



WHAT'S ON NEWSLETTER

Term 3 Weeks 8 and 9 (Monday 9 September – Sunday 22 September)

IMPORTANT NEWS

Compass Guide for Parents

Please click [here](#) to find some information on logging into Compass, how to approve events and book Parent/Teacher Conferences which are coming up in Term 4. Compass is a CECG wide program and we are required to only accept permissions for events through this service.

Periods, Pain and Endometriosis Program Presentation Update

During the recent Periods, Pain and Endometriosis Program presentation, Years 11 and 12 were asked to complete a survey related to their level of period pain and the impact that has on their daily lives. Data reported back to the College is as follows:

- 59% report regular severe period pain (compared to 51% nationally)
- 52% report significant interference to usual activity - close to national average
- 20% report missing school due to periods in the last 3 months - same as national average for Catholic schools
- 59% of students have pelvic pain on 3 or more days each month (higher than national average).
- By the end of the talk 100% reported they now know what Endometriosis is

The data indicates that there is an above average incidence of negative impacts related to period pain and endometriosis in the senior student cohort at the College. By forging an on-going relationship with the Pelvic Pain Foundation of Australia, we are striving to combat those impacts in a supportive, compassionate and informed way.

Several student comments after the presentation showed the positive impact it had on their understanding of the physiology of their bodies, but also their relationship to pain and using various strategies to alleviate the negative impacts of that pain. Some students said:

- *It was awesome! Really informative, really digestible and really engaging.*
- *Thanks so much, it's gratifying to hear that my symptoms aren't normal and shouldn't be ignored! I really hope it becomes more normalised.*
- *I really loved this program, our speaker was so articulate and all the information was brilliant.*

Please know that it is our intention to develop an annual session with Year 10 students, hopefully starting in late Term 4 this year. Families can also access free webinars and other information through the following links:

Webinars: <https://www.pelvicpain.org.au/ppep-talk-schools-program/ppep-talk-next-steps/>

Information: [Home - Pelvic Pain Foundation](#)

Please do not hesitate to contact Rohan Langford, Head of Student Wellbeing on email rohan.landford@merici.act.edu.au for any further information.

WHOLE SCHOOL ACTIVITIES

Balgo House Week: A Celebration of Flourishing as a House (Monday 16 September – Friday 20 September)

We are excited to announce that Balgo House will celebrate its annual House Week from Monday 16 September to Friday 20 September (Week 9, Term 3). This is a special time for our students and staff to come together in celebration of the rich history and vibrant traditions that define Balgo House. Throughout the week, we have an exciting lineup of activities that will foster House spirit and create lasting memories for everyone involved.

Each day, students and staff will gather for fun and meaningful activities that highlight the essence of Balgo House. Students are encouraged to embrace their Balgo pride by accessorising in yellow for the week, but please remember that the full school uniform is still required.

Highlights of Balgo House Week include:

- House Liturgy: On the first day, we will gather for a special House liturgy, reflecting on the motto of Balgo House.
- Balgo Yellow Cupcakes: Enjoy delicious yellow cupcakes, a sweet treat symbolising our unity and House spirit.
- Balgo Bling Day: Students can add a touch of sparkle with yellow and gold accessories, creating a bedazzled vibe. A gold coin donation will be collected for Mercy Works, supporting those in need.
- Lemon Challenge: Test your taste buds with the Lemon Challenge—a fun and tangy way to show your Balgo spirit!
- Balgo Yellow Donuts: Another treat awaits you—yellow donuts to keep the energy high.
- Yellow Carpet Photos: Capture the moment on the yellow carpet in the Balgo corridor, where you can take photos with friends and show off your Balgo pride.
- Balgo Canvas 2024: Throughout the week, PC groups will contribute to the 2024 Balgo Canvas, a collaborative artwork that represents our House's collective creativity and spirit.
- Balgo Boogie: Get ready to groove with a disco at lunch in the AUD. A gold coin donation will be collected for Mercy Works.
- Balgo BBQ: Join us for a sausage sizzle lunch—a perfect way to unwind and enjoy the company of Balgo friends.
- House Assembly and Balgo Bickie: We will close the week with a special House assembly, where each student will receive a Balgo Bickie—a take-away cookie gift to commemorate the week.

As we prepare for this joyous week, we invite all Balgo students to participate in the activities and traditions that make our House so special. This week is an opportunity to celebrate the unique bond we share.

Mr Spencer, our Balgo Pastoral Care Teachers, House Captains, House Executive, and the Sisters of Mercy are eagerly looking forward to celebrating all things Balgo with you. Let's make this week unforgettable as we come together in the true spirit of Balgo House!

Wunan Biri - Sharing our love, our friendship, our time, our talents, and our possessions.

YEAR 7, 8 AND 9 NEWS

Year 9 Urban Challenge Parent Information Meeting (Wednesday 11 September 5.30pm)

The Year 9 Urban Challenge consists of an innovative and adventurous program designed to engage students in the urban landscape of Sydney and its surroundings. Students will operate in small teams of approximately 15, each taking on the responsibility of a specific role within the group. Teams are required to complete a series of challenges and activities, embarking on an unfolding adventure that takes them through Sydney. Students are given the freedom to make their own decisions. This includes being responsible for navigating their way around, buying and cooking food, solving clues and managing a team budget.

The Year 9 Urban Challenge will take place over three days in Term Four – Wednesday 30 October to Friday 1 November.

A Parent Information Session will be held on Wednesday 11 September. There will be an opportunity to hear Paul Colagiuri talk in detail about the Urban Challenge. The meeting will be via team from the comfort of your own home commencing at 5.30pm. This information session is for parents and carers only. Please [click here to join the meeting](#).

Year 7 ACT Health Directorate Survey

Please click [here](#) to find a letter from the Chief Health Data Officer of the ACT Health Directorate requesting Year 7 students to participate in an ACT wide survey related to their health and wellbeing. If you are interested in your child completing this survey, a QR code is included in the letter that provides access.

The Health Directorate has indicated that they will compile a report of the ACT-wide results of the survey. They have tentatively suggested that they could generate a Merici-specific report so that we could compare and contrast our students with ACT benchmarks for Year 7 related to health and wellbeing from survey responses. The more Year 7 students from Merici that complete the survey, the better informed we will be. The final date for survey submissions is 20 September 2024.

Thank you for considering supporting your child to complete this survey.

YEARS 10, 11 and 12 NEWS

Academic Integrity – BSSS

Please click [here](#) to find the Academic Integrity – BSSS Policy

- To clarify plagiarism and dishonesty in the senior years: Year 11 and 12.
- To provide detail of the processes followed in determining and dealing with plagiarism and dishonesty.
- To ensure that appropriate documentation is provided to meet BSSS requirements.

Year 10 Geography Excursion (Wednesday 11 September)

Year 10 Geography students will attend Shellharbour, NSW to conduct fieldwork focused on the coastal environment, and the interaction of humans with it. This field trip is scheduled for Wednesday 11 September 2024. The intention is to leave the College at 7.00am and to return to school by 6.00pm the same day.

Permission notes can be accessed via Compass. Please click [here](#) to find some information on logging into Compass to access permission notes.

Shine Conference (Friday 13 September)

Students undertaking the CSYMI course in Year 10 are invited to participate in the Conference as part of their course. The SHINE Conference provides students with a rare opportunity to gather with other students from across the Archdiocese to celebrate our faith in a dynamic and contemporary youth setting.

Morning tea and lunch are provided - please provide any dietary requirements on the consent form which can be accessed on Compass. Please click [here](#) to find some information on logging into Compass.

Senior Drama Class Excursion (Friday 13 September)

The senior drama class will be participating in an excursion to the National Portrait Gallery as part of our preparation for the 2024 Come Alive Festival of Museum Theatre. This excursion will provide students with the opportunity to explore the collections at the National Portrait Gallery. The visit is an essential part of their preparation for the Come Alive Festival, where students will create and perform theatre pieces inspired by artworks from the gallery. Engaging with the gallery's collections will help students develop a deeper understanding of their chosen subjects and enhance their creative work.

Consent can be provided through your school's parent portal (<https://merici-act.compass.education>). Please click [here](#) to find some information on logging into Compass.

Year 10 Social (Friday 20 September)

We are looking forward to our Year 10 Social which will be held on Friday 20 September at Merici College from 5pm to 8.30pm. The dress code is '*a little bit glamorous*'. 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. The aim of the night is to have a fun evening with friends.

Friday 20 September will be a normal school day for students, who will then be permitted to sign out at lunch time after 12.45pm to go home and get ready, if they wish. **Students not attending the Year 10 Social are required to remain at school as this is a normal school day.** Please note that attendance in the **morning** is compulsory.

The Social will be catered for and throughout the evening there will be a vast array of finger food served, both savoury and sweet and beverages.

Tickets are \$60 each, which covers the cost of food and beverages, decorations, a photo booth and DJ. Tickets can be purchased here: <https://events.humanitix.com/year-10-social-3qte7uq2>

Please note that this event is for **Year 10 Merici College students only**. When completing the online booking, please indicate any special dietary requirements your daughter may have. Bookings close on Friday 6 September 2024.

Entry to the Social will be via the Auditorium Foyer. Students will be admitted from 5:00pm and the doors will be closed at 5:30pm. All other entrances to the school will be locked for the duration of the event. Parents are expected to collect their daughters promptly at 8.30pm.

A secure bag area will be provided but no responsibility can be taken for lost valuables. Photos will be taken throughout the night and a link will be sent to your daughter so that she can access these.

If you have any questions about arrangements for the Social, please contact your daughter's relevant House Coordinator:

Balgo - Dayne Spencer, dayne.spencer@merici.act.edu.au
 Brescia - Jess Tillack jess.tillack@merici.act.edu.au
 Ningil - Bianca Porcheddu, bianca.porcheddu@merici.act.edu.au
 Penola - Damian Borgia, damian.borgia@merici.act.edu.au
 Seiwa - Louisa Barnsley, louisa.barnsley@merici.act.edu.au
 Tullow - Emma Kennedy, emma.kennedy@merici.act.edu.au

iC NEWS

Book Week Thank You!

Thank you to everyone in the school community for their support and involvement in Book Week. The week ended with the Dress up Parade and it was the biggest and most successful one yet. It was wonderful to have it in the Auditorium with a red-carpet parade. The winners of the best costumes were; Year 7 - Eva Spear, *The Witches* Roald Dahl, Year 8 - Bunny Swinbourne, *The wall from Hogwarts*, Year 9 - Trinity Phillips, Wizard, Year 10 - Aurelia Evans, Hel from Magnus Chase, Seniors - Zoe Bullock, Lily Sluis, Lucy Neely, Natalie Pearson, Alexia Katsoulis as *Where is the Green Sheep*, Best iconic Duo - Mrs Taylor and Emma Taylor, *Morticia and Wednesday* and CAPA Department, *Green Eggs and Ham*, Best large Group - Year 7 *Alice in Wonderland*, Ella Katz, Aurelia Ramirez, Rose Hawkett, Ava Davis, Eve Sieper, Lucy Greenaway, Isabella Clark, Koa Marsden, Matching theme: *Reading is Magic* - Matilda Kee and Carla Sheehan, *Mad Hatter and Mushroom*, Most Creative - Ava Scicluna and Siena Ramirez with *Hey Diddle Diddle*. From the staff the best Department was the Science with *The Magic School Bus*. Make sure to check out the photos on social media and look out for them in the yearbook.

In Week 9 we welcome the author Jane Godwin, on Friday 20 September. The Year 7s will have an author talk and Jane will also be presenting a Writers Workshop to interested students. There are limited places in the Writers Workshop, students will need to express their interest by responding to an email from Mrs Blakey (ann.blakey@merici.act.edu.au).

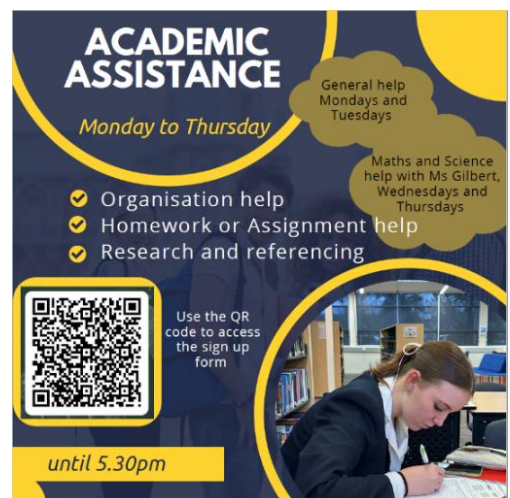
The iC Tutor program is going well, make sure to book your spot to get that last minute help with homework, study or assignments.

Yours in research,

iC Staff

Academic Assistance/Homework Help after school

The iC is offering academic assistance/homework help after school, between the hours of 3:30-5:30pm. Monday and Tuesday is general academic help and Wednesday and Thursday is Science and Maths assistance. Your daughters are encouraged to drop into the iC after school and seek out the iC Tutor. The poster shown here is located around the school for students to scan the QR code. This takes them to a form to submit specific questions or requests for help and to book in for a session. Another option is to follow [this link](#) to the form.



ACADEMIC ASSISTANCE
 Monday to Thursday

- ✓ Organisation help
- ✓ Homework or Assignment help
- ✓ Research and referencing

General help Mondays and Tuesdays

Maths and Science help with Ms Gilbert, Wednesdays and Thursdays

Use the QR code to access the sign up form

until 5.30pm

The poster features a QR code, a list of services, and a photo of a student working at a desk.

HPE NEWS

Sports Tour Christchurch, New Zealand 2025

Building on the recent success of Merici Sports at the local level, we are excited to announce a 7-day tour to New Zealand for our students. This initiative will provide an opportunity to further hone their skills and gameplay while proudly representing our school on an international stage. The tour will immerse students in competitive matches and offer exclusive opportunities to interact with professional players. Additionally, elite coaches will lead specialized training sessions, equipping our teams with advanced knowledge and techniques in their respective sports.

Beyond athletics, the students will also engage with the rich Māori culture and explore the distinctive geography and landscapes unique to New Zealand. Furthermore, the tour will include team building and development activities aimed at strengthening cohesion and fostering a deeper sense of community and school pride.

By offering this multi-sport tour, we aim to cultivate a strong sense of belonging, unity, and Merici pride through shared experiences in sport and competition.

Here is a brief outline:

- Dates - July 5-12 2025 flying from Canberra - Christchurch
- Where - Christchurch, New Zealand
- What - 1 team from each of the following sports - Netball, Basketball, Soccer, Volleyball. Open to all students in all Year levels.
- How - Students will trial and be selected to travel. Trials held Term 4 2024
- Cost - Approx \$4500 - \$4700

An online information evening will be held on Tuesday 17 September via Microsoft TEAMS at 6.30pm.

To find out more, please join the meeting by clicking [here](#).

CREATIVE AND PERFORMING ARTS NEWS

Merici Year 10 Dance class Floriade Performance

Location: Floriade - Stage 88

Date: Friday September 20 – 11:40am

Get ready to dance and sing along to ABBA's greatest hits at Floriade for our Year 10s Mamma Mia themed dance extravaganza. Join us on Friday, September 20th, as our talented Year 10 dance class brings the magic of Mamma Mia to life with an electrifying performance!

Our students will dazzle you with their vibrant choreography and infectious energy. From the iconic 'dancing queen' to the unforgettable 'Mamma Mia' they'll deliver a performance filled with fun, flair and fabulous moves that will have you tapping your feet and humming along!

This event is a perfect opportunity to experience the joy of some great dancing and music in a spectacular setting. Don't miss the chance to support of Year 10 dancers and enjoy a spring morning of pure entertainment. Grab your friends and family and come celebrate with us!



LANGUAGES NEWS

Chinese Gala Day (Tuesday 24 September)

Year 9 Chinese students will be performing at the Chinese Gala Day at Brindabella Christian College in Week 10 this term on Tuesday 24 September from 9.30am to 12.30pm. All students will perform the "Little Apple" dance together, and two students, Grace Shum and Savannah Speirs, will sing a 4-minute Chinese song. All are welcome to attend.

NARRAGUNNAWALI NEWS

Corroboree Family Culture Day (Friday 20 September)

The IEAC would officially like to invite Aboriginal and Torres Strait Islander students and families to the Corroboree Family and Culture Day. This is a day full of connection, culture and the opportunity for our students and families to participate in a range of activities and spend time with other Aboriginal and Torres Strait Islander families and students.

The event will include the opportunities to take part in weaving, spear throwing, arts, dance, sport and more. There will also be appearances from several sports stars from teams such as the Raiders and Canberra Chill. The event will take place at the UC ovals from 10am-2pm. Students will meet at the Merici bus to attend the location at 9:30am and should return by 2:30pm. Students will be supervised at all times. All families are invited to attend.

Permission closes on Thursday 5 September and consent forms can be found on Compass (<https://merici-act.compass.education>).

DEFENCE NEWS

The Defence School Mentor is located in the front office area, behind student services. Kate Friend, DSM will be available on Mondays, Tuesdays, Thursdays and Fridays at recess and lunch in Room 109 in Brescia and students are welcome to drop in. If students need to speak with their DSM during other times, please come to Student Services and ask for Ms Friend. Ms Friend will continue to be at Merici College every day except Wednesdays.

Upcoming Defence Events

Week 8, Tuesday 10 September, Defence Drop In at lunchtime in Room 109. BYO lunch, some snacks are provided.

Week 9, Tuesday 17 September, Defence Drop In at lunchtime in Room 109. BYO lunch, some snacks are provided.

Defence families are always welcome to contact your Defence School Mentor (DSM) with any information regarding a new posting or absences impacting your family on email Kate.friend@merici.act.edu.au or telephone 02 6243 4190.

OTHER NEWS

ACT Sports Bulletin #14 2024

Please click [here](#) to find the latest School Sport ACT bulletin to keep our community up-to-date on school sport events in the ACT.

A Bluey Perspective (Wednesday 11 September)

Merici College is very happy to be hosting A Bluey Perspective, an evening with Bluey creator Joe Brumm to be held in the Auditorium on Wednesday 11 September. Please scan the QR code in the flyer for more information and registration.

Join families from schools across the Archdiocese to hear Joe Brumm, the creator of Bluey, discuss his success with the children's show Bluey and his perspective on developing and maintaining positive relationships with our children (and their school) and the important role parents play in their child's learning and development.

Date: Monday 11 September 2024

Time: Meet and Greet 4:45pm, Keynote Presentation 5:30pm

Venue: Merici College Auditorium

RSVP: Friday 6 September 2024

Registration: <https://events.humanitix.com/a-bluey-perspective>



Special Cartooning September / October School Holiday Workshop

Canberra / Queanbeyan

Monday September 30th - Friday October 4th

Queanbeyan Guide Hall, 32 Erin Street, Queanbeyan NSW

1. Go to www.illustrating-man.com.au
2. Click on the colourful Cartoon Camp button in the middle of the home page
3. Select your location -----.
4. Complete the on-line form & payment.
5. If Using Active creative kids voucher, please call 02 9343 0833

Early Bird:

Book 4 Long Days (Select Monday-Thursday Not Friday) before Monday September 2nd

by 4.30pm & we will give you the Friday for Free, Saving \$55 Per child.

Archdiocesan Assembly

All are invited to take part in the Archdiocesan Assembly that will explore the theme 'Come Holy Spirit'. This will focus on celebrating the Year of the Holy Spirit and explore new opportunities for evangelisation and synodality in the life and mission of our local Church going forward.

This is a chance for all to gather, discuss and discern the Holy Spirit at work in our midst.

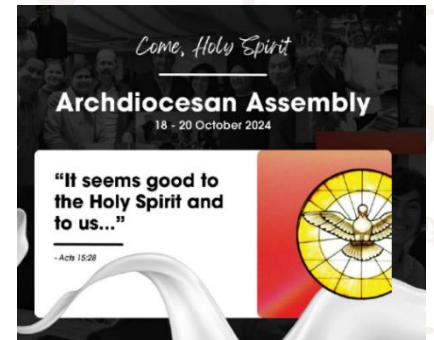
Please click [here](#) to find more information.



Where: Canberra + Narooma + Cooma + Young + Goulburn

When: Friday 18th October – Sunday 20th October 2024

Info: Detailed information, registration and formation materials available online at www.cgevangelisation.org.au/assembly.



T20 Smash Cup Tournament & Holiday Cricket Camps

The Team at Pro Performance Cricket are excited to announce their upcoming T20 Smash Cup Tournament and Holiday Cricket Camps. They offer intensive individual and group skill development for players across all facets of the game. With an excellent coach to player ratio, and a focus on a positive and fun environment it's a perfect opportunity for the kids to enhance and develop their games while having heaps of fun, making new friends and taking their game to a new level.

Pro Performance Holiday Cricket Camps info and Booking link: <https://properformancecricket.com/about-us/cricket-camps/>

T20 Smash Cup Booking info and Booking

Link: <https://properformancecricket.com/t20-smash-cup/>

T20 SMASH CUP TOURNAMENT DETAILS
9TH – 11TH OCTOBER
 Dickson Oval, Antil St Dickson
\$120 PER DAY

PURPOSE
 Designed for talented cricketers aged 12 – 15. Players will experience 3 days of high intensity T20 Cricket while being coached and mentored by Cricket Australia Qualified coaches.

Teams of 8 players (form your own team) or come along individually and be allocated a team.

FORMAT
 3 days of high intensity match play T20 cricket. When not playing players will be taken through our pro performance coaching stations to work 1:1 with one of our coaches on all facets of their game!

Players will be exposed to a variety of match scenarios that aim to improve confidence, self belief, concentration, team work and leadership skills all while having a ball with their friends.

Pro performance player report with feedback provided to each player at the completion of the Tournament.

BOOK NOW

Weston Indoor Sports Centre Summer Soccer Season

Come and join the fun at Canberra's family friendly sports venue! With over 20 years of experience in running sports for children, we understand what makes a safe and enjoyable environment for kids to learn and play.

REGISTER AT: <https://westonis.com.au/kids-youth-soccer/>

For more information go to our website: www.westonis.com.au

WESTON INDOOR SPORTS
 CANBERRA'S HOME OF INDOOR SPORTS

2024-25 SUMMER JUNIOR & YOUTH INDOOR SOCCER
 19 Oct 2024 to late Mar 2025

Not affected by weather... we're indoor!

FOR PLAYERS AGED 5 TO 19 YEARS

For players of all skill levels
 Boys, girls and mixed teams

Girls divisions for 8 years and older
 5-a-side games for teams of 7 or more players

Register as an individual or as a part of a team (we'll find a team for you and your friends)
 Easy on parents we set up and pack up!

AGE GROUPS & APPROXIMATE KICK-OFF		
Age	Division	Game Time Range
5-8	Rooball	Sat 1:00pm - 3:00pm
9-14	Juniors	Sat 8:00am - 11:30am
8-16	Girls	Sat 11:30am - 2:00pm
15-19	Youth	Sat 5:15pm - 6:00pm

Come and join the fun at Canberra's family friendly sports venue

With over 20 years of experience in running sports for children, we understand what makes a safe and enjoyable environment for kids to learn and play.

Weston Indoor Sports is the only venue to have over 150 Junior/Youth teams, providing variety for teams and a vibrant and supportive community for players of all ages and skill levels.

Teams are placed in pools based on suitability (age, size, skill and intensity of play). Game start times can vary depending on the number of teams within each pool. If you have a time you can't play, let us know and we will do our best to work around it.

REGISTER AT: westonis.com.au/kids-youth-soccer/
 For more information go to our website: www.westonis.com.au
 Email: soccer@westonis.com.au Phone: 6288 0444
 Home of Canberra Party Central NERF WAR'S birthday parties