

Open Evening

Thursday 9 March 2023 | 4.30pm to 7.30pm

Tours by Year 7 students, with site specific details from Year 8 students.
Entrance via Field Street Carpark.

A Catholic co-educational college



Mr Jim Ford | Principal

Do I need to pay for tutoring?

The short answer is no!

When students enter the senior phase of high school in subjects like the advanced Maths, Science and Literature courses then complementary tutoring can really help the battling student get some clear air. In the early years of high school when students need that immediate one to one help the College has set up a range of supports that parents can encourage their child to access. Naturally there is no cost associated with getting this help and staff simply donate their time in the interests of the students.



Maths Tutoring -: Monday afternoons for 3:00 to 4:00pm. Mr Smith in Epsilon 1.6 (Middle floor)

Science Tutoring -: With Maths tutoring. Ms Andrews in Epsilon 1.5

English Tutoring -: Thursdays first lunch. Ms Crossland in Epsilon 2.1

Help with Homework/Classwork -: Monday to Thursday first lunch. Delta 1.4 (bring lunch), also, Tuesday and Thursday mornings 8:00 to 8:30am

College Library for Homework -: Every afternoon 3:00 to 4:00pm, also open 8.00 to 8.30am mornings except Wednesday.

Given that most students are hungry after school they sometimes need a snack before they can make it to tutoring or start on homework. They can do this under Epsilon block. Parents should endeavour to make good use of what assistance is available at the college before resorting to any extra expense.

Mrs Jeanette Refalo | AP Mission & Wellbeing

Lent - What do you want?

The first words said by Jesus in the Gospel of John: What do you want? And like the disciples who heard that question, we fumble with the answer. We want so much, we get confused, distracted, and swayed by other's opinion.

We began Lent last week. Lent is the time to seriously consider what we are talking about. We are called to deny ourselves... but what for? Denial is worse than useless if it goes nowhere. For example, you may spend too much time on social media. But if some of that time was spent with your family, there is a real chance your relationships would deepen. This won't be easy. We know it is easier to check the 'likes and notifications than to engage with in ordinary conversation. That is where self-denial comes in.

As we ask ourselves what is really important, we can see where we need to change, and this can feel overwhelming. We all have deep rooted habits that we despair to change. But firstly, we need to ask why we

want to change, and then ask God to give us the wisdom and imagination to

Loving God, you know I get overwhelmed by all the things I want. In this Lent, let me see what is truly important and give me the wisdom and strength to embrace these. In Jesus' name. Amen

work out how we could change. This is the Lenten 40-day challenge to allow God to change our lives and help us become the people we know we can be.

Quote "May God preserve and bless you and grant you all the graces and precious gifts reserved for this holy season.."

Catherine McAuley



Responsible Thinking Process (RTP)

We are halfway through Term 1 already and have settled into the school year with subject assessment underway.

An aspect of the Behaviour Management Philosophy at Catherine McAuley College is the Responsible Thinking Process (RTP).



During the initial weeks of the year, we have affirmed with all students the College expectations, standards, and procedures to be followed. The College wide expectations and College values are simple and provide guidelines for how students should speak and act toward others and their property. These expectations and processes enable and support students to work toward achieving and exceeding their potential.

We believe all students have the right to learn and teachers have the right to teach without disruption. This upholds the God-given dignity of all people. Therefore, we ask all students to ensure their behaviours, attitude and efforts allow this to happen.

The purpose of the RTP is to support students, who cannot meet classroom expectations. In the Responsible Thinking Centre (next to the College Library) a student referred from the classroom due to disruptive conduct will undertake a written reflection on how to be successful in future classes.

Wellbeing Resource now available

SchoolTV is now available to our College families. What is SchoolTV?

SchoolTV is:

- a highly regarded Wellbeing resource.
- designed to support parents and caregivers with the challenges of modern-day parenting.
- a platform to watch video interviews with leading specialists.



- a library of wellbeing information.
- an Access point for a series of mental health topics such as cyber safety, anxiety, screen time, positive parenting and many more.

Click this link <https://cmcmrok.catholic.edu.au/schooltv/> to access SchoolTV or go to our website.

Mrs Paula Bell | Business Manager

College Fees

If paying fees in full you can deduct the 2.5% discount listed at the bottom of your statement, you have until **Friday 10 March** to be eligible to apply this discount.

Weekly, fortnightly, or monthly payment plans can be set up using Parent Lounge. When selecting your start date, it must be the next day or after. Click [HERE](#) to set up your payment plan.

Year 7 school Camp payment

2nd Payment is due in Week 10 (by Friday 31 March) \$225.00

Financial Concerns

If families are experiencing financial concerns regarding college payments, please contact the Mrs Paula Bell on 4994 9200.

Mr Dan Scotton | Sports Co-ordinator

Swimming Carnival

The CMC Swimming Carnival will be held on Friday 10 March at the Mackay Aquatic & Recreation Centre (ARC). It is a fun day full of racing and activities with all the houses competing for points towards the prestigious CMC House Cup. All students are expected to attend and there will be events throughout the day for swimmers of all abilities.



Students will dress in their sports uniform for the day and will be allowed to add coloured accessories to go with their house colour. Please no costumes, glitter, zinc, crepe paper, or anything that might cause a problem if it gets in the pool.

The ARC Cafe will be open and available for the students to use throughout the day.

Parents are welcome to attend.

A reminder that photography on the day will be limited to our school photographer only.



Leila Vernalls | Year 7 Head of Year

Camp Kanga

We are all looking forward to our upcoming camp at Camp Kanga in Proserpine where students will participate in a vast range of memorable experiences. From team building activities based at Camp to exploring one of the seven wonders of the world, our beautiful Great Barrier Reef. We will also hike to the spectacular Coral Beach and take in the amazing scenery and explore the vast range of coral left on the shores.

Some other special events students will experience are their first Year 7 disco, a trivia challenge and our very own CMC talent show, where even the teachers will show off their talents. Also have your child start thinking about a special item they would like to include in our 2023 Camp Time Capsule.

Can't wait to see you all there.



Stacey Austin | Year 8 Head of Year

Year 8 Activity Week

Just because the Year 8's are stuck at school while the Year 7's are exploring the Whitsundays, doesn't mean we won't be having a great time back home! Over the four days, our Year 8's will be completing an alternative program where we will focus on student wellbeing, relationships and building their entrepreneurial skills. The students will explore respectful relationships through the Love Bites Program by engaging in topics such as respect in relationships; gender roles and stereotypes; jealousy; sexual harassment and homophobia; challenging harassment; discrimination; and seeking help.

Students will also spend two days fine tuning their entrepreneurial skills with Brisbane based company Future Anything in their Spark Workshop. The workshop aims to take students from looking inward at personal passions and lived experiences to ideate, prototype and pitch impactful solutions to the real-world problems that matter to them in an energetic and engaging way. This work will then continue throughout the term as students implement their solutions in our Pastoral Care (PC) lessons. These PC lessons will focus on Service Learning in Term 2 to enable and encourage them to make their school and community a better place.

Throughout the week we will also be running fun house challenge activities. More information regarding the events will be communicated at a later date.

Date Claimers

- Wednesday 8 March - PEG meeting 5:30pm
- Thursday 9 March – College Open Evening
- Friday 10 March – Swimming Carnival
- Date Change - Wednesday 22 March – Board meeting 7:00pm
- Tuesday 28 March – Year 7 Immunisation
- Friday 31 March – Cross Country

Mrs Frances Deguara | Café Convenor



Mrs Karlie Tatchell | Regional Indigenous Education Liaison Officer

