



Week 4 Issue 7 | 12 May 2023

Mr Jim Ford | Principal

Student Led Conferencing – The Aftermath

“A student explaining how they intend to improve is very different from a teacher and parent telling them how they should improve.”

Apologies to those families who did not realise that a new format for the traditional parent / teacher interviews is known at CMC as Student Led Conferences. The College should have provided more clarity about the change and how / when to book.

Student Led Conferences require the student to be present and engaged in the conversation, along with at least one parent/guardian . Over time, concentrating on commitment and what the student can do to keep improving promotes a more mature attitude to their studies. Student Led Conferences communicates a confidence in the child’s ability to commit to their education and set future goals.

The next student led conferences will be early in Term 3 on Thursday 27 July from 3:30pm to 6:30pm. Bookings will be available via Parent Lounge closer to the time. Please note; student led conference time slots fill quickly.

For conferences on last term electives, parents will need to contact the individual teacher by email to make an appointment.



Mr Chris Apelt | Assistant Principal Teaching and Learning
Year 9 2024 Subject Selection

We are starting to look towards 2024 and the first opportunity (other than Clubs) for students to select subjects. Earlier in the year, students completed a trial run of the process and at the beginning of next semester, the 2024 subject selection process will begin.

Students will be able to select from a full suite of subjects including, The Arts (Dance, Drama, Music, Media Arts, Visual Arts), Technologies (Design Technologies, Digital Technologies, Food Technologies, Materials & Construction) Civics, Business and Spanish. Students will select and study three of these options, for a semester each. They will also be asked to select a reserve subject preference, as not all subjects offered may be able to run, due to small student numbers. These elective subjects will be complimented by the core subjects of Religion, English, Mathematics, Science and Health & Physical Education. In addition, History and Geography will appear as a core subject for all students in one semester only.

Students will receive an *Elective Subject Information Booklet* in the first few weeks of Term 3. Parents will be advised through the Parent Lounge Calendar about the opportunity to attend a Subject Information Evening. Once informed about subject options, students will complete an online selection. Selections will be confirmed on a permission letter, that parents will sign and return to finalise the process.

Mrs Jeanette Refalo | Assistant Principal Mission
The State of Youth Mental Health

Parents and carers can play a crucial role in their children's mental health. As a result, staying informed on the current state of youth mental health is vital, as it not only affects individuals, but also families and communities. According to recent research, the frequency of mental health disorders among young people is increasing, with anxiety, depression, and self-harm being among the most common challenges.

One of the reasons being attributed to this rise is the heightened stress and anxiety that many young people face in today's society. Academic success, social media, and family issues are all influencing factors. Many young people are still suffering the long-term consequences of the pandemic, such as social isolation, uncertainty, and loss.

Parents can play an important role in their children's mental health. Creating a safe and open environment for your children to talk about their emotions, thoughts, and feelings is vital. Encouraging healthy habits like regular exercise, a balanced diet, and proper sleep can help reduce their stress levels and boost your child's overall mental health. There are also many resources and services available to children, adolescents, and their families, such as school counsellors, various mental health organisations, support lines, and of course, mental health professionals. It is important to remember that seeking help is a show of strength, not weakness, and that early intervention is critical in addressing young people's mental health difficulties.

If you have concerns regarding your child’s mental health, the attached SchoolTV link ([click here](#)) is a wonderful resource available to CMC families.

The College Counsellor is on campus on Tuesday (every 2nd week), Wednesdays and Thursdays to support any personal or family challenges. Please contact Mrs Kristy Flor E: Kristy_Flor@rok.catholic.edu.au or phone the College on 4994 9200.

Mr Dan Scotton | Sports Coordinator
Well Done

Junior cricket player, Tyler Peters has made the Brisbane Premiere League. He will play for the Northern Kings during the T20 competition in Brisbane during the September school holidays.



Congratulations to Georgia Eva and Gemma Gravino who were recently selected to represent Capricornia at the upcoming Hockey State Championships in Brisbane this June.

Mrs Sarah Krause | Teacher

Young Mayors

Out of the 21 candidates across the region, a total of 12 students were selected for the Mackay Youth Council via a democratic vote. In Mackay over 1400 votes took place and from these, two students from our college were successful. From here they will attend two meetings a month to develop a proposal to support youth in the Mackay region. This will then be presented to the Mackay Council at a future council meeting. This program is the first in Australia with only five other councils in the country running the program. We can't wait to see what the children produce for the Mackay region. Congratulations Lily Cheyne and Stephen Miranda.



Date Claimers

Wednesday 17 May, 5:30pm – PEG Meeting
 Friday 26 May 7:00pm CMC Fundraising Casino Night
 Wednesday 14 June, 7:00pm - College Board Meeting
 Friday 16 June – Athletics Carnival
 Thursday 22 June – Mackay Show Holiday
 Friday 23 June – Pupil Free Day
 First Week of Holidays – Semester 1 Report Cards Available

Café Convenor | Mrs Frances Deguara

Café Roster

Thank you to all our volunteers, without you our Café would not be able to operate. We are still desperately seeking more volunteers to fill the roster. If you could spare 3 hours once or twice a month, please contact me on cmmc_cafe@rok.catholic.edu.au. Thank you.

CATHERINE'S CAFE

WEEK 5 & 6 ROSTER

WEEK 5	WEEK 6
<p>TUESDAY 16 MAY JENNY VOLUNTEER NEEDED</p> <p>WEDNESDAY 17 MAY RENAE VOLUNTEER NEEDED</p> <p>THURSDAY 18 MAY NATASHA VOLUNTEER NEEDED</p> <p>FRIDAY 19 MAY LEE-ANNE DEANNE</p>	<p>TUESDAY 23 MAY DEBBIE VOLUNTEER NEEDED</p> <p>WEDNESDAY 24 MAY RENAE VOLUNTEER NEEDED</p> <p>THURSDAY 25 MAY LAUREN VOLUNTEER NEEDED</p> <p>FRIDAY 26 MAY KYM VOLUNTEER NEEDED</p>

Non State Schools Travel Rebates

Non State Schools
TRANSPORT ASSISTANCE SCHEME

Student Travel Rebates

Semester 1

<p style="text-align: center; margin: 0;">Bus Fare Assistance</p> <ul style="list-style-type: none"> Does your child attend a non-state school outside the Brisbane City Council boundary? Does your family spend more than \$35/week* on bus/ferry fares to and from school (*\$25/week if you hold a concession card)? Does your child travel on a publicly available service not owned or associated with the school? 	<p style="text-align: center; margin: 0;">Students With Disability</p> <ul style="list-style-type: none"> Does your child have a verified disability that requires transport assistance to and from school? Has your school's learning support teacher assessed your child's travel capability rating as 'semi-independent' or more dependent?
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Visit our website to see if you qualify for our financial assistance to help with the cost of transport and **apply at SchoolTransport.com.au during May.**

Late applications cannot be accepted after 31st May.

Community News

CATHERINE MCAULEY COLLEGE

CASINO NIGHT

FRIDAY | 26 MAY | 7-11 PM 6PM ARRIVAL

VENUE:	CATHERINE MCAULEY COLLEGE
TICKET PRICE:	\$60 INCLUDES \$2500 PLAYING CHIPS + WELCOME DRINK + CANAPES + MUSIC + PRIZES & MORE GREAT GATSBY
THEME:	GREAT GATSBY
AGE RESTRICTION:	18 + EVENT
PURCHASE TICKETS:	EVENTS.HUMANITIX.COM/CATHERINE-MCAULEY-CASINO-NIGHT

ASK US ABOUT SPONSORSHIP OPPORTUNITIES AVAILABLE!

SORRY DAY

Aboriginal dancers

Guest speakers

Lunch provided by Golden Roast

tea & coffee provided

10am - 1pm
 Friday, 26 May 2023
 500 Pavilion, Mackay Showground
 Doors open at 9am

For more information please contact the SEWB team on 4957 9435