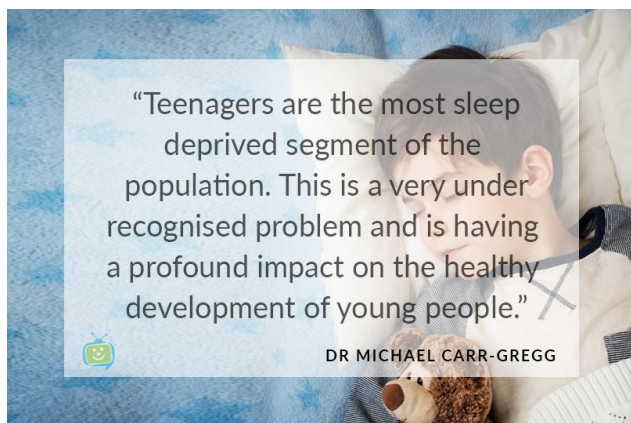


WHAT'S ON NEWSLETTER

Term 2 Weeks 4 and 5 (16 May – 5 June)

IMPORTANT INFORMATION

Merici College School TV



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>.

Meet our School Counsellor – Hannah Johnson



I am very excited to be joining the Merici College community this year after moving down to Canberra from Queensland. I have spent the past 10 years in Brisbane, where I have enjoyed working within several roles in Child and Adolescent Mental Health both in public health and non-government organisations. As a counsellor I am approachable, friendly, non-judgemental, and kind. I know that life can be challenging and unpredictable, and at times we all need someone alongside us to provide support, encouragement, guidance, and advocacy to continue our journey. I strive to provide a space where you can feel safe, heard, and understood. I am very passionate about supporting young people to be the best versions of themselves and work to provide practical

knowledge and skills to enable you to get through some of the challenges that life can bring.

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My goals for this year include navigating my way to work without relying on google maps and finding opportunity to become involved in the broader school community. I am a lover of nature, the outdoors, being creative, spending time with loved ones and playing with my very cheeky sausage dog Bruno. I am pleased to be working at Merici College five days a week. For further contact, please email me at counsellors@merici.act.edu.au.

WHOLE SCHOOL ACTIVITIES

Merici College Open Day Thanks

We would like to acknowledge the wonderful contribution made by students which, in no small part, contributed to the success of our Open Day. Over 200 students participated in Open Day activities during the day and into the night. The students were all wonderful ambassadors for our school and we have received excellent feedback from all our visitors on your exceptional skills in conducting school tours, participating in Science, Mathematics, Food Technology, Art and Textiles classroom activities, presenting dance, music, vocal and drama performances. In particular, our visitors commented on how our students spoke about Merici life with such pride and enthusiasm.

We would like to extend our special thanks and appreciation to our maintenance, canteen and Hospitality staff members who worked tirelessly to prepare for our Open Day, and our teachers who coordinated and supervised activities, that present a small snapshot of the exceptional work they do every day. Their enthusiasm for teaching and learning and their dedication to the school is greatly appreciated.

St Angela Merici Day (Friday 20 May)

Friday 20 May is our annual St Angela Merici Day, an important celebration on the school calendar to gather together as a community to celebrate the Feast Day of Saint Angela Merici. The day not only recognises our Patron Saint, Angela Merici but all of our Founding Congregations and our associated College Houses.

An invitation is extended to parents to attend our Mass. Mass will commence at 10.00am in the auditorium. At the conclusion of Mass, the Archbishop will consecrate our new Chapel and refreshments will follow at approximately 11.30am in the restaurant.

Please advise your attendance to ros.parisi@merici.act.edu.au by Tuesday 10 May. Please let us know if you have special dietary requirements. RSVP essential.

Please click [here](#) to find the program for the day. The structure of the day will look like this:

- Period 1 & 2: Angela Merici Day Mass and Christian Service Learning Program Awards
- Period 3 and 4: House Activity – Trivial Pursuit
- Lunch, P5 and P6: Food and Activities Stalls run by Houses, Disco, House Dance-Offs, House Relays, Bubble Soccer (Year 12s only)

The canteen will be closed on this day. We have had instances in the past whereby students have attempted to have UberEats (or similar) delivered to school. We cannot allow this for several reasons and would love your support as parents/guardians with this.

Students are required to wear full school uniform to school for Mass. Students are invited to change clothes after Mass and wear casual clothes in House colours. Please note all College rules about make-up, jewellery and facial piercings apply on this day. Shoulders must be covered and no shoe-string tops, bare midriffs or revealing necklines. Skirts and/or shorts should be mid-length or longer (no 'short-shorts' or 'mini skirts'), no pyjamas or onesies, no 'skins' or tights to be worn, no inappropriate slogans or symbols on clothing or accessories, do not wear ugg boots, thongs or high-heeled shoes.

Normal attendance processes apply for the day including the regular sign out procedure whereby a parent/guardian must come in to collect and approve the absence.

Bridge Restaurant (Wednesday 25 May 12.30pm)

The Bridge Restaurant will be open on Wednesday 25 May 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.

School Photo Day (Friday 27 May)

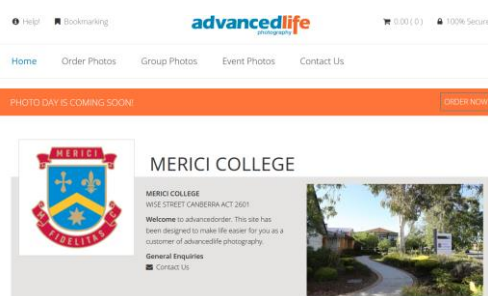
A reminder that school photography day will be held on Friday 27 May. Group and portrait photographs can be purchased by following the link below. If you prefer to order using an envelope please visit your school office, collect an order envelope and hand your payment to our photographer on school photo day.

NEW

advancedlife now offers Latitude Pay! To take advantage of LatitudePay and split the cost of your order into 10 small easy payments, simply order your school photos online as usual, set up a Latitude Pay account in just a few clicks and pay no interest or fees when you pay according to your payment schedule; it's that easy.

3 easy ways to purchase:

1. LatitudePay – Click on the link below, set up an account during the online order process and split your payments across 10 weeks with no interest or fees, if you pay on time
2. Visa, MasterCard or PayPal
3. Cash – complete the envelope supplied and return it to our photographer on photo day



Or visit: www.advancedlife.com.au

And enter online order code: NKP 6M5 G73

School photography information:

- **Online orders** - *do not* require an envelope returned to your school
- **Sibling Photos** - Don't forget to pre-order your sibling photos online up to 24 hours before photo day. We provide your school with a list of sibling orders right up to the day of photography, so no one misses out. If you miss the online order deadline, you can submit a completed sibling order envelope first thing in the morning of the day of photography, so your school is aware you want the photo taken and can bring your children together in time for it. Sibling photographs only apply to children enrolled at your school.
- **Late fees** - a late fee will be applied to each package purchased after photo day due to the additional cost of producing these packages separately
- **Package delivery** - photographic packages will be returned to your school for distribution approximately six weeks after photos are taken
- **Previous Years' photos** - Past years' photographs including sports, co-curricular and representative groups are also available to order under the "previous years or group photo" tabs at your school's *advancedorder* site when you click on the "Order School Photos Here" button above. You can also order past packages, portrait images and gifts from your child's unique, individual and secure *advancedyou* image archive site using the unique 9 digit image code found on packages you have ordered in the past

advancedlife would like to express our appreciation to Merici College for placing your trust in us. Please remember we offer a 100% money back guarantee on our products to ensure your peace of mind. We would also love to receive your feedback or resolve any issues you may experience as fast as possible, to ensure your satisfaction. If you have any questions, comments or feedback relating to your *advancedlife* experience please contact advancedlife at: www.advancedlife.com.au/contact.

Absence Notification

Can we please ask that absence notification is emailed to student.services@merici.act.edu.au prior to 9.00am each day. Our preferred method of communication for student absence is email or SMS reply. A telephone call is no longer sufficient as all attendance must be stored digitally.

Please contact **Student Services in the first instance** by email if your daughter is absent / late or leaving early or reply to the SMS notification sent to you should your daughter be marked absent in Pastoral Care.

Extended absences (five days or more) should be addressed to the Principal: principal@merici.act.edu.au. Do not hesitate to copy Pastoral Care teachers or House Coordinators into email correspondence and any other information you wish to share about your child.

Absentee reports are periodically emailed to families to help ensure our records are accurate and up to date. Please regularly review unresolved absences on the SEQTA Engage student dashboards.

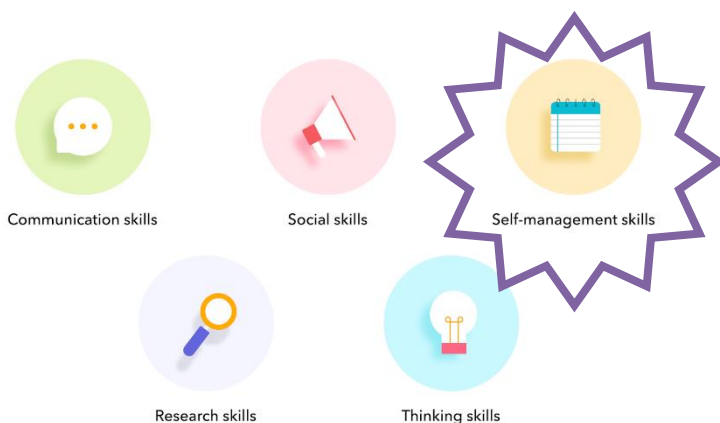
Our attendance policy for senior students can be found [here](#).

INTERNATIONAL BACCALAUREATE (IB) NEWS



Event	Date	Audience	Information
Personal Project Supervisor Meeting	Week 3-4	Year 10 students	Arrange Formal Meeting #2 with your supervisors to receive feedback on your draft of Report Part A: Planning
Personal Project Workshop 7	16 th May	Year 10 students	Students will be working on their products and discussing the application of their success criteria
Service as Action Lesson	16 th May	Year 8 students	In their flex lesson students will be trialling a new system of recording and reflecting on their Service as Action experience
Interim Feedback to Parents on Personal Project	20 th May	Parents/Carers of Year 10 Students	Interim feedback (based on student drafts of Report Part A: Planning) released through SEQTA Email from Clare Freeman to follow with instructions

Approaches to Learning (ATLs) in Global Studies (Design)



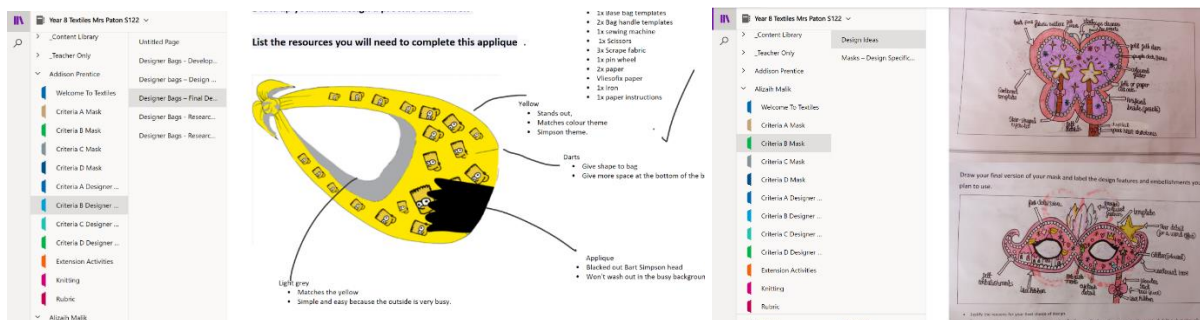
MYP unit: Year 8 Textiles – *My Design Journey*

Skill cluster: Organisational Skills

Specific Skill: keep an organised and logical system of information files/notebooks

Year 8 Students in the Group 7 Design subject, textiles, work towards Two major projects: designing and creating a mask and

a bag. Within this unit, students keep their research and design process organised in a digital portfolio. This allows them to receive feedback throughout the project from their teachers and learn a system or organising work in a logical way. Students are assessed on their ability to develop a systematic plan to successfully create their products. The students should be commended on the detail and diligence with which they record their design process and learning.



SPORT NEWS

2022 Athletics Carnival

The Merici Annual Athletics Carnival will be held on Thursday 19 May at the AIS. The carnival is an opportunity for all members of the school community to gather together and celebrate the talents of Merici students. It is also an opportunity to promote the health and fitness of the girls as well as develop pride and passion for their House. All students are expected to attend the carnival as it is a compulsory community event and falls on a school day. Parents will be asked to explain their daughter's absence in writing in a note to their PC teacher.

Please also note that House Working Bees will be conducted on Friday 13 May 3:30pm to 5:30pm. The working bee is for students to prepare props for the carnival. These will be supervised events in the OYC near the corner of Henty Street & Limestone Avenue. Students from all Houses and Year groups are invited to attend.

Please click [here](#) to find the permission note which needs to be returned to Kate Calley, HPE Coordinator, kate.calley@merici.act.edu.au.

iC NEWS

On Wednesday 25th May iC Merici is hosting the Canberra Heat of the Kids' Lit Quiz. The competition brings together book lovers from schools around Canberra of students aged 10 – 14 years (Year 5 through to Year 8). Students work together in teams of four, to compete in trivia in all things related to books, authors, characters, book series, nursery rhymes and fables.

Merici will have three teams competing, who have been in training since early Term 1. Last year we came second in this heat. We wish our teams well.

Yours in reading,
iC Staff



DEFENCE NEWS

Defence Catch Up sessions

Defence Catch Up sessions are for students who have a parent or guardian currently serving in the Defence Force. You are welcome to join any Defence event, at any time. If you've been

curious to meet other Defence students or join in an activity. Please come along and join in for Board Games or walk and talk over the next two weeks.

Week 4

Board Games in you are welcome to bring a friend to this event.

- Monday 16 May Year 7, 8 and 9 in the iC small group room
- Wednesday 18 May Year 10,11 and 12 in Room 222

Week 5

'Walk and Talk' in the Autumn sunshine, meet at the Defence office at the start of lunch. The Defence office is near room 222, behind the Careers Office. If it's raining we'll do another activity so come along regardless of the weather.

- Monday 23 May Year 7, 9 and 9.
- Wednesday 25 May Year 10, 11 and 12.

CO-CURRICULAR NEWS

Music@Merici News

Now has never been a better time to get involved in Music @ Merici. With all rehearsals now taking place with the easing of restrictions and the colder months approaching, why not warm your heart and body with some Music Making in Room 220.

All groups are welcoming new members so get involved.

Monday Lunch – **String Ensemble** - have some fun with Ms Shirahini Mudaliar

Tuesday Before School – **Wind Ensemble** (formerly the Concert Band) rehearsing at this new time with Mrs Bartasek

Wednesday Lunch – **Guitar Ensemble** - come along and jam on your guitar with Mr Reynolds

Thursday Lunch – **Vocal Ensemble** – sing your heart out with Miss Freeman in this non auditioned vocal group

Private lessons are also available on voice, piano, violin, cello, double bass, all woodwind and brass instruments, guitar, bass guitar and drum kit and you can enrol and start at any time. Remember that **all Merici instruments are FREE** to borrow in 2022 – so what are you waiting for – get involved!

Any enquiries – please contact Mrs Bartasek – nicola.bartasek@merici.act.edu.au

CAREERS NEWS

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

OTHER NEWS


CSPACG Online Family Event (Monday 16 May 7.30pm)

Coinciding with National Families week - Australia's annual celebration of the importance of families, the Council of Catholic School Parents Archdiocese of Canberra and Goulburn (CSPACG) in collaboration with Catholic Education are hosting an online family event on 16 May. This event is an opportunity for families to learn more about the Catholic School Parent Council and the ways it provides advocacy, leadership, representation, and support for families in our Archdiocese. There will also be an opportunity to discover some practical ways for families to engage in their child's learning. Please click [here](#) to find more information.

Contact Person: Sarah Rose, Family Engagement Officer (sarah.rose@cg.catholic.edu.au or 0447 888 326)

Service Area Leader: Tim Elliott, School and Family Services Leader (tim.elliott@cg.catholic.edu.au or 0409 042 130)

Tim Fischer Oration on Ethics in Public Political Life (Thursday 18 August)

 The logo features a red background with a gold silhouette of a city skyline. The word 'INAUGURAL' is written in white capital letters above the skyline. Below the skyline, the name 'Tim Fischer' is written in a large, white, cursive script.	<p><i>Tim Fischer Oration on Ethics in Public & Political Life</i></p> <p>Thursday, 18 August 2022 6.00pm - 8.00pm Great Hall in Parliament House.</p> <p>Main Speaker: John Anderson AO Former Deputy Prime Minister of Australia</p> <p>Purchase tickets: \$30 at www.tfo.org.au</p>
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UPCOMING EVENTS (Term 2 Weeks 6 and 7)

Upcoming events will be advised.