



# WHAT'S ON NEWSLETTER

Term 4 Weeks 2 and 3 (Monday 16 October – Sunday 29 October)

## IMPORTANT NEWS

### Student Movements 2024

It would be greatly appreciated if any families who are aware that their daughter/s will not be continuing at Merici College next year, could please advise your daughter's Pastoral Care teacher and Narelle Patrick, Enrolments Officer (email: [narelle.patrick@merici.act.edu.au](mailto:narelle.patrick@merici.act.edu.au)) so that we can finalise timetables and classes for 2024.

### Uniform Expectations: Wear our uniform with pride!

Our Merici uniform is highly recognisable in the Canberra community and a symbol of our collective identity. Our smart blazers and navy uniform are highly regarded by members of the Canberra community, and they know a Merici Student when they see one. Every Merici Student is an ambassador for our College and there is an expectation that uniforms will be worn in a responsible and respectful manner, to the highest standard of presentation.

Please familiarise yourselves with the uniform guidelines and support the College in its efforts to ensure the uniform is worn with pride and respect, <https://www.merici.act.edu.au/my-merici/resources/uniforms>. We will be working closely with students and families to follow up on any uniform concerns to reinforce our belief that the uniform helps create a sense of belonging and contributes to our strong school spirit.

### Nomination for the Merici College Board

The Merici College School Board performs a dual role: Governance of the College as well as overseeing the Parents & Friends Association Committee. Due to resignation of a member, one general position is now available on the Board. The appointment is for a 2-year period with an option to re-nominate for a further 2 periods, 6 years in total.

Any interested parent or carer, who has the desire to commit to becoming part of the Merici College School Board, are required to complete the attached Nomination Form and return to the Returning Officer, Ros Parisi, on email [ros.parisi@merici.act.edu.au](mailto:ros.parisi@merici.act.edu.au). Nominations close Monday 30 October 2023.

Please click [here](#) to find the Merici College Board Constitution and supporting documentation.

If more than one nomination is received, an election will be held from Monday 6 November to close of business Wednesday 8 November. This election will be conducted online. Election results will be communicated on Thursday 9 November.

## WHOLE SCHOOL ACTIVITIES

### Brescia House Day (Monday 16 October)

Brescia House will celebrate their annual House Day on Monday 16 October. Students and staff of Brescia House will gather in the Long Pastoral Care lesson to participate in some whole group activities and learn more about the history and traditions of Brescia House. Students in Brescia House are encouraged to accessorise in purple for the day. Please note that full school uniform is required on this day. Miss Tillack, as well as our Brescia Pastoral Care Teachers and Sr. Genny, are looking forward to celebrating all things Brescia on this day!

## It's Sw(OP) shop time - (Tuesday 7 November)

SW(op) shop will be in Term 4 on Tuesday 7 November at lunch-time in C1/C2.



Start clearing out your unwanted, clean, re-usable items and stand by for donation instructions!

- Fact: 50% of all fabric ever made is now in landfill.
- Fact: 30 million pairs of jeans are sold in the world DAILY

Be part of the solution by supporting the annual SW(OP) shop, either by donating, buying for a gold coin, or BOTH.

Clean, re-usable donations only please. Stay tuned... collection point details to be advised.

## SCHOOLTIV

### SPECIAL REPORT: Mobile Phone Separation Anxiety

The use of mobile phones and technology in schools has been a highly debated topic internationally, including in Australia. Almost all states and territories in Australia, have implemented full bans on mobile phones during class, recess, and lunch times, while allowing students to carry their phones during travel to and from school.



Critics argue that there is no evidence supporting the effectiveness of such bans, but this is a mischaracterisation. Studies have shown the positive impacts of mobile phone bans in schools.

One study conducted in 2016, found that banning mobile phones led to an increase in student performance, with test scores improving by 6.4% of a standard deviation. Similar studies from Spain and Norway also supported these findings.

For parents concerned about mobile phone separation anxiety in their children, it is important to acknowledge it as a real issue and discuss the negative effects of phone addiction, such as sleep problems and mental health issues. Gradually introducing phone-free periods at home, setting clear expectations and boundaries and modelling healthy behaviours can help your child cope. It is also crucial to establish a support network and seek professional help if needed. Implementing mobile phone bans in schools allows for better focus on teaching and learning, minimising distractions and interruptions.

This Special Report will help address mobile phone separation anxiety and provide guidance on supporting your child's wellbeing during this transition period. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please consider seeking medical or professional help.

Click on this link to view the Special Report [https://merci.act.schooltv.me/wellbeing\\_news/special-report-mobile-phone-separation-anxiety](https://merci.act.schooltv.me/wellbeing_news/special-report-mobile-phone-separation-anxiety)

## ACADEMIC COORDINATOR

### Update: Deakin University Research Study on Metacognition, 'Learning how to learn'.

*An electronic option is now available for parents to consent to their child's participation via their reflections on Pupil Views Templates.*

During August, permission was sought from parents of Merici College Year 7 and Year 9 students to agree to the inclusion of their children's feedback on the nature of life-changing, impactful teaching and learning, as recorded on a **Pupil Views Template**, a single sheet of paper that shows children in a teaching situation, inviting them to complete speech and thought bubbles, and perhaps details such as the facial expressions or background information. Only the PVTs of students whose parents support their child's views being represented in the research can be collected for this analysis. No child will be personally identifiable in the study results.

It soon became apparent however, that a format that required parents to print, sign, scan and return a copy of their agreement was not easily accessible to many parents. Thank you, those who had been able to navigate this considerable technical challenge. Your responses remain valid and have been saved.

The study, *Meaning in the middle years: how metacognition in curricula is translated in pedagogy and student perspectives*, has received Deakin University ethics approval (reference number: 2023-069). A request to modify the Plain Language Statement to include a link to a secure electronic platform for parents to provide their consent has now been approved.

The revised Plain Language Statement discusses student involvement in the project in detail. If you, and your children, are willing to support this research, the link to the electronic option for Parent Consent can be found [here](#) near the top of Page 7 and can be 'signed' using a finger or mouse on a variety of devices. Please respond as soon as convenient before 20 October.

View Annie's latest publications here:

1. [How can small secondary schools support the implementation of interdisciplinary units?](#)
2. [What matters in interdisciplinary unit design - messages from small secondary schools.](#)

## YEARS 7, 8 AND 9 NEWS

### Year 8 Catch the Wave Retreat (Monday 16 October)

On Monday, October 16, 2023, our Year 8 students are set to embark on the Catch the Wave Retreat here at Merici College.

This initiative is part of the Catholic Schools Youth Ministry International (CSYMI) program, aligning with Archbishop Christopher's vision for the renewed engagement of youth in our archdiocese. The first phase, Catch the Wave, offers a unique one-day retreat, designed to deliver the message of youth ministry in an engaging way, meeting students where they are. It's a day filled with exciting activities, encouraging students to explore their faith with enthusiasm.

Every Year 8 religious education class will be participating in this retreat on October 16.

Following the retreat, Year 8 students will have the chance to express their interest in continuing with the CSYMA program in 2024. This program includes an Introduction to Youth Ministries course during Religious Education class time.

Recess and lunch will align with the regular Merici schedule, and students are advised to bring their own food as per normal.

Please note that the Year 8 Catch the Wave Retreat on October 16 is an integral part of the Merici College Retreat Program, and attendance is compulsory. For additional information, you can watch the CSYMA-produced video, a teacher introduction to the unit, via this link:

<https://www.youtube.com/watch?v=Co54KdUx3zQ>.

Should you have any inquiries, feel free to reach out to Veronica Harrold-Carter ([veronica.harrold-carter@merici.act.edu.au](mailto:veronica.harrold-carter@merici.act.edu.au)) or Andrew Blakey ([andrew.blakey@merici.act.edu.au](mailto:andrew.blakey@merici.act.edu.au)).

Please remind your daughter that appropriate behaviour is always expected as she is a representative of the College.

### **Year 9 Urban Challenge (Wednesday 25 October-Friday 27 October)**

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 25 to Friday 27 October 2023 and is a compulsory activity.

Urban Challenge has created a private page for our College on their website where information can be found about the program. Registering your daughter's personal and medical details for the Urban Challenge is also a section. Please use the information below to log in and fill out the required details. To confirm your daughter's attendance, this online document must be completed by Friday 8 September 2023.

To access the Merici College – private page on the Urban Challenge website and complete the personal and medical details:

Go to [www.theurbanchallenge.com.au](http://www.theurbanchallenge.com.au). Click on 'Log in' and log in with:

- Username: meriurban
- Password: meri2023

Please click [here](#) to find an information letter detailing program information and registration requirements, as well as the Medication Authorisation form that must be completed.

## YEARS 10, 11 AND 12 NEWS

### Year 10 History Excursion (Monday 23 October)

The College has organised an excursion to the National Museum of Australia and the Australian Institute of Aboriginal and Torres Strait Islander Studies for all Year 10 students who are studying History in Semester Two. The purpose of the excursion is an educational tour about Aboriginal and Torres Strait Islander experiences and sources, led by museum guides. This tour is directly related to their current focus in class, which is the history of First Nations' rights and freedoms.

Please click [here](#) to find the permission note for your daughter to attend this excursion. The note is required to be returned by Thursday 19 October.

### Year 12 Graduation Day (Tuesday 28 November)

We are excited to announce the following Year 12 Graduation events to be held on one day, **Tuesday 28 November**.

- Year 12 Final House Farewells – 9:30am (students only, to be held at the College)
- Year 12 Graduation Mass – 3:00pm (students and family members to be held at St Christopher's Cathedral, Cnr. Canberra Avenue/Furneaux St, Forrest)
- Year 12 Graduation Dinner and Awards Ceremony– 6:00pm (Year 12 students and immediate family members - maximum 4 guests per family including student – no partners). The dinner will be held at Ainslie Football Club, Majura Room, 52 Wakefield Ave, Ainslie.

The Year 12 Formal will be held on Friday 1 December at the Canberra Rex and students and parents are encouraged to attend this event as well. More information regarding bookings will be advised.

Please note that no bookings are required for your attendance at the Graduation Mass at St Christopher's Cathedral.

Tickets for the Year 12 Graduation Dinner and Awards Ceremony will be required to be purchased. An invitation is attached for your information.

Cost: \$65 pp (3 course meal, includes non-alcoholic beverages only)

Tickets: <https://events.humanitix.com/year-12-graduation-dinner-and-awards-ceremony>.

Bookings close 10 November 2023.



## IB News



### Key Dates

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

Event	Date	Information
Pamoja end of year exams	10-17 October	<b>Spanish ab initio</b> Paper 1 11 <sup>th</sup> Oct 9-10:00 Paper 2 13 <sup>th</sup> Oct 9-10:45 <b>Psychology</b> Paper 1 10 <sup>th</sup> Oct 10:50-12:50 Paper 2 17 <sup>th</sup> Oct 11-12
Exam Week	13-17 November	Students will only need to attend school for their exams. Usual classes will not run during this week. Non-school uniform may be worn.

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

Event	Date	Information
Final Exam Period	24 October – 9 November	The final exam period for the official IB DP exams

## HEAD OF MISSION AND COMMUNITY NEWS

### Join Me in Cambodia for an Immersive Experience in 2024!

A reminder to 2024 Year 10, 11 and 12 students about the exciting opportunity to join the GVI (Global Vision International) immersion program in Cambodia in 2024. If you've already considered it, it's not too late to take the next step!

#### Program Highlights:

**Lead Teachers:** Veronica Harrold Carter and Kath Morris

**Dates:** July 9, 2024, to July 18, 2024 (Inclusive) + 2 days of travel (TBC)

**For:** Students from Years 10-12 2024

GVI is renowned for offering volunteer and educational programs worldwide, providing unique opportunities for cultural exploration, community collaboration, and personal growth.

#### Program Costs:

The program fee per person is \$3145, with additional costs for airfares and personal spending money (approximately \$2,500).

#### What's Included:

- Experienced field staff
- Pre-departure support
- Airport and in-country transportation
- Accommodation, meals, activities, and excursions
- Guest speakers and lectures
- Community service work
- Health and safety procedures
- Teacher incentives and insurance coverage

#### What's Not Included (Additional Costs):

- Visas and vaccinations
- Spending money (up to \$200 allowed)
- Personal gear and kit
- Insurance (travel, medical, personal belongings)
- Flights

**Next Steps:** Complete and submit the Expression of Interest Form by Next **Monday 16.10.23** by clicking on the following link: [Apply Now](#)

**VIEW:** The Information Evening Meeting Held late last term. [Link Here:](#)

This adventure promises to broaden your horizons, deepen your cultural understanding, and leave a positive impact on the world. Don't miss this incredible opportunity to explore Cambodia with me and GVI in 2024!



For more information, check your emails and explore GVI's work through the provided [links](#).

If you have any questions or need further information, please do not hesitate to reach out to Mrs Veronica Harrold-Carter, Head of Mission and Community on email [veronica.harrold-carter@merici.act.edu.au](mailto:veronica.harrold-carter@merici.act.edu.au).

## HPE NEWS

Exciting opportunities coming up at the end of the year. More detailed information will go out to specific Year groups over the next two weeks.

**Road ready** course – This is for students who are almost old enough to get their L plates, this course qualification is only valid for 1 year. This will be run by the HPE staff and students can opt into this course. December 1<sup>st</sup> and 5<sup>th</sup>. There is no charge for this course.

**Driver ready**- For Year 9 students a new exciting opportunity at Merici college. Students can opt into a session conducted by 5<sup>th</sup> Gear Motoring, and The Road Ready Centre. Students will be put into groups and complete 1 session. November 27<sup>th</sup> – December 4<sup>th</sup>. There will be an additional cost. Below are the modules in which students will complete on the day. This course will be held offsite.

Module 1	Classroom session on road rules and obtaining a licence	Conducted with an experienced facilitator
Module 2	Basic vehicle maintenance	Conducted with an experienced trainer
Module 3	Driving a car	Conducted by an accredited driving instructor, in a dual control vehicle

**Swim Teacher Australia Qualification**- Students 16 years and over will have the opportunity to gain a qualification in swim teaching. This will be run over 2 days by Rhiannon Kocmar who was recently named *Swim Australia 2023 Swim teacher of the year*. There will be an additional cost for this and will be conducted at school and in a pool.

### Sports Involvement

We are collating information for the end-of-year Sports Awards and St Angela Merici Award and we need some information.

If your daughter has travelled / competed with an ACT team, won an ACT championship title, Australian team selection, Australian Title, **during Term 3** – can you please respond to Kylie Olsthoorn, HPE Coordinator, email [kylie.olsthoorn@merici.act.edu.au](mailto:kylie.olsthoorn@merici.act.edu.au) at your earliest convenience and before Friday 20<sup>th</sup> October.

Your Full Name:

Year group:

Name of Sport:

Name of competition/ team:

Specific details around placing, selection of a team:

Evidence – could be a screen shot, pdf of a letter, pictures etc. something official from the sporting body about your achievement.

If you have questions, please send contact Kylie Olsthoorn, HPE Coordinator on email [kylie.olsthoorn@merici.act.edu.au](mailto:kylie.olsthoorn@merici.act.edu.au).

## iC NEWS

We hope there has been plenty of holiday reading during the September/October break. We ask that all overdue books get returned or if not finished to be renewed. Occasionally items do go missing, rather than ignoring overdue emails, please ask your daughter to come and talk to us about the missing item.

The iC subscribes to two video online streaming services; ClickView and Classroom Video on Demand (CVOD) which is a Facts on File database all accessed via SEQTA/Welcome Page. Students will find current programs and resources relevant for both research or study needs and programs of interest to watch during down time. Please take some time to browse these resources with your child.

Yours in research,

*iC Staff*

## DEFENCE NEWS

### Week Two

#### Tuesday 17 October, Defence Catch Up

Pop into Room 222 for a snack and a catch up with Defence friends. BYO lunch.

#### Thursday 19 October, Quiet Defence Meet

Any Defence student looking for a quieter meeting, come to the small group room in the iC at lunchtime. Lego creation and colouring in will be available, BYO lunch.

### Week Three

#### Tuesday 24 October, Defence Catch Up

Pop into Room 222 for a snack and a catch up with Defence friends, BYO lunch.

Thank you to the families who have communicated their change in posting or deployment information. You are welcome to contact myself any time, [Kate.friend@merici.act.edu.au](mailto:Kate.friend@merici.act.edu.au) or phone 02 6243 4190.

## DANCE NEWS

### Youth Dance Festival (18-19 October)

On the 19<sup>th</sup> of October, Merici's senior dance class will be performing at Canberra's Dance Fest. They will be performing at the Canberra Theatre Center in Civic. The theme this year is 'Bread and Circuses', and our dance is representative of society awakening from being subjugated. Come along to support our students and other schools and celebrate their talent and participate in the fun excitement that dance provides. Tickets are available at: <https://canberratheatrecentre.com.au/show/ausdance-act-2023/>





## CO-CURRICULAR NEWS

### Dance Troupe Performances

We welcome our community to come along and support our Dance Troupers at the following community events:

- Murrumbateman Field Days – Sunday 22 October (11:30am)
- St John Vianney Parish Fete – Saturday 4 November (11:00am)
- Holy Spirit Parish Fete – Saturday 25 November (12 noon)

## OTHER NEWS

### Position Vacant: Parish Office Manager – Inner North Parishes

People are invited to apply for the position Parish Office Manager, Inner North Parishes (encompassing Campbell, Canberra Central, O'Connor & Watson). This is a full-time position (subject to review in 12 months).

Essential Requirements:

- An understanding of and support for the Catholic Church and its teachings
- Excellent verbal and written, interpersonal and communication skills
- Computer literacy in MS Suite and database skills, (in particular PACS database)
- Act with tact & discretion, maintaining high levels of confidentiality, honesty, integrity, reliability and punctuality

Please email [Deborah.foote@cg.org.au](mailto:Deborah.foote@cg.org.au) for a detailed copy of the duty statement and selection criteria. Applications addressing the Selection Criteria with attached resume to Fr Anthony Riosa, SSS, [anthony.riosac@cam.org.au](mailto:anthony.riosac@cam.org.au) must be received by Friday 3 November 2023.