

WHAT'S ON NEWSLETTER

Term 1 Weeks 8 and 9 (Monday 20 March– Sunday 2 April)

IMPORTANT INFORMATION

SCHOOL TV

In this edition of SchoolTV - SLEEP

Students today have extremely busy schedules, with ever increasing responsibilities at school and at home. Many kids, especially adolescents, are going to bed later and later and are at risk of sleep deprivation. This affects three areas of a child's development: psychological, physiological and psychosocial. All three are essential to a child's growth, learning ability and overall wellbeing. Sleep is vital to a child's overall development and is as important as diet and exercise.

Sleep also strengthens a child's immune systems and supports their ability to function properly on a daily basis. Children who do not get enough sleep show increased levels of aggressive behaviour, are less attentive and are much less active. Trying to catch up on sleep on weekends is not the answer and can still lead to severe sleep deprivation.

In this edition of SchoolTV, parents will learn about the importance of sleep and how sleep deprivation can have adverse effects on a child's health and wellbeing.

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 Sleep edition of SchoolTV

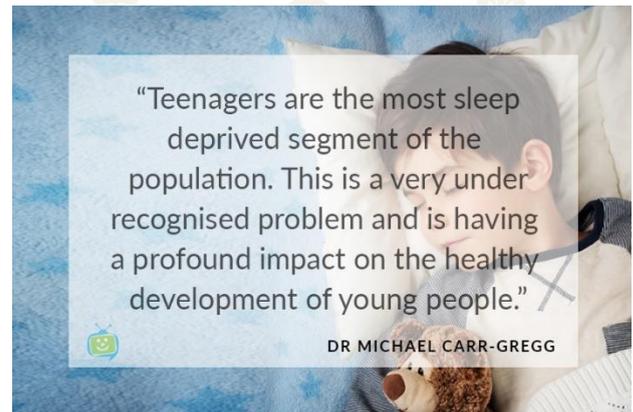
<https://merici.act.schooltv.me/newsletter/sleep>

Glossaries Semester 1 2023

To support a greater focus on literacy across Years 7 to 10 teachers have developed glossaries for their subject areas. They are a list of some of the key vocabulary in each subject, the definition, and also either the pronunciation or syllables of the key term too.

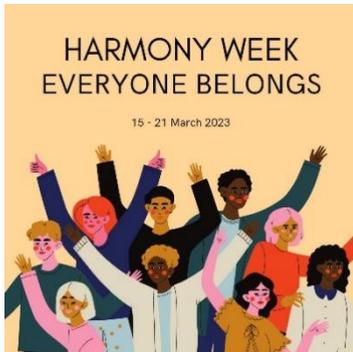
We hope you find these useful when working with your daughter on her assessment items, homework and in her general development of vocabulary.

Glossaries can be accessed here:  [Glossaries Semester 1 2023](#)



WHOLE SCHOOL ACTIVITIES

Harmony Day (Monday 20 March)



Harmony Day is a day to celebrate Australian multiculturalism, based on the successful integration of migrants into our community. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. All people who migrate to Australia bring with them some of their own cultural and religious traditions, as well as taking on many new traditions. Collectively, these traditions have enriched our nation. For more information please visit www.harmony.gov.au/about.

WHAT'S ON?

To recognise Harmony Day at Merici College, on Monday 20 March we will be:

- Selling Harmony Day Pins (\$1) with proceeds going to Caritas
- Encouraging students and staff to wear an orange ribbon in their hair
- Having a picnic lunch on the oval. Each friendship group is asked to prepare food which is distinctive to their family heritage to share with the rest of your lunch group. A multicultural feast!! The picnic will give your friends an insight into your family's culture and beliefs. Have fun cooking this weekend!

Bridge Restaurant (Wednesday 22 March 6.00pm)

The Bridge Restaurant will be open on Wednesday 22 March from 6:00pm. Please email bridge@merici.act.edu.au for all bookings. Visit www.bridge.restaurant for more information and sitting times.

Bridge Restaurant (Wednesday 29 March 12.30pm)

The Bridge Restaurant will be open on Wednesday 29 March from 12:30pm. Please email bridge@merici.act.edu.au for all bookings. Visit www.bridge.restaurant for more information and sitting times.

DonateLife Gift of Life Walk (Wednesday 22 March 7.15am-8.30am)

On Wednesday 22 March, Merici College students and staff will participate in our DonateLife Walk (<https://www.giftoflife.asn.au/>). The purpose of the walk is to promote increased organ and tissue donation awareness. Please refer to the Gift of Life Inc website for further details (<https://donatelife.gov.au/>).

We are delighted to have Canberra FM's 104.7 Ned and Josh here as well, broadcasting their morning radio show live from the College.

The walk will take place on the Merici College Oval from 7:15am – 8:30am, students are encouraged to walk up to 5km. A cooked breakfast will also be provided to students at no cost after the walk. Students will have permission to wear Gift of Life or DonateLife Walk t-shirts and hats for the school day with their sports uniform shorts/tracksuit pants on Wednesday 22 March. Students are encouraged to wear t-shirts and hats they have received in previous years. There will be



merchandise available as well. **Parents are required to complete the permission note found [here](#) before Friday 17 March.** Please ensure this permission note is completed to assist in merchandising, catering and as a record of Christian Service hours.

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).

Please remind your child that appropriate behaviour is expected at all times as she is a representative of the College.

Annual Palm Sunday Rally for Refugees (Sunday 2 April 1.00pm)

We invite our community to attend the Palm Sunday Rally for Refugees on Sunday 2 April at 1.00pm. 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. Mrs Harrold-Carter (Head of Mission and Community) will be attending, and staff and students can meet her at the corner of Bunda Street and Garema Place at Via Dolce (cake/ice-cream shop) at 12.50pm.



YEARS 7, 8, 9 NEWS

Year 7 NAPLAN

NAPLAN testing will occur in our school between **15 and 27 March 2023**.

NAPLAN Online is a more engaging assessment that adjusts questions to each student's achievement level.



NAPLAN provides valuable information to schools and parents about literacy and numeracy achievement. It supports school improvement processes by enabling teachers to monitor student progress over time and to identify areas of strength and development.

At Merici College, we would like to reiterate that NAPLAN serves as a growth measurement and not something that students should feel they have to study for. Rather, the skills and knowledge that students are learning at Merici are guided by the principles of the Science of Learning, which will ensure that our girls are equipped with the skills they need to show growth in their NAPLAN journey. As such, all eligible students are encouraged and supported to participate in NAPLAN testing.

NAPLAN Schedule Monday 20 March – Friday 24 March:

NAPLAN TIMETABLE					
Week B	Monday 20 March	Tuesday 21 March	Wednesday 22 March	Thursday 23 March	Friday 24 March
P1	Y9 NUMERACY 60m	Y7 NUMERACY 60m			Y7 & Y9 Catch Up
P2	Y9 NUMERACY 60m	Y7 NUMERACY 60m			
P3	Y9 CONVENTIONS OF LANGUAGE 45m				
P4	Y9 CONVENTIONS OF LANGUAGE 45m	Y7 & Y9 Catch Up			
P5					
P6					

IB NEWS



Assessment and Reporting Workshop

MYP Revision Skills Workshop Year 7 families	30 March 6.00pm	A workshop for students and their parents to learn effective techniques to revise for tests and exam at high school. This will be an interactive workshop with practical strategies provided. Please click here to find the invitation for parents to attend this workshop.
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Key Dates

This is a list of some key dates for IB Year 12 students.

Event	Date	Information
Italian IA	31 March	Final IA Italian Due
Italian Final IB Exams	9-10 May	Italian Students will sit their official IB exams.
World Religion Final IB Exams	15-16 May	All Y12 DP students to sit their official IB exams.

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/site home](#). 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 will be 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

HEALTH AND PHYSICAL EDUCATION NEWS

Athletics Carnival (Thursday 23 March)

The annual Athletics Carnival will be held on Thursday 23 March at the AIS. House working bees will on Friday 17 March 3.30pm-5.30pm. The working bee is for students to prepare props for the carnival and students will be supervised in the OYC near the corner of Henty Street & Limestone Avenue. Students from all Houses and Year groups are invited to attend. If you have not previously completed the permission note for your daughter to attend the Athletics carnival and working bee (optional), please complete the permission note here, <https://forms.office.com/r/8dNLXVWaHU>.

NARRAGUNNAWALI NEWS

Reconciliation Action Plan (RAP) Workshop (Tuesday 4 April 3.30pm)

Please click [here](#) to find an invitation to the Reconciliation Action Plan (RAP) workshop held Tuesday 4 April in Week 10. The event will start at 3:30pm and end at approximately 4:30pm. Merici College have goals in our strategic plan to better celebrate, recognise and teach about Aboriginal and Torres Strait Islander cultures and spiritualities. To aid this we are beginning the process of creating a RAP. For further information, please contact Alyssa Markmann, First Nations Education Contact Officer (email Alyssa.markmann@merici.act.edu.au).

DEFENCE NEWS

The Merici College ANZAC Assembly will be held on Wednesday 26 April in the College Auditorium, day one of Term 2. Invitations have been emailed to our Defence Families, if you have not received an invitation, please let Kate Friend know. Please RSVP to either kate.friend@merici.act.edu.au or ros.parisi@merici.act.edu.au by Friday 14 April.

Year 7 and 8 students and their Defence buddies joined us for a fabulous excursion to Birrigai Outdoor School in week 5. It was a great day; crate climbing and bushwalking, with all students demonstrating bravery, leadership and comradery for their fellow students. I hope the day has led to some new friendships within the Defence Merici College community.

An email poll has been sent to all Defence students asking for their preferred day and activities for future catch ups, based on the responses we may change the days and some of the activities. Updates will be emailed to students and posted in the Daily Notices.

Week Eight- Defence Catch Up

Friday 24 March - Defence Catch up in Room 222, pop in with your lunch and make some poppies for our ANZAC Service, Snacks will be provided.

Week Nine- ANZAC Service Rehearsal

Thursday 30 March - ANZAC Service Rehearsal

Students with speaking parts in the ANZAC Service are asked to attend the rehearsal on Thursday 30 March P3 & P4 in the OYC and Friday 31 March P3 and P4 in the Auditorium. If you do have in class assessment during these rehearsal times, let Ms Friend know and attend your inclass assessment please.

Families are always welcome to contact myself with any questions or to update family deployment or posting information. 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, Defence School Mentor

CO-CURRICULAR NEWS

Interschools Snow Sports championships Information Evening (Monday 20 March 5.00pm)

The Interschools Snow Sports championships will be taking place this year at Perisher Ski Resort from Tuesday 18th - Friday 21st July. Merici College is once again entering a team of competitors, if your daughter has some skiing or snowboarding experience and is keen to participate, we would love to hear from you.

There will be a Snow Sports information evening on Monday 20 March at 5.00pm in the Auditorium where permission notes will be distributed, and your daughter shall have the opportunity to get fitted for a Merici College ski jacket if interested in purchasing one.

Please read through the brochure attached for further information. Numbers are limited; however, we will endeavour to do our best to cater for all students who are keen to join the team!

If you have any queries, please do not hesitate to contact the Snow Sports Coordinators on the following email addresses:

Diana Davis: diana.davis@merici.act.edu.au

Adrian Heim: adrian.heim@merici.act.edu.au