Key Dates

Thursday 31 May
ACC Cross Country & ACC Para Cross Country

Friday 1 June
Home Study/Service Day
INSTEP End of Placement One

Monday 4 June
Foundation Day

Tuesday 5 June
Yrs 11/12 Exams commence
Yr 10 Parent Information/Subject Selection Night 6.30pm

Wednesday 6 June
10.1 RE Mass
Lifelink Day

Saturday 9 June
Ursula Frayne Memorial Day

Tuesday 12 June
Yr 10 exams commence
P & F Meeting 7pm

Wednesday 13 June
10.2 RE Mass
MESA Meeting 6.30pm

Friday 15 June
Yrs 10/11/12 exams conclude
ACC Para Soccer

Principal’s Report

“Loving kindness and compassion are the basis for wise, powerful, sometimes gentle, and sometimes fierce actions that can really make a difference…in our own lives and those of others.” Sharon Salzberg

We have all experienced the positive feelings associated with helping others. On their website, MyRightSomeone, Drs. Les and Leslie Parrott, founders of RealRelationships.com, spoke of those feelings:

Numerous studies find that helping others, and being able to practice appreciation and love is the defining mark of the happiest human beings. When people engage in altruistic behaviour and self-giving love, by doing something extraordinarily positive, they use higher-level brain functions and set off a series of neurochemical reactions that shower their system in positive emotions.

When we focus upon ourselves, our world contracts. When we focus on others, it expands. Health and Wellbeing Newsletter for Schools No 14.

Last Sunday we celebrated Pentecost, when the Holy Spirit came to the Apostles for the first time, giving them the courage to speak about their faith with boldness and confidence and share with others what they had seen, experienced and learnt from seeing Jesus in action. This great celebration marks the birth of the Christian church by the power of the Holy Spirit. We are invited at this time in the Liturgical year, to cast a glance over our own lives to see how well we have spoken for ourselves and reflect on our reactions as the power of the Spirit continues to be revealed in our lives. How ‘blessed’ are we in living the inspiring words of Jesus about being humble and merciful, in contributing to the welfare of the disadvantaged, in standing up for Christian values? Our children will follow our example to reveal Jesus to others by engaging in Christian thinking and action.

Sunday 20 May was the College Open Day and I cannot let the event go by without thanking all the wonderful parents, staff and students who made the day so enjoyable and welcoming for the many prospective families. MESA, our ex-students association, also had a nostalgic display that attracted many women who have been through the College and are now preparing for the next generation of young women to walk the same paths that so many generations have walked before them. Sr Joan Smith generously opened the Chapel of the Immaculate Conception so that people could see the beautiful sacred space that we are so fortunate to have for our Wednesday morning Masses. The

Insight from Catherine McAuley:

“Remember, if there were one hundred regulations to be observed, the most important is Charity…Our Divine Lord tells us to love as He loved…”

At today’s ACC Cross Country Competition, Imogen Brierley-Hay (9.5) placed 10th out of approximately 300 students in a time of 12.19 minutes.
Mission Leader’s Musings

Sunday 27 May: Pentacost Sunday
Jn 20:19-23

The feast of Pentecost celebrates the power of the Holy Spirit coming upon the disciples and energising them to set about their mission of continuing the ministry of Jesus. The gospel reading is one of the post-resurrection appearances by Jesus when he breathed the Holy Spirit upon the disciples. We can sometimes regard Pentecost as the day the Holy Spirit came into the world. However, the Spirit had long been active in the world before this event. In fact from the very beginning of creation the Spirit has moved in the world and continues to energise it today. Last Sunday evening in our Cathedral Parish, at the 5.00pm Youth Mass, Archbishop Timothy Costelloe launched the Year of Grace for the Archdiocese of Perth. He echoed the following words of Archbishop Mark Coleridge - “This is a holy time, given by God, to start afresh from Christ, contemplating his face, and listening to his word, that he may heal our wounds, overcome all our divisions and make us rich in hope, so that we may show forth his face and speak his word to the world in new ways.” A wonderful focus for us for the remainder of the year!

Questions to ponder
What is the relationship between Jesus and the Holy Spirit?
Where in your life could you use the guidance and strength of the Spirit?

Sunday, 3 June: The Most Holy Trinity
Mt 28:16-20

The Easter season celebrates some of the most important events and beliefs in Christian tradition. In the last seven weeks, we have remembered many events that have shaped Christian belief. Almost to round off this extraordinary focus on Christian beliefs and teachings, the Church this week celebrates the central doctrine of Christian faith: the Trinity. The belief in the Trinity is the belief that there are three ‘persons’ in the one Godhead: Father; Son; and Holy Spirit. This week’s gospel passage, the commissioning of the disciples from the Gospel of Matthew is perhaps the closest any New Testament writer comes to an expression of the Trinity when Jesus instructs the disciples to baptise ‘in the name of the Father and of the Son and of the Holy Spirit’.

weather on the day was perfect and we couldn’t have asked for more.

Recently, I found an article titled ‘The Teen Commandments’. The article said that parenting a teenager is like entering a treacherous world, where one wrong step could result in a week of the silent treatment. To navigate safely through your child’s teen years, it went on to say, stay focused and find like-minded parents. I thought I would share one Commandment with you each fortnight. From experience, even a fortnight of practice will not assure you of success but here goes and good luck!

Commandment 1: You shall not attempt to engage in meaningful conversation in the morning. Don’t even bother trying to talk to your teen at breakfast or on the way to school. It will go badly resulting in an escalation of frustration that is not healthy before 8 am. Short sentences with simple instructions and very few questions are your best conversational gambit.

On Friday last we welcomed 20 Sisters of Mercy to the College to have morning tea with us. It was a very special occasion with many wonderful memories shared, especially when some of the staff and prefects joined in! Thank you to Jackie Stacey, Kathy Smith and the Canteen staff, Marina Jones and Deb D’Costa for helping us with the beautiful food and serving the Sisters. Hopefully there will be many more.

Last weekend we also had the Father/Daughter camp and sincere thanks to Syd Bignell for organizing and coordinating the weekend. By all accounts a great time was had by everyone.

On Tuesday, our senior students begin their semester one exams. We hope that they feel proud of how they have prepared for them and feel confident that they will be able to do the very best they can. Parents and guardians, please help the girls by insisting on a good night's sleep and good nutrition and a disciplined use of Facebook and other social media. We wish the girls well.

Peace and best wishes.

Sheena Barber, Principal

Some of the Sisters who were present for the recent Morning Tea
Pastoral Care News

Year 7/8 Learning Community

Year 7 - Mrs Michelle Lloyd
Another busy fortnight has passed with our Year 7 students busily preparing assessments as we approach our mid-year reporting time. As I continue to see students who have reached the Coordinator level for positive entries in their diaries, it has been pleasing to note that numerous students have now reached the second level where our Executive Support Member, Mrs Loretta Wholley will have an opportunity to celebrate their successes with them. Congratulations ladies and I ask you to keep up the great commitment you have displayed in your studies.

Unfortunately, there have been incidents this week of cyber bullying among our Year 7 students. While this in itself is not a school matter, it does become an issue when the events escalate causing upset among the year group. Parents need to be mindful of and carefully monitor their daughter’s use of the Internet especially social networking sites such as Facebook. It is timely to remind parents that students need to be 13 years and over to be on Facebook and many of our students do not meet this requirement. Please monitor your daughter’s use of such sites carefully.

Congratulations to our Homeroom Heroes for this fortnight for displaying caring behaviour in their homerooms - Kimberly Martin (7.1), Cassandra Cheng, Gemma Sabitino (7.2) and Aimee Vivante (7.3)

Year 9/10 Learning Community

Year 9 - Mrs Sherrin Adams
The Year 9 students continue to be actively involved in all facets of school life. Congratulations to those who have reached the stage of seeing me for positive diary entries for effort and achievement. It is now important that every girl has a focus on ensuring her uniform and grooming are also of the highest standard.

It is important that all parents note that the last two dancing lessons (7 and 14 June) will be at Mercedes. Notification has already been sent to parents; I hope that your daughter has shown you this information. A letter will go out shortly concerning the social to be held on 21 June. I am relying on parent help to facilitate the smooth running of the evening.

Year 11/12 Learning Community

Year 11 - Ms Callie Steven
The exams are nearly upon us and it is important to keep up the study regime. David Brinkley said that “A successful man (or woman of course) is one who can lay a firm foundation with the bricks others have thrown at him.” The teachers have thrown lots of bricks at the students over the past weeks, and now they must use the four day long weekend to lay some foundations of their own.

Of course, as I wrote in the last newsletter, balance is important to avoid stress. It is not okay to be getting only five hours of sleep a night. With lack of sleep comes an inability to process information which is actually detrimental to learning. So add breaks into your study timetable, sleep well and get some exercise.

Good luck to everyone!

Year 12 - Mrs Bernadette Dell
The exams are about to begin and the girls need to remember to take care of their health, physical and mental, to perform at their peak. Although it is difficult to relax, girls should still be trying to maintain some exercise and ‘downtime’ to help them complete the exams to the best of their ability.

The exams will enable each student to gauge what they have covered adequately and the areas in which they need to make a greater effort. If there are any health or family issues during the exam period that impact on your daughter’s attendance at one or more exams, please contact the College promptly so that we can make decisions about what is the appropriate course of action to ensure a fair outcome for all involved.

Gracious God,
You have blessed this ancient land
with many gifts, especially its people.
We thank you for the Year of Grace,
a time to start afresh from Christ.
You invite us to contemplate the face of Jesus your Son,
that we may experience a new wave of grace,
and that the light of Christ may burn more brightly in our lives.

Attune our hearts and minds
to the presence of your Holy Spirit,
that our Church may be transformed,
our relationships be healed,
and our nation grow in compassion and justice.
With the intercession of St Mary MacKillop,
who showed us new ways of living the Gospel,
we make our prayer
through Christ our Lord. Amen.
Mary, Help of Christians, pray for us.

Composed by the National Planning Team and endorsed by the Bishop’s Working Party, the following is the official prayer for A Year of Grace.
College Planned Giving
At last week’s Assembly the following presentations were made in regard to College Planned Giving:

Caritas Project Compassion
Total: $6,140.55
Top Homeroom: 8.3 - $970 & 8.2 - $800
Outstanding effort by all Year 8 Homerooms raised half our school total.

Frog Jog Funds Presented to Sisters of Mercy and their Ministries
Total: $20,841
Top Homeroom: 8.5 - $1024
Top Student: Tyler Armenti (7:3) - $166
• Mercy Works - support work in East Timor for the “Mercedes” Kindergarten $5000
• Sr Mollie Wright’s & Sr Wendy Britsa - Hay’s Soup Kitchen ministry $4000
• Sr Dolores Coffey’s Aboriginal Advocacy ministry at DayDawn $4000
• Sr Maura Kelleher’s pastoral ministry in three WA Prisons $2000
• Sr Joan Kelleher’s and Sr Martina Killeen’s ministry for women at the Sister’s Place $2000
• Sr Flo O’Sullivan’s ministry with refugees and asylum seekers in Mirrabooka $1500
• Sr Joan Kelleher’s ministry with Asylum Seekers in community detention $1500

Careers
Over the next few months Universities, Institutes of Technology and other private providers will be organising events to help students in planning their future pathways. It is important that students in Year 10, 11 and 12 are aware and make the effort to attend the events. Events/programs scheduled within the next month:

Edith Cowan University:
Year 10 Pizza Night Joondalup Campus - Tuesday 5 June / 6pm [Link]
ECU Information Evening - Joondalup Campus - Tuesday 19 June / 6pm - 7pm.
Information Evenings - [Link]
Teaching, Children and Communities - Joondalup Campus - Tuesday 5 June / 6pm
Sports - Joondalup Campus - Tuesday 5 June / 6pm
Mining, Energy and Science - Joondalup Campus - Tuesday 19 June / 6pm (for students interested in engineering, environmental science, natural science, business, chemistry and Occupational Health & Safety)
Health & Allied Health Industry - Joondalup Campus - Wednesday 27 June / 6pm

University of Western Australia:
‘Becoming an Engineer with UWA’ Information Evenings - Wednesday 6 June, 25 July / 6pm in Monadelphous Integrated Learning Centre, Crawley Campus [Link]

Murdoch University:
Murdoch Mondays - First Monday of month April to December (Murdoch Student Centre will extend opening hours to 7pm)

University of Notre Dame:
Course and Admission Information Evening - Monday 18 June / 5.30pm courses expo, 6pm presentation in Tannock Hall of Education. Contact 9433 0533 for more information or visit [Link]
Languages
Year 9 Italian Excursion
On 22 May our Italian class went on an excursion to a pizzeria on Hay Street called “Stuzzico”. There we ordered pizza and drinks. We sat outside enjoying the sunlight and the company of our amici. After we ate our delicious pizza we walked over to “Caffè Italia” where we all ordered gelato in Italian. The ice-cream was authentic, hand-made and traditional; the store owner was very proud of his gelato. He was very friendly, just like the people at “Stuzzico”. We all thoroughly enjoyed the experience, filled with delicious Italian food and language!
Prof. Sciascia’s Italian class

English - Mrs Catherine O’Toole, HOLA
On Tuesday 15 May our Stage 1 English students were privileged to attend the Holocaust Institute of WA. This was an invaluable experience for the girls as it provided them with important contextual knowledge for their novel study. The highlight of the visit, however, was the fact that they got to listen and speak to an actual survivor of the Holocaust. This was a very emotional experience for all involved and we thank the girls for their excellent behaviour and their empathy. Thanks also to Miss Russo, Mrs Dell and Mr Brown for accompanying the girls.

Morris Gleitzman’s Visit to the College
Year 8 students were very fortunate to have a visit from award winning writer Morris Gleitzman on Thursday 24 May. Morris was a very entertaining and informative speaker. The girls were especially excited to be part of the editing process for his new book After, from the Once series. Morris captivated them with his reading of the first chapter, using the students as a test audience, to see if he needed to make any changes. The girls also really enjoyed hearing about the publishing process and viewing the first typeset with his corrections on it.

A reminder to all students to get their entries into the West Australian Young Writers’ contest. Entry forms are available from your English teacher. Closing date is June 27.

Author Morris Gleitzman captivated Year 8 students with the reading of the first chapter of his new book, After
Mercy Service-Learning - Mrs Christine Aldous, Mercy Service Learning Coordinator

Mercy Service-Learning
The message that universities and employers are looking for community-minded people has been reinforced several times this term as our Year 12 students have investigated post-school scholarships, interstate university entrance and heard from leadership mentors. Our Mercy Service-Learning program is an introduction to the Christian responsibility of active citizenship. Year 10 and 11 students currently give 15 hours in service as a College expectation. In 2013 this will be increased to 20 hours. It is up to each student, however, to consider how she can continue to be a Mercy woman by following the example of Catherine McAuley.

Our current Year 11 students have completed their compulsory Mercy Service-Learning Unit. It is very encouraging to see some students continuing with their placement. The girls have two options if they wish to receive formal recognition of on-going service. Students may complete another Mercy Service-Learning Unit. The School Curriculum and Standards Authority will allow students to complete and receive recognition for up to 5 units in an academic year. All service hours accumulated in these units is also recognised on the WACE Community Service Record. The second option is to complete a Community Service Record. This option will be recorded only as Community Service on the WACE. As with all service activities, there is both a College and School Curriculum and Standards Authority expectation that the activity is approved by the school. Students obtain permission to participate in a service activity by submitting an ‘Application to Participate’ form each time they participate in a new activity or at a new location.

Year 10 Program
All students were required to submit their journal for a homework and progress check in week 2. As the students do not gather in a Mercy Service-Learning class this is the only formal means of assisting students and ensuring they are on task. In the back of the journal is a reporting page giving students direction to areas of both good and poor progress. I encourage parents to view their daughter’s journal. Special congratulations to Mikaela Powell who is the first Year 10 student to complete her service. Mikaela gave 22 hours to the West Australian Young Reader’s Book Award Committee and St Peter’s Primary School. Her reflection was a portfolio of photographs and letters of recognition from these organisations.

Last Saturday thirty three Year 10 students participated in the Red Shield Appeal. This is an annual service event for Year 10 students. Thank you to the girls who gave up their morning and congratulations to the students who made their way to and from our collection station in Floreat by public transport. Mercy Service-Learning is also about learning life skills. The total collected by the girls was $1173.20.

Year 9 Program
The Year 9 program focuses on sustaining the environment. Many of the activities only require a few minutes of commitment each day over a two week period. It is difficult to gauge student participation as many have ‘works in progress’. Parents should be noticing activity that includes shorter showers, less lights left on around home, gardening, pet care and cups of tea being made for them. If you have not noticed any environmental improvements in your home would you please discuss with your daughter her commitment to the program. Congratulations to Carrie English who is the first Year 9 to complete her program.

Music - Mrs Claire Gamlin, Music Coordinator
Congratulations
The Mercedes/Trinity Wind Ensemble performed for the first time this year on Friday evening. They performed Appalachia and Gladiator and played very well!

Thank you
Thank you to the Rock Band and Senior Percussion girls who performed, rehearsed and led activities on Open Day. Thank you also to the Select Choir for performing at the Local Government Managers National Conference last week, and to Mr Waterhouse for organising these performances.

Diary Dates *please note this is different to the College Calendar.
Wednesday 4 July * Trinity College Senior Music Night (please arrive by 6.45pm) performance at 7.30pm. Ticket information will be given out at rehearsals. Black performance dresses will be worn. Orchestra, Wind Orchestra, Select Choir, Madrigals
Mercedes Swimming Squad

"Shoot for the stars. You may not get the stars - but you may get the moon!"

The 2012 swimming saw a successful season for the school squad program with Mercedes swimmers competing at the Schools and Colleges Relays Meet and were placed second overall at the ACC ‘A’ Grade Premiership. It is with little doubt that the extension of the squad program will prove to be as equally successful and enjoyable!

Squad training has commenced and is held on Tuesday and Thursday after school from 3:30 to 4:30pm and we are eagerly seeking new members to attend. Young aspiring athletes will have the opportunity to gain valuable skills and knowledge in areas of physical, social and personal development, all in a safe and healthy environment. No previous squad training is required and we welcome all new swimmers. For busy parents of school-aged children our swimming program is a fantastic alternative to after-school care. Competitive swimming continues to be one of the most economical and accessible sports in the nation and our program will provide its members with a professional, motivated and individually diverse coaching service.

Courtney Spanbroek who is leading the Mercedes Swimming Squad is a Bronze License accredited coach who brings a wealth of knowledge from 6 years experience as a competitive swimmer at national age level, to coaching and developing competitive swimmers at a State level at the WA’s premier club City of Perth. Courtney is keen to be involved in developing the next generation of swimming champions here at Mercedes, and welcomes every budding athlete to the program!

Qualifications:
- Graduate- BSc Environmental Health
- Bronze License Coaching Accreditation
- Bronze Medallion and Resuscitation Certification
- Working with Children Check / Police Clearance
- Member: Australian Swimming Coaches and Teachers Association
- AustSwim Teacher of Swimming and Water Safety

For more information on the Mercedes Swimming Squad and how to join, click HERE.

Open Day

Parents & Friends Association

Entertainment Books
For Year 7 & 9 families who received an Entertainment book to view and do not wish to keep the book, please return it to the College ASAP. Alternatively if you do wish to keep the book, a payment of $65.00 must be made by Tuesday 5 June as Entertainment Publications need to finalise all payments. For more information contact Jackie parentsandfriends@mercedes.wa.edu.au. Thank you on behalf of the P&F.

City to Surf 2012
Once again Mercedes College is registered as a school team for this year’s City to Surf. All students, family and friends are encouraged and welcome to register online and join the team. Help us to make our team one of the ‘biggest’ school teams this year. For more information on how to register click HERE.

P & F Quiz Night 2012
Booking forms for this year’s P & F Quiz Night were sent home this week. Get a table together for a night filled with fun, games, lots of tricky questions and an opportunity to win lots of prizes! Cost is $15 per ticket. Tables of 8 or 10. Donations of prize items are most welcome and appreciated. For more information contact Jackie parentsandfriends@mercedes.wa.edu.au.
Looking for a P & F Quiz Night Committee

Do you want to be a part of a fun filled evening? Join the Quiz Night Committee! I am looking for at least 8 parents who would be willing to form a Quiz Night Committee to help with the organisation of prizes, ticketing, questions and setting up of night. Can’t do it alone and would love your help! Please contact Jackie for more information. Thank you, Jackie Stacey.

Father/Daughter Camp 2012

Another very successful Father/Daughter camp was held at Forest Edge Recreational Camp in Waroona last weekend. According to Syd Bignell the activities tested the levels of team building and inclusiveness while reinforcing the special bond that exists between fathers and their daughters.

Student News

Mercedes Netball Club - Helen Moulatsiotis

Some great results are coming through with most teams. Just a couple of things to remember over the next month or so;

- Regrading will occur the weekend of 9/10 June. If your team is regraded you will be notified.
- There will be no game on 2 June (long weekend)
- There will be no training on Monday 4 June - courts are closed.
- There will be no game the weekends of 7/14/21 July - due to School holidays.

Student Achievements

Gymnastics

Congratulations to Vanessa Tenagalia (7.5) who placed 7 overall in Level 7, in the recent State trials. Vanessa has also qualified as the first competitor in Level 7 for the second WA State Team for the Trans-Bass Competition to be held in Tasmania this coming August.

Noticeboard

Academic Task Force - offer a range of courses; including Master Classes, WACE Help Weekend Classes and Yr 7, 8, 9 & 10 Saturday Classes. For more information contact 9314 9500, email learn@academictaskforce.com.au or visit www.academictaskforce.com.au

ICS Learning Group - Study Skills course for Years 7 –12. Course are being held at Mercedes College. Learn to study more effectively, prepare for greater exams success in exams and learn skills to achieve more at College. Click HERE for more information.