

WHAT'S ON NEWSLETTER

Term 1 Weeks 8 and 9 (21 March - 3 April)

IMPORTANT INFORMATION

Merici College School TV



What is the difference between 'good' and 'bad' anxiety?



In this edition of SchoolTV - ANXIETY

Most young people today experience anxiety at some point in their life. Sometimes that slight rush of anxiety that occurs prior to an exam or sporting event, can enhance their performance. However, experiencing too much anxiety, over long periods of time, can be extremely damaging to their health and wellbeing. There is a difference between 'good' and 'bad' anxiety. Statistics show, that the psychological health of young people today is far worse than it was a generation ago. This is having an adverse affect on children in both primary and secondary levels. Some of their issues of concern include stress, school, study, body image and friendship. Parents need to be aware of the warning signs of 'bad' anxiety. There are preventative measures parents can implement as well as teaching kids the skills to cope more efficiently with their anxiety.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the College for further information or seek medical or professional help.

Here is the link to the Anxiety edition of SchoolTV,
<https://merici.act.schooltv.me/newsletter/youth-anxiety>

New Appointment

Brescia House Coordinator (Acting)

It is with great excitement that we announce that Miss Jess Tillak has been appointed as Acting Brescia House Coordinator for the remainder of 2022. Staff and students from Brescia House welcome Miss Tillak and look forward to her leadership.



Meet our Studies Coordinators

Over the next few weeks, we will be introducing you to our Studies Coordinators.

Alison McEwen, Creative and Performing Arts Coordinator



This is Ali's first year at Merici as the CAPA coordinator, however she comes with a wealth of experience and knowledge from her previous schools. A former Merici girl herself, Ali has a strong passion for all the arts, especially Dance and is excited to be coordinating the Dance Troupe this year. Ali believes that the Arts are a vital part of all student's education, as it allows them an outlet for creativity and self-expression. Her goal this year is to provide many opportunities for students to showcase their work (a tough time for the Arts during COVID), through exhibitions and performances! One of Ali's favourite things to do in her spare time is visit the Theatre, this year her top picks are Hamilton, Six and A Chorus Line. For enquires, Ali can be contacted via email alison.mcewen@merici.act.edu.au.

WHOLE SCHOOL ACTIVITIES

Canberra Day Public Holiday (Monday 14 March)

Bridge Restaurant (Wednesday 30 March 12.30pm)

The Bridge Restaurant will be open on Wednesday 30 March from 12.30pm. Please telephone mobile 0458 704 947 or email bridge@merici.act.edu.au for all bookings. Visit www.bridge.restaurant for more information and sitting times.

CASE Space School Expeditions Junior and Senior July 2023 (Wednesday 30 March)

Merici College is excited to announce our participation in **CASE Space School Expedition July 2023**.

All Merici College students are invited to join CASE Junior Space School or CASE Senior Space School and visit NASA in the USA in 2023!

The space industry is the most stimulating environment to showcase the impact of STEAM and innovation in our world and inspire students in the pursuit of STEAM studies.

This is a wonderful opportunity for all students to learn beyond the classroom and be inspired by the opportunities that lie ahead!



Information Evening (via ZOOM)

Wednesday, 30th March 2022

Years 7-9: 6:00pm | Years 10-12: 7:30pm

For more information and to RSVP to the Information Evening,
visit: www.actura.com.au/mericispace

INTERNATIONAL BACCALAUREATE (IB) NEWS



Some reflections from some final year MYP students



Charlotte Turner – Year 10 Seiwa

If you could live anywhere in the world, where would it be and why?

Norway. Norway is one of the most progressive countries in the world. Higher education is free and it's a very safe country for people of all backgrounds.

What are your favourite subject groups to study in the MYP?

The Arts

Individuals and Societies

Language Acquisition



What do you like about these subject groups?

I think that humans and how we've progressed is hugely interesting. Arts and languages are both heavily connected to this. Throughout history, art and performance has been a reflection of the human condition, and looking at art from different time periods shows our societal evolution. We also see this evolution reflected in languages. The fact that we can track the movement of peoples by using etymology is fascinating.

Tell us a little about your personal project.

My personal project is focused on diversity in literature. I'm creating a cast of diverse characters and writing short stories with them. I'm doing this to show that including diverse peoples in writing is entirely possible.

Which of the learner profile attributes do you think is most important in completing your Personal Project and why?

Open minded. My project is all about diversity, and if I, or those looking at my project, don't have an open mind it will fail spectacularly. Without an open mind, I will misrepresent the groups I'm writing about.

Which of the learner profile attributes do you need to work on most and why?

Balanced. I tend to do things all at once, at the last minute, without a break. This won't work for the personal project, so I'll have to work on balancing how much work I do and when I do it.

Lily Sluis – Year 10 Balgo

If you could live anywhere in the world, where would it be and why?

London, I love the art and culture there and the transport to Europe by train.

What are your favourite subject groups to study in the MYP?

The Arts

Language and Literature



What do you like about these subject groups?

The arts show a reflection of society and how culture has evolved. I love English because I can apply my skills in everyday life.

Tell us a little about your personal project.

My personal project aspiration is to assist an elderly person currently receiving nursing care due to a lasting fight with dementia by creating a short video to inform, calm, and lessen the impact of memory loss on dementia patients. My plan is to have around a 7-minute video which he watches in the morning. His daughter, wife and grandkids will tell him where he is, who his nurses are, who they are and that they care about him a lot. They will then tell him where he needs to go for breakfast after the video concludes. The roles and sense of identity and relationships in individuals who are suffering from severe conditions such as dementia or Alzheimer's are severely impacted. Certain people can feel a loss of independence and self as responsibilities change and they can no longer complete the simple tasks they could prior to their condition. Such a dramatic change of role in an individual can rupture a patient's sense of identity and relationships.

Which of the learner profile attributes do you think is most important in completing your Personal Project and why?

Caring and communicating are crucial to my personal project as to better understand people's needs, I have to communicate. And to cater to those needs I must be caring.

Which of the learner profile attributes do you need to work on most and why?

I think I struggle slightly with *taking risks* in my work as I need to learn to further trust myself and my abilities.

Current Year 10 Families – Official IB Personal Project Registration

We are currently registering students for their Personal Projects with the IB. If your daughter has a nationality other than 'Australian' please reply to clare.freeman@merici.act.edu.au with your daughter's name, nationality and if relevant first language (if other than English). We have a list of students' language backgrounds, but if your daughters first language learnt was not English, please include this in your reply.

We need this information by **Friday 18th March**. Thank you to those families who have already been in touch.

YOUTH MINISTRY NEWS

Grill'd and God Youth Ministry Event (Tuesday 22 March 5:30-7:30pm)

An invitation is extended to students in Years 10-12 to come along to this social event. Great opportunity to make new friends with students from other Colleges! Please email our Youth Minister, ella.blackamore@merici.act.edu.au for more information.



MISSION AND COMMUNITY

Merici College Flood Appeal – Reminder Friday 18 March

This Friday, 18 March we are having a VINTAGE DAY, where you have the opportunity to wear non-uniform to school, as well as raising much needed funds for the victims of the recent floods. Choose a vintage outfit, either from your parent's wardrobe or from an op shop!

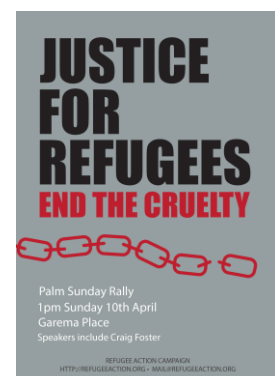
Bring your donation of \$5.00, \$10.00 or more on the day to add to the generous contribution from Merici College, which will be made to the disaster fund. Imagine how much we could raise in one day with generous hearts and deep pockets! We are so fortunate – let's help our neighbours who need our love and support at this distressing time.



Your donations will be collected during PC in the morning. Please ensure that your outfit is appropriate.

Palm Sunday Rally for Refugees (Sunday 10 April 1pm)

We invite our community to attend the Palm Sunday Rally for Refugees on Sunday 10 April at 1pm. The rally will be held at Garema Place in the city. If your daughter is attending, we ask that she wears her full school uniform as she is an ambassador for Merici College. Ms Tolfree (Head of Mission and Community) will be attending and students can meet her at the corner of Bunda Street and Garema Place at Via Dolce (cake/ice-cream shop) at 12.50pm.



iC NEWS

Merici College has a number of databases and resources that are available from home 24/7. These are all located on our SEQTA home page, [here](#). One such database, Sora by Overdrive is a digital library of eBooks and audiobooks for students of all year levels, as well as adults. The collection includes fiction, as well as non-fiction titles related to the Australian curriculum topics. The current collection includes over 10,000 eBooks and audiobooks, including 'Read-a-long' books.

The collection is available 24/7 from any device. It can be accessed through [Merici SEQTA](#) 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. Click on the Green Button **Find my school**
3. At bottom of screen '**my school isn't listed**'
4. **Find your school**, Type in: ACEN Member Collection
5. Choose our school from the drop-down menu: Merici College
6. It will redirect you back to the Merici Login
7. You can then borrow three items at any one time



We have been showing this collection, ClickView and Oliver to the students in years 7-10 during their English WIDE reading lessons. Encourage them to explore the resources, and if they are having trouble accessing the service to come and see us in the iC or send Ann Blakey an email: ann.blakey@merici.act.edu.au.

Happy reading
iC staff

DEFENCE NEWS

ANZAC Day Service (Wednesday 27 April)

Invitations are being sent, via email, to Defence Families for the ANZAC Day Service being held on Wednesday 27th April at 12.00pm in the Auditorium, pending COVID restrictions. It will be lovely to have families at school for such a significant occasion. If you have not received the invitation, please let me know kate.friend@merici.act.edu.au or phone 02 6243 4190. RSVP to ros.parisi@merici.act.edu.au by 6th April for catering purposes please.

Week 8 Defence Catch Ups – to make Poppies for our ANZAC Day Service, all in Room 222.

Year 7 and 8 Monday 21st March

Year 9 and 10 Tuesday 22nd March

Year 11 and 12 Thursday 24th March

Week 9 Defence Catch Ups – to make more Poppies for ANZAC Day, all in Room 222.

Year 7 and 8 Monday 28th March

Year 9 and 10 Tuesday 29th March

Year 11 and 12 Thursday 31st March

Week 10 will be Easter catch ups and a lunch time rehearsal for our ANZAC Day Service for students who have volunteered to help.

LANGUAGES NEWS

My Bilingual Family Podcast – SBS

Kate Friend, our Defence School Mentor, introduced me to this [My Bilingual Family](#) (a podcast produced by SBS) last week. We are both trying our best to raise bilingual kids in our families. We talked about the challenges we face and the benefits of being able to speak another language other than English. In this podcast, you will hear the stories of families struggling with passing on language, and most importantly, get helpful advice and practical tips from experts on how to raise children bilingually in an English-dominant country. *Jen Baines, Languages Coordinator*

CREATIVE AND PERFORMING ARTS NEWS

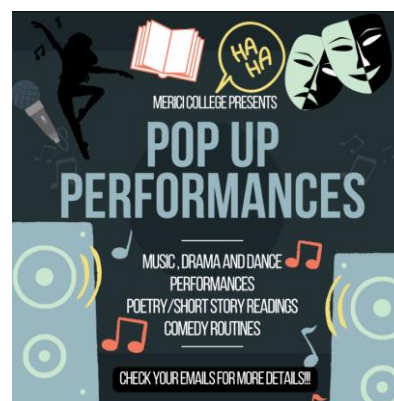
Are you looking for a casual opportunity to perform to an audience!

Introducing Merici Pop Up Performances, a chance for anyone, not exclusively in performing arts classes to showcase any of the following:

- Music performances
- Drama performances
- Poetry/short story readings
- Dance performances
- Comedy routines

Anyone can sign up! You can be in a group or a solo performer - but please limit performances to five minutes.

For more details on how to sign up, check your emails, the SEQTA notices page and the Arts and Culture Happenings Board!



CAREERS NEWS

Please visit <https://www.mericicareers.com/> to find the latest Careers newsletter and information.

CO-CURRICULAR NEWS

Dance Troupe

Join us on Sunday 27 March, 11.30am at the Haig Park Markets for our Dance Troupe performance. Find us in the leafy grounds of Canberra's Haig Park on the Braddon side: where Lonsdale Street meets Girrahween Street. All welcome!

Co Curricular Music

BAND HAS STARTED

Calling all woodwind, brass and percussion players



Concert Band is a great way to meet people, play some music and have fun, not to mention build on your Christian Service hours.

Come along on Wednesday between 3.15 – and 4.15pm in the Music Room (220). Remember we also have a number of school instruments that can be hired in 2022 for FREE.

OTHER NEWS

Parentline ACT

Parentline ACT continues to provide counselling services to parents and carers, offering free confidential service for the most important job in the world.

Telephone: (02) 6287 3833, Opening hours: 9-4 weekdays

Need resources? Head to www.parentline.org.au for more help.



UPCOMING EVENTS (Term 1 Week 10 and Term 2 Week 1)

Upcoming events will be advised.