lawless with Gwen Haggan and Best group Year 11 IB Lit class. The Year 12's dressing up as *Rainbow Fairies* showed everyone can easily get involved and supports the love of reading at all levels. Staff also showed their support too, by brilliantly getting into the spirit of the day with CAPA taking out the department prize with *The Rainbow Serpent* costume. Make sure to look at the photos on Instagram and in the Yearbook at the end of the year.



The assessment period is here, a reminder to all students to come to the iC for their research and referencing needs. We are always happy to help.

Happy research!

iC Staff

## IB NEWS



This is a list of some key dates for IB Year 11 students.

Event	Date	Information
Literature IA	2 – 9 Sept	Literature – IA Oral Practice
Extended Essay	8 Sept	Extended Essay Session (During World Religions Class)
Literature IA	9 Sept	Literature - IA Oral Prep Work Due

Pupil Free Day	9 Sept	DP students to attend classes as normal in full school uniform.
Final Official IB Internal Assessment Oral English	21 Oct	This is the first official Internal Assessment due for IB students.



### Building Connections with local PYP schools

The IB Primary Years Programme (PYP) adopted at a Primary School level and complements the MYP and DP implemented at Merici College.

Merici College and Holy Trinity Primary in Curtin are working together this year to build a mentor relationship and share experiences in both programmes. Our Year 10 MYP students have gone through the Personal Project and Year 6 PYP students at Holy Trinity are currently working on their final exhibition connected to the theme: *Sharing the Planet*.

Four Year 10 students; Charlotte Turner, Michelle Ha, Lindsay Holmes and Lily Nutt; volunteered to present on the topic of social media and body image to Year 6 students at Holy Trinity Primary. This presentation was to provoke thought on this topic, which Year 6 students might inquire into for their exhibition.



This is the beginning of a fruitful relationship between both schools and we hope to share the results of both projects with school visits in Term 4.

Merici College's Year 10 Personal Project Exhibition will take place on the 20<sup>th</sup> and 21<sup>st</sup> October. We cannot wait to share the Year 10 achievements with the broader community!

### Approaches to Learning (ATLs) in PE

Year 7 and 8 HPE have been competing in a survivor style challenge series directly working on their thinking, social and communication skills.

Students have been required to think creatively and critically to solve a number of challenges, such as 'crossing the river'. Teams were required to get move 6-8 group members across the gym (river) using only a small gym mat, noodle, skipping rope and scooter board. There were many creative strategies used, lots of critical thinking (especially after a fair bit of trial and error).

Another challenge required students to utilise their communication skills to lead blind folded members of their groups through a series of obstacles.

To make this even more challenging, only one group member could be the 'caller' meaning other team members had to discuss and communicate their ideas before the 'caller' could lead the blind folded member through. The students thought the activity was great, the HPE teachers were so impressed by their communication and team work!



## DANCE NEWS

### Ausdance ACT Dance Fest (Monday 5 September and Tuesday 6 September)

Youth Dance Festival (affectionately known as Dance Fest) will be held on Monday 5 September and Tuesday 6 September with Merici College Dance students Monday 5 September at 7.30pm. With a theme of 'Transience and Permanence', Ausdance ACT presents an exciting mix of live performance and dance film made by secondary schools from all over Canberra and regions. Please visit <https://www.ausdanceact.org.au/transience-and-permanence> to find more information and purchase tickets. We hope that you are available to go along and support our students.

### Little Shop of Horrors Production (9, 10 September, 15-17 September)

St Edmund's College, Merici College and Canberra Girls Grammar present Little Shop of Horrors!

Dates: 9, 10 September and 15-17 September

Venue: St Edmunds College, Brother RJ Wallace Hall

Time: 7pm

Price: Adults \$28, Students \$25

Tickets available from <https://stagecenta.com/ShowdetailsC.aspx?showid=7715>



Book & Lyrics by Howard Ashman

Music by Alan Menken

Based on the film by Roger Corman, Screenplay by Charles Griffith

Originally produced by the WPA Theatre (Kyle Renick, Producing Director)

Originally produced at the Orpheum Theatre, New York City by the WPA Theatre, David Geffen, Cameron Mackintosh and Shubert Organisation.

We look forward to seeing you there!

## Dance Troupe Performance at Floriade (Wednesday 21 September, 1.45pm)

Our Dance Troupe will be performing at Floriade on Wednesday 21 September at 1.45pm. Please join us at Stage 88 to support our students.

## Claim the Dates - Upcoming Dance Troupe Performances

Our Dance Troupe will be performing at two community events and we hope to see you there!

- Murrumbateman Field Days - Sunday 16 October, time to be advised
- St Joseph's Primary School Fete – Sunday 6 November at 2.00pm

## SUSTAINABILITY NEWS

### Sw(op) Shop

If you have been thinking of clearing out your wardrobe and adding a few extra pieces, the Sw(op) Shop is coming up in Term 4, Week 7.

Donations of clean, re-usable clothing and accessories will be called for in Term 4, Week 6.

### Lettuce Sale

Get ready! Following the first lettuce sale last year and due to popular demand, the lettuces will be back.

Orders will be called for soon so get in early.

200 punnets will be available at \$6 each, or \$42 for a tray of 8 punnets.



## DEFENCE NEWS

Families are always welcome to contact myself with any questions or to update family deployment information. [Kate.friend@merici.act.edu.au](mailto:Kate.friend@merici.act.edu.au) or phone 02 6243 4190. I work part time and am at Merici College on Mondays, Tuesdays, Thursdays and Fridays. *Kate Friend*



### Week 8 Activities

Thursday 8 September - All students are welcome to drop into room 222 for a catch up and board games. BYO lunch, light snacks will be provided.

### Week 9 Activities

Thursday 15 September - All students are welcome to drop into room 222 for a catch up. Bring your own lunch and light snacks will be provided.

### Week 10

Look out for the email invitation for end of Term 3 catered lunch.

## OTHER NEWS

### The Little Burley Market - Canberra's first weekly lakeside market (Saturday 17 September)

The team from Local Village Markets, who revitalised Haig Park with their farmers and foodies market are at it again! Launching The Little Burley Market, a bespoke foodies and makers market by the lake, in the heart of the National Triangle. Open from 9am till 130pm every Saturday.

Launching at the same time as Floriade, The Little Burley Market is sure to be a favourite with tourists and locals alike, as this already gorgeous setting will be adorned by flowers and decorated with sculptures and art. Experience a carefully curated market, offering a diverse array of multicultural foods, much loved beverages and brunchables, beautiful blooms, locally made art, fashion, photography and homewares, artisan bread, delectable pastries, seafood to make your mouth water, smoked charcuterie, truffles, meats, puppy treats and much more.

Take a stroll along the lake with friends and family, and take a moment to absorb all that Canberra has to offer. Set by Lake Burley Griffin, The Little Burley Market is not only situated next to Canberra's most popular recreational area, but also surrounded by the National Triangle.

For further information see our website: [www.thelittleburleymarket.com.au](http://www.thelittleburleymarket.com.au) or follow our Instagram @thelittleburleymarket and like our Facebook page @thelittleburleymarket.

### Caring For Creation Conference (17 September 2022)

The Social Justice Group of Holy Spirit Parish are pleased to announce that a member of the Vatican Ecology Taskforce, Jacqui Remond, will be the keynote speaker at their September 17, one-day conference on Caring for Creation. This milestone conference will enable parishes, schools and families to forge practical plans to protect the Earth.

Archbishop Christopher Prowse will open the Conference to lend his support and blessing.

"From Pope Francis to the people of the Pacific, and from scripture to politics, we are hearing the cry of the Earth. We are called to live in harmony and respect with the Creator, one another, and all of creation," said Alison Weeks former chair of the Gungahlin Parish Council.



Chair of the Social Justice Group, Peter Peterson said: "I welcome how this Conference, inspired by the Papal encyclical *Laudato Si'*, reflects the decrees of the recent Australian Plenary Council. In fact, those who participate in the Conference will be well positioned to support parishes, schools and agencies to develop their Laudato Si' Action Plans as endorsed by the Plenary Council and requested by Pope Francis.

The Caring for Creation Conference will help Holy Spirit Parish take a cohesive and active approach to the ecological, economic and social challenges facing God's creation.

Please click [here](#) to find an information flyer. All are welcome to attend.

To learn more about Caring for Creation, which will be hosted by St John Paul II College, Nicholls and to purchase tickets, visit the website of Holy Spirit Parish Gungahlin: [www.holyspiritgungahlin.org.au/care-for-creation](http://www.holyspiritgungahlin.org.au/care-for-creation)

## UPCOMING NEWS (Term 3 Week 10 and Term 4 Week 1)

Upcoming events will be advised.